The fruits of their labors

After the CSA program shut down last year, the future seemed bleak for Cal Poly's organic farm, but now they've bounced back, fresher than ever.

Claire Lindsay
SPECIAL TO THE MUSTANG DAILY

Approximately two quarters have passed since Cal Poly ended its Community Supported Agriculture (CSA) program.

Yet, the closure has benefited student education and faculty research at the organic farm, and decreased overall stress, said David Headrick, faculty adviser to the Cal Poly Organic Farm.

The farm's agriculture program required an immense amount of responsibility and work from everyone involved, on top of their other jobs within the university. There also was a need to bridge the gap between the staff's specialties in order for someone to cover every aspect of the program. As it grew, so did that responsibility, Headrick said.

Headrick said toward the end of the program, it was clear the farm had become a victim of its own success. As the popularity of the program grew, the 11-acre farm couldn't keep up with demand and had to buy organic crops from nearby farms in order to give its customers the variety and amount of produce they desired. The outside vendors' produce was often expensive, something the program couldn't afford to continue to pay.

The farm itself was overworked in order to provide the expected amount of vegetables to a large community of agriculture participants as well. The soil didn't have time to rest and replenish nutrients, production manager Jerry Mahoney said.

"The transition became more research with different and new crops, as well as try out different organic farming methods," Headrick said.

"We are currently creating a culture of cooperation at the farm," Headrick said.

The students at the farm get the chance to see their seeds go full circle and end up in a consumer's basket at a farmers' market, mostly through its enterprise class where the most student participation is seen, Headrick said.

The farm is no longer under a constant need to be producing. Instead, the faculty, staff and students involved are now able to do more research with different and new crops, as well as try out different organic farming methods, Headrick said.

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The two graphic communication workshops will be held March 19 and 26 and cost $195 for both. The first workshop is from 9 a.m. to noon, and will lead participants through InDesign, while the second is from 1 to 4 p.m. and focuses on website design.

"InDesign CS5 Jumpstart" and "Designing Web Design" instructor Lorraine Donegan will teach the InDesign workshop, which is a class to help familiarize people with the Adobe program.

"It can be a tool for whatever it is they need to do," Donegan said. "I typically find out what their goal is first."

Identifying participants' specific goals helps Donegan teach them the skills to go along with their individual needs. From designing a page, adding photos and text, to preparing the file for print, workshop participants will learn all the necessary skills of "InDesign," she said.

The class also benefits those industry professionals who currently use other programs to meet their design needs.

"Some people are a little afraid of Adobe programs because they think they are a little complex, but they aren't," Donegan said.

The workshop also improves community and on-campus staff, said GrCi program manager Lyndee Sing. "Everyone needs a printed piece."

That is exactly what attendees will learn to create.

Graphic communication professor Lorraine Donegan will teach the InDesign workshop, which is a class to help familiarize people with the Adobe program.

"InDesign" is first.

"They can use the week in between to work on projects and learning how things were built," Sing said.

Although some may not like the two-week set-up of the workshops, there are distinct benefits.

"Participants" will learn by taking apart existing websites and learning how things were built," Sing said.

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Gov. Jerry Brown conceded Monday that he has yet to win a single Republican vote for his budget plan. As a result, he said, he probably won't make a self-imposed deadline for a legislative vote Thursday on a key element: a June special election to extend billions of dollars in taxes.

Turning a meeting of community college leaders into a gubernatorial news conference, Brown quoted Jesuit philosophy and his former political-theory professor, and made a direct appeal to those hesitant Republicans.

"We're not asking for the moon here," he said. "We're asking for common sense." Brown said many Republicans were afraid of retribution from conservative activists if they go along with the governor's proposal.

"They believe that their heads will be on a stick," Brown said Monday. The comment was a reference to the hosts of KFI-AM's "John and Ken Show," who call out Republicans for showing a willingness to compromise on taxes.

"There's a lot of fear the machinery of the more conservative elements will turn against anyone who votes to put this on the ballot," Brown said.

The governor said he hopes to be able to provide political cover for Republicans who vote for a deal.

"I'm thinking about what I should tell them," he said. "I'm reaching into my box of great ideas to find something." Brown had hoped to get lawmakers to decide on the special election this week, but now says he needs a few more days to get the votes.
President Barack Obama said Monday that NATO was considering a military response to "unsustainable" violence in Libya as leader Muammar Gadhafi unleashed his forces against rebels seeking to topple him.

