Carson Starkey's legacy

Scott and Julia Starkey raise alcohol awareness among college students

Catherine Borgeson

What should have been a normal Tuesday morning for Julia and Scott Starkey changed drastically with something as mundane as a phone call — a parent's worst nightmare.

On Dec. 2, 2008, the San Luis Obispo coroner's office called the parents in Austin, Texas, to inform them that their son, architectural engineering freshman Carson Starkey, had died from respiratory arrest due to alcohol poisoning. His blood alcohol concentration ranged from .39 to .44.

In the aftermath of Starkey's death, his parents, the campus and both San Luis Obispo and Texas communities moved forward in a positive direction to prevent future alcohol poisoning-related deaths.

"The grief and suffering that we'll always go through — the void in our lives — there's no reason anybody else should have to go through that," Scott said. "That's our goal. It's our mission to make sure that nobody else has to spend their lives the way we have to spend ours."

Scott's sentiment was reiterated by Starkey's mother.

"We feel a responsibility to do this," Julia said. "We have to put our energy somewhere."

They put that energy into creating a nonprofit organization called "With Carson." Through this organization, the pair raise awareness of the signs of alcohol poisoning, and educate people on what to do if these symptoms arise.

"One of my main peeves was I didn't know," Julia said. "I didn't know to talk to Carson about the signs of alcohol poisoning before he went to college. And most parents out there that I have talked with don't know these things. It's about reprogramming. It's not just educating students, it's educating parents to educate their kids. The whole culture out there doesn't understand it. It's a big problem."

When 18-year-old Starkey first came to Cal Poly in 2008, he surprised both Julia and Scott by deciding to pledge Sigma Alpha Epsilon (SAE). One of the reasons he chose Cal Poly was because he didn't think he would feel pressured to join a fraternity, Julia said.

"The first thing I said to Scott when I found out Carson decided to rush was, 'At least he would have people looking out after him because he is out there all by himself'" Julia said. "But we were very wrong about that."

The night before Starkey's death, he participated in SAE's initiation as football, baseball and basketball all follow the same rules when it comes to serving alcohol. Even though alcohol has been present at sporting events for a long time, other areas on campus are starting to serve alcohol as well.

These areas must undergo the same process that sporting events do. "The PAC sometimes serves alcohol at specific events, but again, these events must be passed by the president," Roberts said.

Sports and entertainment facilities on campus have always been allowed to have alcohol with the president's approval. Roberts said, however, there are some new areas on campus that have recently changed their alcohol policies.

Adding to regulations

There are several places on campus that serve alcohol that students don't generally know about.

The first is in Poly Canyon Village (PCV). Executive director of University Housing Preston Allen said the Cal Poly Housing office tries to offer the most diverse housing possible by keeping up with new trends and age groups. He said when PCV was opened...
Starkey continued from page 1

event called "Brown Bag Night." At
this event, he sat in a circle with 16
other pledges and was told to drink
large quantities of alcohol out of a
brown bag. The fraternity brothers
chanted "puck and rally," screaming
at the pledges to drink and encourag­
ing them to vomit, Julia said.
At some point in the night, Star­
key became unresponsive. Some SAE
members Googled the signs of alco­
hol poisoning, put him in a car and
started to drive to Sierra Vista Re­
gional Medical Center. But they did
not go through with the plan out of
fear of getting themselves and their
organization in trouble, Scott said.
Starkey was brought back to the
scene of the fraternity event where he
was placed on a mattress to sleep off
his intoxication. He never woke up;
there was just no sign of life, the
hospital and Interfraternity Center
spokesperson.

"A lot of things went wrong that
night, but bottom line was they were
not afraid of getting in trouble, and
they let Caron die," Julia said.

This I'd call SAE's Student Life
and Leadership to develop a part­
nership with Sierra Vista Regional
Medical Center to advertise that the
emergency room is a safe zone. There
is no legal repercussions for going to
the hospital. To help advertise this safe
zone, the hospital and Interfraternity
Council (IFC) distributed 2,500
educational postcards showing the
signs of alcohol poisoning and the
appropriate steps to take.

"Our main goal is to encourage
those that need treatment to come
to the hospital with the comfort
of knowing they will get better, not
worrying about the cops or parents
getting called," said Ron Yukelson,
the Sierra Vista Regional Medical
Center spokesperson.

Associate director of Student Life
and Leadership Stephan Lamb said
his main concern is students' safety.

"We don't want students to be
afraid of getting in trouble," Lamb
said. "First and foremost, we want
our students to be safe, and we
know that, if students get to the ER,
the medical interventions will be
highly effective."

Efforts such as the partnership
with Sierra Vista Regional Medical
Center are some of the positive re­

results coming from such a tragic loss.
Lamb said.

"Prior to Caron, we talked a lot
about students that had died due to
alcohol poisoning, but they were
typically students at other schools," Lamb said. "That's not the same
impact. When it's one of your own,
people listen a different way."

It wasn't just Cal Poly that lost
one of its own — Texas did as well.
Julia and Scott have since worked
with a Texas senator to pass an an­

nesty law called 911 Life-Line Leg­
islation. The law would grant immu­
nity from prosecution to underage
drinkers seeking medical treatment
for themselves or for someone they
brought to receive help. It is cur­
rently waiting to be voted on in the
House of Representatives.

"Why didn't you want to save
a life over writing a ticket?" Scott
said. "Kids are worried about get­
ing the MIP (minor in possession),
when we want them not to be wor­
ried about getting the MIP. We want
them to worry about saving their
friend's life."

Julia and Scott have previously
worked with the senator to pass
the Caron Starkey Alcohol Aware­
ness and Education Act, all public
schools in Texas teach about alcohol
poisoning as part of the science cur­
niculum.

In addition to working with leg­
islation, Scott and Julia came to Cal
Poly in March and dedicated a bicy­
cle rack because it is an accurate representation of SAE.

"We came up with a bike rack as
a memorial because Caron loved cy­
ing and the outdoors," Scott said.
"It was something that would be
used every day by lots of students."

At the bicycle rack dedication,
English professor and poet laureate
of San Luis Obispo James Cushing
read three pieces. He recited A.E.
Housman's "To an Athlete Dying
Young," Thom Gunn's "Searaw" and
a few lines from William Word­
sworth's "Immutability Ode."

Being part of the public mourn­
ning for Starkey was an emotional ex­
perience, Cushing said.

"It was an interesting task; there
was going to be me and the parents
of a dead boy, and I get to read a poem
that will touch them," Cushing
said. "I looked directly into his
mother's eyes. Have you ever looked
directly into the eyes of a mother
whose 18-year-old son has been
killed? You'll never forget it as long
as you live."

Also attending the dedication cer­
emony was business administration
professor and IFC vice president
Sean O'Brien, who helped unveil the
bicycle rack.

"It's crazy to think those par­
ents could have been my parents," O'Brien said. "I was sitting right
behind them in the audience, and
the mom was crying — it was very
intense. It's scary how it could have
been anyone."

O'Brien said he has seen a change
in Greek life. There is no hazing,
a lot less alcohol involved in frater­
nity events and everything is stricter,
O'Brien said.