Obama declined to answer specific questions from reporters about a possible no-fly zone. But, appearing with Australian Prime Minister Julia Gillard following a White House meeting, Obama suggested the military alliance may play a key role in any possible no-fly zone. But, appearing with reporters about a possible no-fly zone. But, appearing with reporters about a possible no-fly zone.

"I want to send a very clear message to those who are around Col. Gadhafi," he said. "It is their choice to make, how they operate moving forward. And they will be held accountable for whatever violence continues to take place there."

NATO will hold a meeting of defense ministers later this week. In the interim, Obama spoke of humanitarian efforts that the United States was spearheading. Obama said he had authorized an additional $15 million in humanitarian aid to assistance agencies on the ground in Libya. Obama also declined to answer questions about the soaring oil prices that have resulted in gasoline-price spikes across the United States.

The use of disconnected landlines to call 911 was put into place in California in 1995 to allow people to still access emergency services after losing their phone service, according to the California Public Utilities Code.

Verizon, Barstow's local phone service provider, notified customers in February that they would be disconnected serving within 90 days.

"The crash of a NASA rocket bearing a sophisticated satellite has dealt a major setback to efforts aimed at understanding how humans are affecting Earth's climate. A nine-story Taurus XL rocket carrying the agency's Glory satellite was launched early Friday from Vandenberg Air Force base in California. It crashed into the Pacific Ocean without reaching orbit, after the protective casing failed to open. The satellite carried equipment to help scientists understand how the sun and particles of matter, called aerosols, affect Earth's climate."

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**State**

BARSTOW (MCT) — California residents who have disconnected their telephone services have about 90 days before they will no longer be able to call 911 using their home phone line.

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**FLORIDA (MCT) —** A conservative watchdog group filed a lawsuit Monday on behalf of a woman who accused U.S. Rep. Alcee Hastings of "unwelcome sexual advances" and of retaliating against her for complaining. The suit says the woman, Winsonne Picker, a policy adviser for the U.S. Commission on Security and Cooperation in Europe, was repeatedly harassed while Hastings, D- Fla., served as chairman. Hastings denied the accusation.

"I have never sexually harassed anyone," he said. The group, called Judicial Watch, is a longtime critic of Hastings.

**NEVADA (MCT) —** Nevada Sen. John Ensign, facing an ethics investigation for an affair with a campaign aide, said Monday he would not seek re-election because he wanted to spare his family from an "exceptionally ugly" campaign.

In February, the Senate Ethics Committee named a counsel to investigate claims that Ensign violated ethics rules and federal law in the aftermath of his affair with Cynthia Hampton. Ensign said his decision was not influenced by the Ethics Committee investigation.

**Briefs**

JAPAN (MCT) — Japanese Foreign Minister Seiji Maehara, who had been seen as a possible successor to Prime Minister Naoto Kan, said Sunday that he would quit after receiving illegal donations over the years.

Maehara, who assumed the post in September, apologized to the Japanese public for causing mistrust by the scandal, he said at a news conference after meeting with Kan. He said he had accepted donations of about $600 each from 2005 to 2008 and in 2010, for a total of about $3,000, in violation of Japanese law against foreign donations to politicians.

AFGHANISTAN (MCT) — Afghan President Hamid Karzai rejected an apology on Sunday by the American general running the military campaign in his country for the recent deaths of nine boys in a helicopter attack, sending already tense relations with Washington to a new low. Karzai's comments came during a speech to American officials that he had accepted donations of about $600 each from 2005 to 2008 and in 2010, for a total of about $3,000, in violation of Japanese law against foreign donations to politicians.

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**International**

Barack Obama in an hourlong video teleconference Wednesday, the day the boys were killed in northeast Afghanistan, Obama "expressed his deep regret," the White House said.

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President Barack Obama cleared the way for new military trials for suspected terrorists at the Navy base in Guantanamo Bay, Cuba on Monday.

The White House insists the president still intends to close the facility.

Obama lifted a freeze on new prosecutions under the military commission system that he put in place shortly after taking office in 2009, saying that the process, which had been heavily criticized by human-rights groups and other countries for a lack of fairness, had been revised to better safeguard the rights of detainees.

The president said his decision "broadens our ability to bring terrorists to justice, provide oversight for our actions and ensure the humane treatment of detainees."

About 170 detainees remain jailed at the prison, down from 242 when Obama took office.

Shutting down the prison at Guantanamo and shifting cases to civilian federal courts was a bedrock promise of Obama’s presidential campaign. He argued that the facility’s reputation was used as a recruiting tool for terrorists.

But the Justice Department’s decision in 2009 to try high-ranking al-Qaida operative Khalid Sheik Mohammed in New York City provoked outrage among both Republicans and Democrats and damaged momentum for closing the prison.

The administration’s plans to transfer some detainees to other U.S. facilities was also highly controversial.

According to the White House, procedures for the revamped military tribunals will include a ban on the use of statements taken as a result of cruel, inhuman or degrading treatment, and also a revamped system for handling classified information.

Obama also outlined procedures in an executive order for periodic reviews of the circumstances of each suspect’s detention to determine whether the individual constitutes a significant threat to national security.

Although the Justice Department revised to better safeguard the rights of detainees, the president said his decision will broaden our ability to bring terrorists to justice... ensure the humane treatment of detainees."

— Barack Obama
President of the United States of America

Late last year, Congress restricted the ability of the administration to transfer terrorism suspects to the United States from Guantanamo for trial. The White House said it intended to seek the repeal of those restrictions.

Last week, Attorney General Eric H. Holder said he didn’t know whether the administration would be able to close the facility by the end of President Obama’s first term.

In a statement Monday, Holder said the president’s order “strengthens the legal framework under which we will continue to detain those individuals who are at war with our country and who pose a significant threat to the security of the United States. In addition, federal courts will continue to review the legality of detention of individuals at Guantanamo. While we continue to work to close Guantanamo, these steps will ensure that the detention of individuals there is appropriate under our laws.”
Prevent colds during finals with a glass of OJ

Heather Backwood is a food science junior and Mustang Daily food columnist.

Eating breakfast is continually triumphant for helping students in school, contributing to weight loss and being the perfect addition to any healthy lifestyle. So what exactly makes up the typical American breakfast? Two eggs, bacon or sausage, hash browns, pancakes, cereal, toast, a bagel... it all depends on who you ask, but it is agreed that no breakfast meal is complete without the sweet, tangy and well-loved glass of OJ.

Orange juice is the No. 1 juice consumed by Americans, but the value and benefit of this citrus fruit go far beyond its presence in the juice at the American breakfast table. The orange originated in China, but it has traveled far and wide to make its hands of young and old from almost every country on the map. Today, Brazil is the largest producer of oranges in the world, but both Florida and California are the largest orange producers here in the states.

The warm weather found in these locations is perfect for bringing the fruits into sweet maturity. The two most common varieties found in the U.S. are Naval and Valencia. The Naval variety is typically peeled and eaten out-of-hand, while the Valencia is more commonly used for juicing.

Vitamin C is excellent at boosting the immune system and combating the common cold. Just one orange provides an excellent source of vitamin C — more than 100 percent of your recommended daily value. There are also many phytonutrient compounds found in these citrus fruits, including flavonoids that act as antioxidants to help protect your body's cells.

The good news for American breakfast drinkers is that the vitamin C found in oranges is better received by our bodies than any vitamin C pill or tablet supplement. This means you can actually enjoy the taste of a cold refreshing glass of orange juice, as well as receive more health benefits than if you substituted the real deal for a pill.

When juicing an orange, there are a few key points to keep in mind. First, you can extract more juice when the orange is warmer. So, if you store your oranges in the fridge, be sure to let them come to room temperature before juicing them. Next, you can roll the orange between your hand and the counter to break apart the segments and release more juice. Lastly, when purchasing oranges, look for ones that are large, firm and heavy for their size — this is an indicator that there is a higher juice content.

The orange is a prime example in which the color of the fruit is not an indicator of quality. Some oranges, if left on the tree long enough, will experience regreening—a natural process in which the chlorophyll pigments return to the fruit and cause a green color to return to the fruit. These fruits might actually be sweeter because of the extra time they were allowed to ripen.