He meets weekly in a group set­
ting with the 17 new member edu­
cators, the fraternity members that
 Teach the pledges about their specific
groups and Greek life. At the meet­
 ings, O'Brien talks with the differ­
ent fraternities about what they have
planned for the week to make sure
nothing illegal takes place.

"A lot of them just don't know
what is legal and what is not," O'Brien
said. "Like going on a scavenger
bout is considered hazing, even
if there is no alcohol involved. They
have the toughest job because they
are managing 15 to 30 new guys.
The liability is on them. If their
guys get in trouble, or so what is
held responsible, so that's what I
have to teach them."

In addition to these weekly meet­
ing, O'Brien gives a mandatory pre­
sentation for all new Greek members
to attend. The two-hour presenta­
tion focuses on Starkey's story, haz­
ing, alcohol abuse, gender equity and
sexual assault.

"The presentation is pushed hard
see Starkey, page 7
The Mustang Daily staff conducted a random poll online and in person at all Cal Poly campus events to get student opinions of their alcohol consumption habits.

### Do you consume alcohol?
- **Yes:** 72%
  - On rare occasions
- **No:** 28%

### Number of times students consume at least one alcoholic beverage per week:
- 5 or more times: 3%
- 3-4 times: 20%
- 1-2 times: 33%
- Less than once a week: 29%
  - I abstain from alcohol completely: 14%

### Form of alcohol most frequently consumed:
- Beer: 29%
- Hard liquor (shots): 27%
- Hard liquor (mixed drinks): 16%
- Wine: 14%
  - I abstain from alcohol completely: 14%

### Number of drinks students consume on average:
- 9 or more drinks: 4%
- 5-8 drinks: 27%
- 3-4 drinks: 39%
- 1-2 drinks: 22%
  - I abstain from alcohol completely: 14%

### On occasions when students drink the most:
- 26% consume 9+ drinks
- 39% consume 5-8 drinks
- 18% consume 3-4 drinks
  - 14% abstain from alcohol completely
  - 3% consume 1-2 drinks

### Do you consider Cal Poly to be a party school?
- Sometimes: 51%
- No: 34%
  - Yes: 15%

### Our culture has placed the consumption of alcohol on such a high pedestal that after choosing to refrain from drinking and parties, I find it difficult to have friends that don’t drink every weekend.

- Mustang Daily random poll participant

### CALL FOR DISTINGUISHED EDUCATOR AWARD NOMINATIONS

The Cal Poly chapter of the California Faculty Association (CFA) is seeking nominations from students, faculty and staff for the "Distinguished Educator Award." The award is given to recognize faculty who are not yet tenured. Tenure track faculty, librarians, coaches and counselors are ineligible for many teaching awards the university presents, yet they deserve recognition for their teaching, professional activities and service to the university.

**Criteria:**
- Teaching excellence
- Outstanding professional development
- Outstanding service

Please provide specific examples that support your nomination and include the name of the nominee and department as well as your name and department and contact information.

**Nomination Deadline:** May 20, 2011

To nominate someone send your nomination through campus mail to
- Dorothy Pippin
  - CFA Office
  - Building 38-141
- or email to
dppippin@calpoly.edu

Award winners will receive $500.00 and a plaque. These awards will be presented at the CFA end of the year barbecue to be held at Cuesta Park during finals week.

Previous award winners are not eligible. The following list of award winners is provided:

- Mary Armstrong
- Jon Beckett
- Richard Besel
- Dawn Chandler
- Christopher Clark
- Cynthia Crother
- Vincente Del Rio Nascimento
- Dianne DeTurris
- Thomas Disanto
- Alesha Doan
- Lorraine Donegan
- Barbara Jackson
- Jodi Jaques
- Barry Jones
- Steven Kane
- Jane Lehr
- Elsa Medina
- Scott Patton
- Lynn Moody
- Jaymie Noland
- Dylan Retsek
- Emily Taylor
* Don't drink your calories, save them for something sweet.

PLEASE DRINK RESPONSIBLY.

YOGURT creations
San Luis Obispo • 1075 Court Street
Arroyo Grande • 1330 5 East Grand
Paso Robles • 104 Nick's Road
Santa Maria • 2415 S. Broadway
Atascadero • 1530 N. Camino Real
San luis Obispo • 1420 North H Street
www.lovemyogurtcreations.com | 11am-11pm everyday

THINK SAFE
GET A D.D.
NOT A D.U.I.
THINK SMART
CHOOSOE
MUSTANG VILLAGE
1,000 STUDENTS PER YEAR COULDN'T BE WRONG.
MUSTANG DRIVE | 783-2500 | MUSTANGVILLAGE.COM

TOWNHOMES & APARTMENTS
1 Bed / 1 Bath Townhomes
1 or 2 people, $900 / month
2 Bed / 2 Bath Townhomes
1 or 2 people, $1400 / month

SAN LUIS VILLAGE
1205 FOOTHILL BLVD & 204 CALIFORNIA BLVD
Walking distance from campus! California and Foothill locations, closer to campus, quiet complex.
Call for more information, 544.9072 www.SanLuisVillage.com
1 Bed / 1 Bath Townhomes
1 or 2 people, $900 / month
2 Bed / 2 Bath Townhomes
1, 2 or 3 people, $1400 / month

Please Drink Responsibly
Daily Lunch Buffet $7.99 • Monday Dinner Buffet $10.95
805-543-0722
795 E. Foothill Blvd.
www.tajpalaceslo.com

Jenny Winters
Independent Rendi Stylist
805922.4444
jennywintersrendistyle.com

Order your personalized frames & signs today! Great for big bro or sis' graduation!
(All gifts are made from 100% sustainable materials in the U.S. & ship in 48 hours from order)

TOWNHOMES & APARTMENTS
1 630 FAIRVIEW STREET
Johnson Ave Location, closer to downtown, quiet complex.
Call for more information, 546.0377
www.FairviewSLO.com

TOWNHOMES
Balcony off living room and 1 bedroom
1 Bed / 1 Bath Studio
1 or 2 people, $750 / month
1 Bed / 1 Bath
1 or 2 people, $850 / month
2 Bed / 1 Bath
1 or 2 people, $1100 / month
2 Bed / 2 Bath Studio
1 or 2 people, $1250 / month
3 or 4 people, $1300 / month
2 Bed / 2 Bath
1 or 2 people, $1350 / month
3 or 4 people, $1400 / month

SAN LUIS VILLAGE
1205 FOOTHILL BLVD & 204 CALIFORNIA BLVD
Walking distance from campus!
California and Foothill locations, closer to campus, quiet complex.
Call for more information, 544.9072 www.SanLuisVillage.com
1 Bed / 1 Bath Townhomes
1 or 2 people, $900 / month
2 Bed / 2 Bath Townhomes
1, 2 or 3 people, $1400 / month

ALL COMPLEXES HAVE:
Online Management
Online Laundry
Online Parking
UNITs:
• Cable-Ready
• Include Major Appliances
• Include Water & Trash services
• Double Pane Windows

SHOWINGS
FAIRVIEW
Friday, May 13th
Saturday, May 14th
1 - 4 PM
SAN LUIS VILLAGE
Saturday
May 14th
1 - 4 PM
**Mama’s Meatball**

The Best Wines deserve to be drank with The Best Italian Food in San Luis Obispo!