Uniform color found in the skins of oranges is often accomplished through the use of injected dye, and therefore, the color is not a good indicator of quality. Some oranges, kept on the tree long enough, will experience regreening — a natural process in which the chlorophyll pigments return to the fruit and cause a green color to return to the fruit. These fruits might actually be sweeter because of the extra time they were allowed to ripen.

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Chef shares kitchen secrets at SLO Botanical Garden

Karlee Prazak
KARLEEPRAZAK.MD^MAIL.COM

From the best way to get the smell of freshly-cut garlic off your hands to knife skills to food lore such as the food served at the Last Supper, local chef Brenda Hock knows it all.

Take the knife for example. "The wrong knife is like a lethal weapon — a good knife is like having a third hand," Hock said.

That knife can be used to successfully cut produce multiple ways or filet a fish properly, she said.

Hock will channel her extensive culinary knowledge to teach two classes that will cover techniques, tips and more at the San Luis Obispo Botanical Garden March 26 and March 29. The events, "30 More Secrets from Your Favorite Chef," are a continuation from a January class called "30 Secrets From Your Favorite Chef."

Hock's goal for the classes is to teach practical cooking methods through a single recipe that features various cooking techniques. Once learned, Hock wants her students to take their new culinary knowledge and implement it in their own kitchen.

This teaching style is a result of her own experiences. She said she knew she wouldn't use a majority of the recipes learned in culinary school, so she took the acquired skills and applied them to what she did cook. The class is her way to share these experiences.

Techniques and tips from local chef Brenda Hock

1. When melting a pat of butter, stir the butter then grate the butter to prevent clumping.
2. To freshen bread, spray it with water and put it in the oven to make the crust crisp.
3. To cut chicken breast, run the hot liquid through an ice cube filled container.
4. If you can only find metric measuring cups, use the same — using them interchangeably will throw the measurements off.

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The all-new Noodle Bar at Sage features such favorites as Vietnamese Pho, an intensely flavorful noodle soup. And the best part? Only $5.90 for a large, steaming bowl.

Another Noodle Bar specialty you won't want to miss? Chinese Bao. Perfectly steamed buns, filled with such things as ginger chicken or spicy beef. For just over a buck. Yup, bao for a buck.

Quick service. Fresh and filling. It's the Noodle Bar at Sage.
Sco'opic GEMINI (May 21-June 20) — You mustn't lose sight of am surely be discovered.

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AQUARIUS (Jan. 20-Feb. 18) — Illusion can be powerful but you will need very soon but someone close to you is already providing the support that puts you at a disadvantage.

CAPRICORN (Dec. 22-Jan. 19) — Don't want to start doubting yourself, either, any reason second-guess you at this time — and you certainly decision that proves to be unwise.

VIRGO (Aug. 23-Sept. 22) — You may come to mistrust can of the matter. Others will follow, surely.

TAURUS (April 20-May 20) — You must come to terms with the adversity that is facing you. Do everything you can to understand your rival's true motives.

CANCER (June 21-July 22) — No matter how complicated something may get, you'll have a way of getting to the heart of the matter. Others will follow, surely.

LEO (July 23-Aug. 22) — Don't end up standing in your own way for any reason. A clear path to an important goal can surely be discovered.

PIPER (Aug. 23-Sept. 22) — You may come to mistrust your feelings for a while, especially when you make a gut decision that proves to be uncanny.

LIBRA (Sept. 23-Oct. 22) — You've been asking a lot already from someone close to you, and you'll no doubt have more big requests to make of him or her.

SCORPIO (Oct. 23-Nov. 21) — You can't afford to let anyone know how little you know at this time — and you certainly don't want to start doubting yourself, either.

SAGITTARIUS (Nov. 22-Dec. 21) — You'll be clearer than expected to a personal goal, but a family issue may require you to put things on hold for another day or two.

CAPRICORN (Dec. 22-Jan. 19) — You may not know it, but someone close to you is already providing the support you will need very soon.

AQUARIUS (Jan. 20-Feb. 18) — Illusion can be powerful this time, and you must guard against any sort of deception that puts you at a disadvantage.

Stuffled Citrus Cups

Ingredients:
4 oranges, whole
2 oranges, peeled
1 tsp. olive oil
2 shallots
2 cloves garlic, minced
1/4 tsp. dried oregano
1 tsp. fresh thyme
Handful fresh basil, thinly sliced
1 tsp. cumin
1 tsp chicken or vegetable stock
1/3 tsp dried cranberries
1/3 tsp salt or uns (pump, walnuts, almonds). Salt and pepper to taste.