Voted #1 by Cal Poly

Open Tuesday–Sunday
Lunch: 10:30-2:30pm
Dinner: 4:30-9:30pm

Located downtown in The Creamery & in Oceanic by the Dunes

805.544.0861
www.mamasmeatball.com

---

**Yellow Cab**

Instead of putting more on your tab, use it toward a cab!

Please drink responsibly!

Present your student ID for $1 off your next fare

24/7 we never close
805.543.1234
Order a cab online and check out the free rate estimator!
www.sloyellowcab.com

---

**Drink Responsibly!**

It’s better to know us & not need us than to need us and not know us.

We answer your calls 24/7, 365 days a year.

ALL MAJOR CREDIT CARDS ACCEPTED.

Gregory L. Sullivan, owner
Lic #167486

805.544.1000
948 Santa Rosa St.
San Luis Obispo, CA 93401

---

**Compassionate Care**

MEDICAL MARIJUANA EVALUATIONS

...would like to remind all Cal Poly students to please drink responsibly.

Call Jessica for an appointment
805.550.7009
4251 S. Higuera St., Suite 401
San Luis Obispo

---

**MAY IS ALCOHOL AWARENESS MONTH!**

Excessive alcohol use leads to long-term health risks along with a nasty hangover the next morning that also leads to:

- VOMITING
- HEADACHES
- MUSCLE ACHEs
- DEHYDRATION
- DEPRESSION
- IRRITABILITY
- INCREASED HEART RATE

CHANGE THE STATUS QUO IN YOUR GROUP OF FRIENDS

---

**TOP 10 SOBER BUCKET LIST**

to do before graduation

HAVE SOME FUN, COMPLETE EACH ONE!

- Farmers Market & Bike Night on Thursday Night!
- Three Peaks Challenge: hike Bishop's, the P, and Mission Peak in 1 day, then reward yourself with a tasty tri-tip sandwich at Firestone
- Visit the Hot Springs near Avila Beach
- LASER TAG!
- Go 4-Wheeling at the Pismo Dunes
- Franks Mini Burger Challenge chomp down 10 mini burgers and get a t-shirt!
- Visit Montana De Oro one of the most spectacular beaches in America
- Visit the World Famous Hearst Castle
- Shred the Gnar aka surf Spy Glass near Shell Beach
- Hike to Big Falls near Lopez Lake

---

**slomopeds**

The Cheaper Thrill!

Please drink responsibly.

---

**BURGERS**

5 POUND BURGER COMPETITION

$1,000 GRAND PRIZE!

1099 Santa Ynez Ave, Los Osos
(805)528-0779

---

**FREE BURGER**

w/ purchase of 2nd burger of equal or lesser value.

Expires May 31st, 2011

---

**THE CHEAPER THRILL!**

Please drink responsibly.

---

**G R E E K  L I F E**

M A Y  I S  A L C O H O L A W A R E N E S S  M O N T H !

Excessive alcohol use leads to long-term health risks along with a nasty hangover the next morning that also leads to:

- VOMITING
- HEADACHES
- MUSCLE ACHEs
- DEHYDRATION
- DEPRESSION
- IRRITABILITY
- INCREASED HEART RATE

CHANGE THE STATUS QUO IN YOUR GROUP OF FRIENDS

---

**THE CHEAPER THRILL!**

Please drink responsibly.

---

**slomopeds**

The Cheaper Thrill!

Please drink responsibly.

---

**G R E E K  L I F E**

M A Y  I S  A L C O H O L A W A R E N E S S  M O N T H !

Excessive alcohol use leads to long-term health risks along with a nasty hangover the next morning that also leads to:

- VOMITING
- HEADACHES
- MUSCLE ACHEs
- DEHYDRATION
- DEPRESSION
- IRRITABILITY
- INCREASED HEART RATE

CHANGE THE STATUS QUO IN YOUR GROUP OF FRIENDS

---

**THE CHEAPER THRILL!**

Please drink responsibly.

---

**slomopeds**

The Cheaper Thrill!

Please drink responsibly.

---

**G R E E K  L I F E**

M A Y  I S  A L C O H O L A W A R E N E S S  M O N T H !

Excessive alcohol use leads to long-term health risks along with a nasty hangover the next morning that also leads to:

- VOMITING
- HEADACHES
- MUSCLE ACHEs
- DEHYDRATION
- DEPRESSION
- IRRITABILITY
- INCREASED HEART RATE

CHANGE THE STATUS QUO IN YOUR GROUP OF FRIENDS

---

**THE CHEAPER THRILL!**

Please drink responsibly.

---

**slomopeds**

The Cheaper Thrill!

Please drink responsibly.

---

**G R E E K  L I F E**

M A Y  I S  A L C O H O L A W A R E N E S S  M O N T H !

Excessive alcohol use leads to long-term health risks along with a nasty hangover the next morning that also leads to:

- VOMITING
- HEADACHES
- MUSCLE ACHEs
- DEHYDRATION
- DEPRESSION
- IRRITABILITY
- INCREASED HEART RATE

CHANGE THE STATUS QUO IN YOUR GROUP OF FRIENDS

---

**THE CHEAPER THRILL!**

Please drink responsibly.

"
EXPERT SALES & CUSTOM INSTALLATION
CAR AUDIO CENTER
BLUETOOTH, GPS, IPOD SIRIUS & XM SATELLITE RADIO

805.544.5700
OPEN 9-5 M-F
2310 BROAD ST., SAN LUIS OBIPO

International Auto Service
European Auto Repair Services
15% off plus after your first service enjoy the most competitive prices
we service all makes and models
San Luis Obispo

OPEN 7 DAYS A WEEK!
COMPLETE REPAIR AND AUTOBODY SERVICES
Import and Domestic Autos and Trucks
- Complete Repair & Service
- Complete Automotive
- Collision & Paint
- California Brake and Lamp Certified
- Exhaust Systems
- Off Road Performance
- Auto Body Shop
- Auto Lube Services
- Radiator
- Gold Shield Smog Station
- R.V. Center

VILLA AUTOMOTIVE
"Our Family Takes Care Of Your Family"
SERVING THE SLO COMMUNITY SINCE 1947
34 South Street, San Luis Obispo
761-3925 Call today for an appointment

WE PAY THE SALES TAX!
with purchase of 4 tires
PRICES ARE BORN HERE... RAISED ELSEWHERE
(805) 541-TIRE (8473)

Interested in running in Pit Stop call 805.756.1143 or e-mail mustangdailyads@gmail.com
Word on the Street
Do you consider Cal Poly a party school? Why or why not?

"Parts of it — go anywhere and you can find a party, but I wouldn't define it as one."
— Brandon Shirck, recreation, parks and tourism administration senior

"I don't think it's a hardcore party school, but I'm not much of a partier. I'm sure there are parties but nothing insane."
— Samantha Aragon, English junior

"Cal Poly is one of those well-kept secrets that it is a party school. People come here for academics, and they get their stuff done, but then comes Thursday, Friday, Saturday and sometimes Sunday, it's really what you make of it."
— Lucas Thoma, history senior

"No, I think people here know when it is time for work and time for play. So maybe the time after finals people party."
— Leslie Edwards, architectural engineering junior

"I'd say we're both. Friday night you'll see people partying, but people also take it seriously here, otherwise we wouldn't be here."
— James Placius, biological sciences junior

"Before I came to Cal Poly, everybody said it was, but I don't think it's as crazy as everyone said it was."
— Adria Barba, aerospace engineering freshman

"Not particularly because we're a dry campus, and there are so many police that keep it calm downtown."
— Kristopher Osterloh, earth sciences senior

"After Cesar Chavez Day at Shell Beach, I'd have to say we have some party aspects."
— Jacob Williams, construction management junior

Come Try
Our Pizza, Salads, Calzones and our famous solo stix!

Open
Mon-Wed 11:00am-9:00pm
Thurs-Sun 11:00am-10:00pm
805.544.8786
891 Higuera St.

from the beginning," O'Brien said. "Every single person knows about Carson's story and knows what can happen from drinking."

Although the presentations and weekly meetings are helping, there have been some incidents of excessive alcohol consumption.

"There have been mishaps since Carson Starkey — there have been guys that have gone to the hospital, but I think that's a good thing," O'Brien said. "It shows that even though they got out of hand and a little too sloppy, they knew the right thing to do. The presentations are helping, especially with the safe zone."

For Julia and Scott, their efforts do not stop at greek life or the local vicinity of San Luis Obispo. The way alcohol consumption is viewed is not just a fraternity problem but requires a much broader cultural change, Scott said.

"We want to let the awareness and the sense of community that Carson's death has created to be carried out to the rest of the world," Scott said. "Let's let SLO and Carson Starkey and the story be an example to the next town and the next town. Let's not let it stop in SLO."
Chocolate: more than just a tasty treat.

Heather Rockwood is a food science columnist.

Chocolate, chocolate, batE batE, batE batE, 
— Latin American song "BatE Chocolate"

This delicious dessert that makes up more than half of all candy in the United States actually originated with a very different purpose, and still serves more function than just satisfying a sweet tooth.

If only we grew up centuries before in the days of the ancient civilizations of the Mayan, Aztec and Olmec people, then our dreams of money growing on trees would finally come true. Yes, that’s right, the Mayans and Aztecs grew money on trees.

The cacao (cocoa) bean — what we harvest in order to make chocolate — was used as a form of currency.

Chocolate was also used in religious ceremonies and to make an unsweetened drink called xocoatl.

The potential health benefits found in chocolate are reserved to serving sizes of only 2 to 3.5 ounces a day, and don’t apply to white or milk chocolate. This means look to dark chocolate for the real benefits, and don’t plan on eating a pound or two a week. Chocolate is still a fairly high calorie and high fat food — although 1/3 of the fat present (palmitic acid) is associated with negative effects on cholesterol, the other 2/3 fat present in the forms of oleic and stearic acid, have either a neutral or beneficial effect on cholesterol. Since it is a high calorie/fat food, you must properly balance your diet to accommodate an increased calorie/fat intake when consuming chocolate.

Don’t get fooled into thinking that just because you are limited to dark chocolate for the best health benefits you are limited in flavor. Dark chocolate contains more than 300 different compounds and chemicals that contribute to its complex flavor and delicious taste. In fact, chocolate is so complex, it requires a 10-step system to taste it properly.

I will leave the whole 10-step series for you to discover, but I will highlight just a few steps.

For the most flavorful chocolate experience, be sure your chocolate is brought to room temperature. Break off a piece and listen for a "snap." The louder the "snap," the higher portion of cocoa is present (meaning more antioxidants present) — a trained taster can tell a great deal about the quality of the chocolate just by the sound.

Before tasting, melt a little chocolate by rubbing it between your fingers in order to release odor compounds that will enhance your tasting. By adhering to these few, simple techniques, you can begin to improve your chocolate tasting experience. Most importantly, remember to take a moment to actually taste the chocolate. Don’t just scarf it down while watching a movie or running out the door — take a moment to taste it.

I am sure there are people who are thinking, "Yes, that’s nice and all, but what about the health benefits?"

For you health nuts, chocolate contains high amounts of antioxidants in the form of flavonoids. In fact, chocolate has nearly eight times the amount found in strawberries. A quick reminder, antioxidants help fight free radicals and keep you healthy.

that is seasoned with spices. When cacao beans were taken and dispersed throughout Europe, chocolate's popularity began to grow. It was combined with sugar and developed into the chocolate that is widely consumed today.

Sure, the high amounts of sugar found in candy bars such as Snickers, Milky Way and 3 Musketeers are not the epitome of a healthy diet, but is the chocolate they contain really all that bad for you?

Recent studies and science suggest, to the excitement and acceptance of a multitude of chocolate connoisseurs, that the benefits are not only enough to keep chocolate in your diet but impressive enough to deem chocolate a superfood.

As a fellow sweet tooth, believe me, I am more than thrilled with this news. But it must be taken with a grain of salt — not to mention, chocolate tastes delicious with a pinch of coarse sea salt.

The potential health benefits found in chocolate are reserved to serving sizes of only 2 to 3.5 ounces a day, and don’t apply to white or milk chocolate. This means look to dark chocolate for the real benefits, and don’t plan on eating a pound or two a week. Chocolate is still a fairly high calorie and high fat food — although 1/3 of the fat present (palmitic acid) is associated with negative effects on cholesterol, the other 2/3 fat present in the forms of oleic and stearic acid, have either a neutral or beneficial effect on cholesterol. Since it is a high calorie/fat food, you must properly balance your diet to accommodate an increased calorie/fat intake when consuming chocolate.

Don’t get fooled into thinking that just because you are limited to dark chocolate for the best health benefits you are limited in flavor. Dark chocolate contains more than 300 different compounds and chemicals that contribute to its complex flavor and delicious taste. In fact, chocolate is so complex, it requires a 10-step system to taste it properly.

I will leave the whole 10-step series for you to discover, but I will highlight just a few steps.

For the most flavorful chocolate experience, be sure your chocolate is brought to room temperature. Break off a piece and listen for a "snap." The louder the "snap," the higher portion of cocoa is present (meaning more antioxidants present) — a trained taster can tell a great deal about the quality of the chocolate just by the sound.

Before tasting, melt a little chocolate by rubbing it between your fingers in order to release odor compounds that will enhance your tasting. By adhering to these few, simple techniques, you can begin to improve your chocolate tasting experience. Most importantly, remember to take a moment to actually taste the chocolate. Don’t just scarf it down while watching a movie or running out the door — take a moment to taste it.

I am sure there are people who are thinking, "Yes, that’s nice and all, but what about the health benefits?"

For you health nuts, chocolate contains high amounts of antioxidants in the form of flavonoids. In fact, chocolate has nearly eight times the amount found in strawberries. A quick reminder, antioxidants help fight free radicals and keep you healthy.

connoisseurs, that the benefits are not only enough to keep chocolate in your diet but impressive enough to deem chocolate a superfood.