Directions (Makes 4 servings):
Preheat oven to 350°F. Cut a thin slice from the top and bottom of each orange. Scoop out pulp by cutting around the edge of the fruit with a knife and spooning out the flesh and juice; reserve flesh and juice for another use (such as tomorrow morning's juice). Place orange cups in a square baking pan and set aside.

In a medium pan, heat olive oil over medium heat. Add shallots and garlic; saute until soft and translucent. Add dried oregano; cook a minute more. Add cumin and thyme. Stir in cranberries, nuts, basil, and orange segments until combined.

Divide mixture into hollowed oranges. Top oranges with their lid and wrap each in foil. Bake for 15 minutes. Unwrap foil, top with feta cheese and serve warm.
The trouble with democracy today

When individual citizens cast votes, they do so as one among millions. The vast number of voters that participate means the contribution of any single voter is nearly zero. As a result, the cost of voting (doing a little research and going to the polls) can be quite high compared to the benefit of contributing a fraction of a percent to the final decision. The value of making a decision — either a fractional decision, is probably less than the cost of additional research necessary to reach it. Therefore, voters tend to do less research.

Special interests can exploit this in two ways. By providing large amounts of advertising, they reduce the cost to the voter of acquiring more (but not necessarily better) information. And by increasing the apparent value of each voter’s fractional decision (voting is patriotic! throw the bums out!), they can increase targeted voter turnout on ideological and emotional grounds.

In the upper echelons of politics, such as Congress, the decision-making entities face a different costs-benefit analysis than the average citizen. There are fewer voters, so each vote has a much larger impact — and after all, it is their job to obtain information and make decisions. They spend a pretty broad set of private interests to get as much benefit out of the other people’s time and money to get more accurate data and decide how to use it more effectively.

Here special interests have different methods of pursuing their goals. Campaigning for office costs a great deal of money. Special interests, business or social, have money to fund those campaigns, ensuring an obligated official, they also have the money to hire information-dealers and people-pushers — lobbyists — to influence the decisions those officials make.

The cost to a voter of losing a political decision is often low (when a tariff is implemented, or a product is subsidized or mandated), while the benefit to special interests is often high. The benefit to a voter of winning a political decision is often low (preventing a subsidy / tariff / mandate) while the cost to special interests, in missed revenue / funding / feelings of superiority, is often high. As a result, special interests have a tendency to dominate in the political arena, and individual citizens, who wish to get involved, will be best served by supporting whatever special interest is most aligned with their own goals.

Eventually, most people are taxed / regulated / mandated under the assumption, conscious or otherwise, that being screwed over a lot and getting the special advantage is better than merely being screwed over a lot. It’s just not worthwhile (individually) to fight it (individually).

The agents most active in the political arena — special interests — will push to get as much benefit as they can from the tools available to them. But ultimately, special interests can only obtain the privileges available for politicians to dispense.

The great financial and ideological struggles we see in our government are therefore incidental and inherent. Those who stand to gain the most from power have the greatest interest in obtaining, preserving and expanding it. This is an argument against the increase in government power, because it can only result in an increasingly violent struggle for control — terminating either in anarchy or authoritarianism.

Here the idea is that government power is tempting because of the seeming good to which it may be put, but such a result would be more a happy accident or a spurious event than a consistent policy. It would be wiser to pursue a thoughtful, organized retreat from omnipotence to essentials — distributing power rather than collecting it — so democracy may be less useful for manipulation.

Will that solve problems? No. People love trouble — it’s our nature. But, it is important to understand that even a government completely free from partisanship and manipulation would be incapable of addressing the root cause of human conflict. There are no mechanical solutions to moral problems.

A less-powerful, less-encircling structure would be an improve ment. First, it would reduce the temptation to fix all our problems by legislation. Second, it would reduce the temptation to obtain profits and agree by force.

Eric Baldwin is an electrical engineering senior and Mustang Daily libertarian columnist.