As a fellow sweet tooth, believe me, I am more than thrilled with this news. But it must be taken with a grain of salt — not to mention, chocolate tastes delicious with a pinch of coarse sea salt.

The potential health benefits found in chocolate are reserved to serving sizes of only 2 to 3.5 ounces a day, and don’t apply to white or milk chocolate. This means look to dark chocolate for the real benefits, and don’t plan on eating a pound or two a week. Chocolate is still a fairly high calorie and high fat food — although 1/3 of the fat present (palmitic acid) is associated with negative effects on cholesterol, the other 2/3 fat present in the forms of oleic and stearic acid, have either a neutral or beneficial effect on cholesterol. Since it is a high calorie/fat food, you must properly balance your diet to accommodate an increased calorie/fat intake when consuming chocolate.

Don’t get fooled into thinking that just because you are limited to dark chocolate for the best health benefits you are limited in flavor. Dark chocolate contains more than 300 different compounds and chemicals that contribute to its complex flavor and delicious taste. In fact, chocolate is so complex, it requires a 10-step system to taste it properly.

I will leave the whole 10-step series for you to discover, but I will highlight just a few steps.

For the most flavorful chocolate experience, be sure your chocolate is brought to room temperature. Break off a piece and listen for a "snap." The louder the "snap," the higher portion of cocoa is present (meaning more antioxidants present) — a trained taster can tell a great deal about the quality of the chocolate just by the sound.

Before tasting, melt a little chocolate by rubbing it between your fingers in order to release odor compounds that will enhance your tasting. By adhering to these few, simple techniques, you can begin to improve your chocolate tasting experience. Most importantly, remember to take a moment to actually taste the chocolate. Don’t just scarf it down while watching a movie or running out the door — take a moment to taste it.

I am sure there are people who are thinking, "Yes, that’s nice and all, but what about the health benefits?"

For you health nuts, chocolate contains high amounts of antioxidants in the form of flavonoids. In fact, chocolate has nearly eight times the amount found in strawberries. A quick reminder, antioxidants help fight free radicals and keep you healthy.

connoisseurs, that the benefits are not only enough to keep chocolate in your diet but impressive enough to deem chocolate a superfood.

As a fellow sweet tooth, believe me, I am more than thrilled with this news. But it must be taken with a grain of salt — not to mention, chocolate tastes delicious with a pinch of coarse sea salt.

The potential health benefits found in chocolate are reserved to serving sizes of only 2 to 3.5 ounces a day, and don’t apply to white or milk chocolate. This means look to dark chocolate for the real benefits, and don’t plan on eating a pound or two a week. Chocolate is still a fairly high calorie and high fat food — although 1/3 of the fat present (palmitic acid) is associated with negative effects on cholesterol, the other 2/3 fat present in the forms of oleic and stearic acid, have either a neutral or beneficial effect on cholesterol. Since it is a high calorie/fat food, you must properly balance your diet to accommodate an increased calorie/fat intake when consuming chocolate.

Don’t get fooled into thinking that just because you are limited to dark chocolate for the best health benefits you are limited in flavor. Dark chocolate contains more than 300 different compounds and chemicals that contribute to its complex flavor and delicious taste. In fact, chocolate is so complex, it requires a 10-step system to taste it properly.

I will leave the whole 10-step series for you to discover, but I will highlight just a few steps.

For the most flavorful chocolate experience, be sure your chocolate is brought to room temperature. Break off a piece and listen for a "snap." The louder the "snap," the higher portion of cocoa is present (meaning more antioxidants present) — a trained taster can tell a great deal about the quality of the chocolate just by the sound.

Before tasting, melt a little chocolate by rubbing it between your fingers in order to release odor compounds that will enhance your tasting. By adhering to these few, simple techniques, you can begin to improve your chocolate tasting experience. Most importantly, remember to take a moment to actually taste the chocolate. Don’t just scarf it down while watching a movie or running out the door — take a moment to taste it.

I am sure there are people who are thinking, "Yes, that’s nice and all, but what about the health benefits?"

For you health nuts, chocolate contains high amounts of antioxidants in the form of flavonoids. In fact, chocolate has nearly eight times the amount found in strawberries. A quick reminder, antioxidants help fight free radicals and keep you healthy.
THE COLD HARD FACTS
How much alcohol are you actually drinking?

Alcohol poisoning
How to detect it and what to do

Alcohol prevents involuntary functions of the body from reacting properly, ac­
cording to the National Institute on Alcohol Abuse and Alcoholism (NIAAA).
So, when a person drinks excessively, their ability to breathe as well as con­
trol their gag reflex can be inhibited. Coupled with alcohol's irritation to the
stomach, it can lead to an unconscious person choking, potentially to death,
on their own vomit. Alcohol poisoning can also cause seizures and stop both
breathing and heartbeats.

Critical signs and symptoms of alcohol poisoning:
- Mental confusion, stupor, coma or person cannot be roused
- Vomiting
- Seizures
- Slow breathing (fewer than eight breaths per minute)
- Irregular breathing (10 seconds or more between breaths)
- Hypothermia (low body temperature), bluish skin color, paleness

What to do if you suspect someone has alcohol poisoning:
- Know the danger signals
- Do not wait for all symptoms to be present
- Be aware that a person who has passed out may die
- If there is any suspicion of an alcohol overdose, call 911 for help. Don't try
to guess the level of drunkenness.

What can happen if alcohol poisoning goes untreated:
- Victim chokes on his or her own vomit
- Breathing slows, becomes irregular or stops
- Heart beats irregularly or stops
- Hypothermia
- Hypoglycemia (too little blood sugar) which can lead to seizures
- Untreated severe dehydration from vomiting can cause seizures, permanent
brain damage or death
CONSERVE WATER.
DRINK BEER.
Please Drink Responsibly
1000 Higuera St. • (805) 541-4420
www.woodstocksslo.com

RETHINKING DRINKING
A multi-disciplinary look at America's favorite pastime, addressing the medical, societal and economic consequences of alcohol use and abuse.

Saturday, May 21, 2011
SLO Vets Hall
9 a.m. - 4:30 p.m.
FREE TO THE PUBLIC

Topics:
The Physiology of Alcohol Addiction:
Dan Howalt MD, Specialist in Addiction Medicine
The Psychology of Alcohol Addiction:
Peter McGreevy, LMFT
Health Risks of Alcohol Consumption:
Jeff Herten, MD
Parenting and the Teenage Alcoholic:
Pam Miller, LMFT
Fetal Alcohol Syndrome:
Jan Campbell, PHN, RN, BSN
The Economic Impact of Alcohol:
Dan Weber, MBA

Providers approved by the California Board of Registered Nursing, Provider Number 0857 for 6 contact hours, for RNs and LPNs. Provider approved by the California Board of Behavioral Sciences BBSE # PCE 366 for 6 continuing education Units for MFTs and/or LCSWs. Provided by the County of San Luis Obispo, Behavioral Health Department.

Sponsored by the Sobriety Truth Campaign. To register for CDs, visit sobertruth.com

*please*
BE SAFE

Shalimar Indian Restaurant
Garlic Naan, Prathali, Salads, Soup & much more

PLEASE DRINK RESPONSIBLY
Lunch Dinner
11:30am - 3:00pm 5:00pm - 10:00pm
www.shalimarslo.com
(805) 781-0766 | 2115 Broad
NOW OPEN 7 DAYS A WEEK | FREE DELIVERY in SLO-area

Selected one of the top 30 Record Stores in the country by Rolling Stone!

Come see what the buzz is about
978 Monterey Street
805.541.0657
handboorecords.com

VINYL • TIX • CDS • MERCH • DVDS • AND MORE!
Your Car Can Get Hungover Too.
Don't forget to check your oil regularly.

$15 OFF
Any of our Signature Services

*Not valid with any other offer!

ENJOY OUR WIDE VARIETY OF PIZZAS & BEER

"Like" us on facebook for daily deals and coupons!

PLEASE DRINK RESPONSIBLY

Don't drink too much. Take a coffee break.

WE CARE at HIGHER GROUNDZ

HIGHER GROUNDZ COFFEE HOUSE AND EATERY

- Extended Hours
- Wifi
- Special local and drink menu prepared at your convenience
- Call ahead service
- Special local menu hours for Cal Poly & Cuesta students
- Free wireless internet
- Friendly and experienced baristas
- Catering and delivery available
805-783-2264 • 1239 Broad Street, San Luis Obispo, CA

Don't be a barfly!

Be a beach bum!

Visit us today for all your beach gear needs!

BEACH BUMS
MORRO BAY
845 Embarcadero Road, Morro bay
805.772.7300

Your car needs a refreshment too...

Drink responsibly.

International Auto Service
European Auto Repair Servicing
805.593.0447
835 Capistrano Way #1, SLO

PACIFIC WESTERN BANK
Lorna Hewitt
Assistant Vice President
Branch Operations Manager
lhewitt@pwcbonline.com
1332 Madonna Rd
San Luis Obispo, CA 93405
(805)788-0718 Phone
(805)788-0523 Fax
www.pacificwesternbank.com

COLLEGE GARDEN APARTMENTS

9-12 MONTH LEASES STARTING
July, August or September 2011

Prices starting at:

1 Bedroom: $925.00
2 Bedroom: $1,185.00

- Single car garage for just $25 a month
- Walk (5 min) to Cal Poly
- 2 Laundry room facilities onsite
- Water & trash included
- Cable & high speed internet included

683 North Cherry Street, SLO 93401
805-544-3952
centralcoastrentals.com

please drink responsibly
**America: an overprescribed nation**

H. Gilbert Welch is a practicing physician and professor of medicine at the Dartmouth Institute for Health Policy and Clinical Practice.

One of the first things we were taught in medical school was the pivotal role of thresholds in governing the human body. To trigger a nerve to fire or a muscle to contract, there must be a stimulus of electrical activity that exceeds a threshold value. If the threshold value is too low, muscles go into spasm and deadly rhythms develop in the heart. Low thresholds, however, aren’t just a problem for an individual’s health. They are increasingly a problem for the health of our medical care system.

The threshold for diagnosis has fallen too low. Physicians are now making diagnoses in individuals who wouldn’t have been considered sick in the past.

Part of the explanation is technological: diagnostic tests able to detect biochemical and anatomic abnormalities that were undetectable in the past. But part of the explanation is behavioral: We look harder for things to be wrong. We test more often, we are more likely to test people who have no symptoms, and we have changed the rules about what degree of abnormality constitutes disease (a fasting blood sugar of 130 was not considered to be diabetes before 1997; now it is).

Low diagnostic thresholds lead people to believe they are healthy who feel well but are labeled as unwell. Not surprisingly, some subsequently feel less well. In short, low diagnostic thresholds introduce more “disease” into the population. Does that sound like a good thing for a “health care” system to do?

Diagnostic thresholds are set too low in turn to be a bigger problem: treatment thresholds are too low. Diagnostic is the critical entry step into medical care — getting one tends to beget treatment. That’s a big reason why we are treating millions more people for high blood pressure, diabetes, osteoporosis,glaucoma, depression, heart disease — and even cancer.

To have any hope of controlling healthcare costs, doctors will have to raise their diagnostic and treatment thresholds. And higher thresholds would be good for more than the bottom line. Less expensive, treatment of disease would return millions of Americans to normal, healthy lives. That’s higher: Thresholds could well improve health.

To understand why, consider the marginal patient, the person who has been turned into a patient because of a lower threshold. She is a woman, say, who is now told she has osteoporosis, a loss of bone density that might lead to osteoporosis. This is a condition that wouldn’t even have been noted in the past, but because of more bone density testing, it is now identified. Or he is, perhaps, a man who has been told he has prostate cancer of a type that wouldn’t have been detected before the advent of the PSA test and a change in the rules about what constitutes an abnormal test and triggers a biopsy.

The woman may have a bone density that is, in fact, average for her age. Perhaps more surprising, the man also may have a cellular finding that is average — or more precisely typical — for his age.

Both are at extremely low risk to experience their “disease” in their lifetimes. Consequently, the potential for treatment to help is extremely low, much lower than for patients diagnosed and treated using a higher threshold.

Another way to look at it is this: These marginal patients are at extremely high risk not to benefit from treatment.

Yet they face the same risk of harm from treatment. One common treatment for osteoporosis can lead to ulcers in the esophagus and make bones more brittle with long-term use. The common treatment for prostate cancer, hormone deprivation, makes men become impotent and/or develop bladder and bladder problems.

In short, low thresholds have a way of leading to treatments that are worse than the disease.

You might reasonably wonder: How did we get here? A big part of the story is, of course, money. Whether you are a drug company, a hospital or any other player in system, the easiest way to make more money is to encourage lower thresholds and turn more people into patients.

Lawyers get some credit too. While clinicians are sued for failure to diagnose or failure to treat, there are few corresponding penalties for overdosage or overtreatment. Doctors view low thresholds as the easiest way to avoid a courtroom appearance.

The movement to measure health care quality, however well intended, exacerbates the problem. Many performance metrics measure whether diagnostic and treatment thresholds are being ordered. Because good grades typically require action, not inaction, lower thresholds are encouraged. And the advent of electronic medical records has made these actions even easier, and more of us have the “evidence” to action to order tests and treatments.

Finally, there’s our medical culture. We are trained not to miss things, however unimportant those things are. And we are trained to focus on the few we might be able to help, even if it’s only 1 out of 100 (the benefit of lowering cholesterol in those with normal treatment are being ordered. Because good grades typically require action, not inaction, lower thresholds are encouraged. And the advent of electronic medical records has made these actions even easier, and more of us have the “evidence” to action to order tests and treatments.

We believe this is what our patients — and the public — cares about. But it’s time for everyone to get over the fret that their son IS AT risk. They should be good for more than the bottom line. Less expensive, treatment of disease would return millions of Americans to normal, healthy lives. That’s higher: Thresholds could well improve health.