民主主义在两种风格中——直接和代表性的。直接民主制取代了选民的参与，涉及问题和他们所面对的。而代表性的民主制则是由选民选择一个代表来为他们参与政治。

民主主义的规模和复杂性在我们的现代世界中是前所未见的。民主是直接的，而民主主义是间接的。非政府组织（NGOs）是民主主义的典型例子，它们没有正式的代表，而是通过游说和宣传来影响政策。

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Lewis, Hanson garner all-conference honors

Senior guard Shawn Lewis earned All-Big West first-team honors and forward David Hanson was named to the All-Big West second team Monday afternoon. The two have been a huge part of the Mustangs' offense this season. Lewis and Hanson have combined for more than half of Cal Poly's 59 points per game this year. The duo collectively average 30 points per game, with each averaging 15 points per game. Guard Malik Love was also named co-froshman of the year.

Basketball

continued from page 12

With the change in format to the Big West tournament this season, Cal Poly will not get to enjoy the first or second round byes earned by previous Big West top two finishers. In the past, the first and second seed would get byes into the semifinals, and the third and fourth seeds would get first round byes. This year, all eight teams will play each other in the first round.

But, Cal Poly is poised for one of its best chances at taking the Big West tournament. The only other time in program history the team finished second in the Big West, they advanced to the tournament finals, only to lose to Long Beach State. This season, Cal Poly has shown it is capable of contending with any team. The Mustangs have defeated each Big West opponent at least once, save for preseason favorite and No. 1 seed Long Beach State and No. 5 UC Santa Barbara. In Cal Poly's last meeting with each of these teams, the Mustangs lost by just six points in games decided in the final minute of play.

If Cal Poly defeats UC Riverside, it will go on to play the winner of No. 3 Cal State Northridge and No. 6 Cal State Fullerton on Friday, with the championship game taking place on Saturday.

The tournament begins for the Mustangs March 10 at 6 p.m. at the Honda Center in Anaheim.

Guard Malik Love has scored just six points in the Mustangs' two meetings against UC Riverside this season.
Men's basketball gears up for Big West Tournament

Center Will Donahue is the Mustangs' third-leading scorer this season. He is averaging 8.4 points and nine rebounds per game.

A season's worth of work and progression will be tested this weekend as the Cal Poly men's basketball team (15-14, 10-6 Big West) travels to Anaheim to chase their NCAA Tournament aspirations.

The Mustangs enter the Big West Tournament as the second seed, matching the program record for the highest finish in their 17-year Division I history.

Head coach Joe Callero said in a press conference Feb. 28 that he is proud of what his team accomplished this season, and how much they've grown.

"We've attained all the goals we set out for this season," Callero said. "Now, it's finally time to look back a little bit and say, 'We are proud of all our accomplishments this season.'"

In a preseason Big West media poll, the Mustangs were picked to finish fifth overall in the conference. An early three-game winning streak kept Cal Poly in the upper half of the standings before it was able to pull away and claim second place with a six-game winning streak, its longest in four years.

While maintaining stout defense, the Mustangs showed offensive growth through the season. The team was led by senior guard Shawn Lewis and junior forward David Hanson, who tied for eighth overall in conference scoring with 15.1 points per game.

For Lewis, a loss in the tournament would be the end of his career with Cal Poly.

Lewis said though he is proud of his individual accomplishments, he is driven to bring home the program's first Big West Championship.

"I'm very proud of myself," Lewis said. "But I hope to get past that and be the first team to make it to the NCAA Tournament or take first place in the Big West."

Hanson said the team has worked hard all season in anticipation of the tournament.

"We've put in a lot of work, not only the players but the coaching staff, so it feels great to see some success like (our record)," Hanson said. "Our goal is still to be the best and be first place, but we're very happy with how things have turned out."

Cal Poly will face No. 7 UC Riverside (13-18, 6-10) in the first round. In both of their regular season meetings, the Mustangs have Clancy and Mimnaugh earn conference awards

Last year, it was forward Kristina Santiago. This year, it's guard Rachel Clancy.

After averaging 16.3 points per game this season, Clancy was named the 2010-11 Big West Player of the Year. Along with Clancy, head coach Faith Mimnaugh was named Big West Coach of the Year. Both helped the Mustangs grab their first-ever co-share of the Big West regular season title. Cal Poly went 16-11 (12-4 Big West) en route to one of the most historic seasons in Mimnaugh's 14-year tenure. Clancy and the Mustangs will continue their season with a first-round game against Cal State Fullerton (9-20, 5-11) tonight in Mott Gym at 7 p.m.