We are taught in medical school not to miss things, however unimportant those things are. And we are trained to focus on the few we might be able to help, even if it’s only 1 out of 100 (the benefit of lowering cholesterol in those with normal treatment are being ordered. Because good grades typically require action, not inaction, lower thresholds are encouraged. And the advent of electronic medical records has made these actions even easier, and more of us have the “evidence” to action to order tests and treatments.

Be careful when selecting another gym. I did some research on dB 24 and found that they have an “F rating” with the Better Business Bureau due to a high number of unsatisfied complaints.

**Melissa**

In response to “Former student’s parents file suit against multiple parties”

Everyone is blame except for the individual who drank/smoke/inhaled their way onto a freeway on foot where, DUH, he gets hit and killed, and everyone because they’re entitled... Mel’s fruit either. They should be good for more than the bottom line. Less expensive, treatment of disease would return millions of Americans to normal, healthy lives. That’s higher: Thresholds could well improve health.

We are taught in medical school not to miss things, however unimportant those things are. And we are trained to focus on the few we might be able to help, even if it’s only 1 out of 100 (the benefit of lowering cholesterol in those with normal treatment are being ordered. Because good grades typically require action, not inaction, lower thresholds are encouraged. And the advent of electronic medical records has made these actions even easier, and more of us have the “evidence” to action to order tests and treatments.

Be careful when selecting another gym. I did some research on dB 24 and found that they have an “F rating” with the Better Business Bureau due to a high number of unsatisfied complaints.

**Melissa**

In response to “Former student’s parents file suit against multiple parties”
Dry
continued from page 1
it was a "whole new ball game." PCV houses everyone from freshmen to 30 and 40-year-olds.

With such a wide range in age groups, we have to expand our offerings," Allen said. "There are 27 apartments, out of 61, where all students are over 21 years old."

In order to adapt to the older students' needs, the housing office decided upon regulations for PCV.

"If all of the students in a specific apartment are 21 or older, they can consume alcohol from any common source."

"This includes having a 'kegger' or a bowl of alcoholic punch," Allen said. Allen also said there have not been many alcohol related problems in PCV, which is why they continue to allow the special alcohol policies to exist.

PCV is not the only place on campus where students can enjoy an alcoholic beverage. The presence of alcohol at Cal Poly's Sage Restaurant is also relatively recent.

"Sage only serves alcohol at special events that are approved, just like anywhere else on campus," Roberts said.

However, Campus Dining marketing and public relations manager Yukie Nishinaga contradicted Roberts' statement.

"Sage has a wine and beer menu available at dinner to absolutely anyone who is 21 or older, including students," Nishinaga said.

Students ask why
With Cal Poly approaching more situations where alcohol can be present, some students are starting to get frustrated with all of the pressures against drinking.

"Some students are confused with the rules and regulations dealing with alcohol, and the approval process."

Cal Poly's greek system is an example of a group of students affected by these policies.

"It obviously has something to do with the negative stigma toward alcohol," Jordan said. "Sports and PAC events make money for the school, so it seems that they are held to a different standard."

Jordan said he doesn't blame the university for rewarding organizations that benefit the university, especially since they are the greek system as a huge risk.

Despite student concerns, Roberts said Cal Poly is trying to assure students it is a still a dry campus.

"I attended Cal Poly in 1979, and the rules were the same then as they are now," Roberts said. "Cal Poly is a dry campus, especially if you compare it to other schools such as UC Davis."

THE FIRE STORE
WE PAY THE SALES TAX!
with purchase of 4 tires
PRICES ARE BORN HERE...
RAISED ELSEWHERE
(805) 541-TIRE 8473
213 Phegas Street
San Luis Obispo, CA
Mon-Fri 9-6 Sat 9-4 Sun 10-4
Not valid with any other offer or prior purchase

USE YOUR STIX
TO GET YOUR FIX
11560 Los Osos Valley Rd.
805.595.1500
Sushiya

THE SALVATION ARMY
looking for a place
to connect?
This is your personal invitation to join our new church in San Luis Obispo, a Christian Church that believes God will do great things in this city.

here you will find...
• Messages relevant to your daily life
• Prayers that are personal and passionate
• Dozens of ways to connect and reach out
• And that you matter to God and us

Whether you're single, married, single again, with or without children, young or old - no matter where you've been or what you've done - we invite you to experience freedom, joy and life here! Welcome!

Get Involved
Sunday
10:00 am Sunday School
11:00 am Holiness Service
Weekly Family Programs also available - ask us for more information
All services are bilingual
815 Islay Street
San Luis Obispo, CA 93401
Facebook: San Luis Obispo Corps
Looking for volunteer commitments to be part of our amazing team? Visit us online!

Corps Ministry to: Homeless, Juvenile, Military, Addicts, Voters
1010 Murray Ave, San Luis Obispo
Office: 805.925.0814

I EXPERIMENT WITH ACID

FNL Defines Itself as MORE
Friday Night Live focuses on encouraging positive, healthy, and responsible lifestyles among Cal Poly students. Why experiment with drugs and alcohol, when you can experiment with an activity that could shape the rest of your life? Through building a positive protective environment and raising awareness, FNL strives to make college your opportunity to be you and not what a college student is depicted to be. Help us tear down stereotypes.

Want to Define Yourself as MORE?
Join us this Friday, May 13th, for...

SHOE GOLF
(like regular golf, but with your shoe instead of a golf ball)
3:00pm ~ Meet on Spanses Lawn
www.cpfnl.org
facebook.com/slo.fnl
The Mustang Daily is hiring the following positions for the 2011-2012 school year:

- Section editors • Copy editors • Staff writers • Web editor
- Design editors • Photographers

If you are interested in any of the above positions please send a resume and at least clips to kaytlyn.lesie@gmail.com or drop off in the Mustang Daily newsroom, Graphic Arts building 26 room 226. Job descriptions are available on Mustang308S.

Cal Poly’s student radio station KCPR 91.3 is looking for a News Director. The News Director will lead and manage public affairs decisions and news operations along with managing news planning, reporting, editing, and production, while closely working with the Mustang Daily, and other facets of Cal Poly Journalism. Responsibility and understanding of news planning, reporting, editing and production.

All majors are encouraged to apply. Applications may be submitted to generalmanagers.kcpr@gmail.com or at KCPR on the third floor of the Graphic Arts Building (Bldg 26), Room 301.

ROOMMATE WANTED

Available now!

Beautiful master bedroom in 3 bedroom, 3 bathroom townhome. Plenty of space for bed, couch, and desk in the room. Double sink and double shower. Huge walk in closet. The home has a spacious kitchen, living room, dining room, car garage & washer/dryer. You would be sharing the house with 2 young female professionals, recently graduated from college. Rent is $750 per month, plus utilities. Ideal for a recent graduate! I am looking for someone to fill this room ASAP. If interested email me at katesaley@yahoo.com

College Garden Apts “Newly Remodeled”

1 & 2 Bdrms includes internet, cable, wtr & intrsh
Parking Garage
5min walk to Cal Poly!
284 N Chorro St SLO
(805) 544-3952
M,T, F 11am-4pm

MISCELLANEOUS


TO PLACE A CLASSIFIED AD:
Order online, www.MUSTAN60AILY.net
Call 805-754-1143 a day prior by noon
Ads must be prepaid by check made out to MUSTANG DAILY or paid by credit card at MUSTAN60AILY.NET

MUSTAN60AILY Classified ads are FREE for students!
Step into the MUSTAN60AILY to find out how to place your ad.

MUSTAN60AILY
Sponsor the Comic
$50 a day
CALL 805-754-1143

MUSTAN60AILY
Sponsor the Sudoku
$50 a day
CALL 805-754-1143

MUSTAN60AILY

SUDOKU

<table>
<thead>
<tr>
<th>2</th>
<th>9</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>1</td>
<td>9</td>
</tr>
<tr>
<td>1</td>
<td>8</td>
<td>6</td>
</tr>
<tr>
<td>3</td>
<td>2</td>
<td>7</td>
</tr>
<tr>
<td>7</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>3</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>

SAINTS

1 2 3 4 5 6 7 8 9

<table>
<thead>
<tr>
<th>P E T T I</th>
<th>P R O D U C T S</th>
<th>T E T T I</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>9</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>9</td>
<td>8</td>
<td>7</td>
</tr>
<tr>
<td>6</td>
<td>5</td>
<td>4</td>
</tr>
<tr>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
</tbody>
</table>

FREE

for Students, Faculty & Staff

Rental

College Garden Apts.

“Newly Remodeled”

1 & 2 Bdrms includes

internet, cable, wtr & intrsh.

Garage with Storage $25 a

month!

284 N Chorro St SLO,

CA

805-544-3952

www.CentralCoastRentals.com

MUSTAN60AILY

SUDOKU

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
</tbody>
</table>

MUSTAN60AILY

SUDOKU

<table>
<thead>
<tr>
<th>2</th>
<th>9</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>8</td>
<td>6</td>
</tr>
<tr>
<td>7</td>
<td>1</td>
<td>3</td>
</tr>
</tbody>
</table>

MUSTAN60AILY

SUDOKU

<table>
<thead>
<tr>
<th>2</th>
<th>9</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>1</td>
<td>9</td>
</tr>
<tr>
<td>1</td>
<td>8</td>
<td>6</td>
</tr>
</tbody>
</table>

MUSTAN60AILY

SUDOKU

<table>
<thead>
<tr>
<th>2</th>
<th>9</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>

MUSTAN60AILY

SUDOKU

<table>
<thead>
<tr>
<th>2</th>
<th>9</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>8</td>
<td>6</td>
</tr>
<tr>
<td>5</td>
<td>1</td>
<td>9</td>
</tr>
</tbody>
</table>
Los Angeles Lakers look to get younger after series loss to Dallas

David Wharton

LOS ANGELES — Kobe Bryant might have put it best, slumping after the Los Angeles Lakers had been drummed out of the NBA playoffs.

"It's a little weird for me to think about what next year's going to look like," the superstar guard said.

This summer could bring momentous changes to Southern California's pre-eminent sports franchise, a team that had dominated pro basketball for the better part of three seasons.

Magic Johnson, the former Lakers star and current team vice president, has said the front office might need to "blow up" the roster and start anew, but others suggest less-dramatic measures.

"They need new tires, new windshield wipers," said Kenny Smith, a former player and current studio analyst for TNT. "They don't need a new engine."

If nothing else, the Lakers face questions that all successful teams must eventually answer, deciding when to renovate and how to keep the good times rolling. The art of tinkering with a sports dynasty, it seems, can be tricky.

The final decision on how much the Lakers need to be reconfigured rests with owner Jerry Buss and his son, Jim, the team's executive vice president of player personnel, working in conjunction with General Manager Mitch Kupchak.

They will be operating in the uncertain environs of a likely work stoppage sometime next month.

Most of the key players are signed to contracts through 2013 and beyond. The Lakers already have the league's highest payroll at $91 million — pushing them too far over the salary cap to afford a top free agent — and they have no first-round pick in next month's draft.

"Do the Lakers have some areas they need to address?" said Jeff Van Gundy, a former NBA coach who works for ESPN. "Absolutely. Just like every other team in the NBA."

Basketball players can begin to slow in their 30s and the Lakers have the added wear-and-tear of consistently reaching the NBA Finals — 77 extra games, nearly an extra season worth, in the last three years.

Their embarrassing loss to the Dallas Mavericks in a Western Conference semifinal series — a four-game sweep — exposed other weaknesses.

The last time the Lakers required a major overhaul — not long after winning five championships through the late 1980s — there wasn't much choice but to start from scratch because such core players as Johnson, Kareem Abdul-Jabbar and James Worthy were clearly nearing the end of their careers.

Even with this certainty, more than a decade passed before the franchise returned to greatness by trading for the just-drafted Bryant and signing center Shaquille O'Neal on the free-agent market.

When O'Neal left in 2004, the Lakers resigned on the fly, drafting a young center in Andrew Bynum and acquiring such veterans as Gasol and Lamar Odom.

Sure for one season in the middle of this latest run, they also had Jackson at the helm.

The coach, who had previously won six titles with Michael Jordan and the Chicago Bulls, turned out to be a perfect fit for similarly talent-laden rosters in Los Angeles.

"I grew up under him," Bryant said. "The way I approach things, the way I think about things, not only in basketball but in life, a lot of it comes from him."

Drinking

certified athletic trainer Chris Ritter said having a no-alcohol policy like Condon's contributes to a sports team's success because of the detrimental effects drinking can have on the body.

"It diminishes your reaction time, it diminishes your thinking time (and) it can diminish the body's basic chemistry," he said.

Ritter also said alcohol affects a person's hydration level.

Athletes require a certain level of hydration and nutrition to function optimally, which is disrupted by getting even a little drunk, and the effects can last up to 72 hours after the last drink, he said.

Cal Poly trainers meet with every athlete on every team at the start of the season to educate them about these aspects of alcohol. However, the decision is ultimately in the hands of the players.

"All we can do is educate and suggest," Ritter said.

Cal Poly men's basketball head coach Joe Callero said he does just that, although he does not feel the need to enact a dry season for his off-age players (10 out of 14 on the team).

"I'm not in favor of policing and believing that I can police something like that," he said. "Nor am I a big believer that alcohol in moderation is a death sentence in our society."

Callero said it's possible for anything in excess to have a negative effect on an athlete — whether it's lifting weights or eating burgers.

"In my time coaching, I think I've had more players throw up and be sick from food poisoning than any issues regarding alcohol," he said. "So I'm as much concerned with where we eat, what they're eating — not that I'm not concerned with any excessive alcohol."

Junior forward David Hanson said Callero's lack of a strict alcohol policy promotes mutual respect between coach and player.

"I think our coach does a fantastic job," he said. "He knows what goes on, but he trust us as players."

Hanson said a dry season is good because it holds people accountable, but serious athletes do not need to be told not to drink.

"If you truly care and want to be successful, players during the year stay away from (alcohol)," he said.
**Free throws, field goals and beer bottles**

*A look into alcohol's effect on athletes*

David Liebig

Drinking alcohol can take a toll on anyone's body.

Athletes, however, carry particular health responsibilities and make the decision to drink based on team policy, the need to stay hydrated and — like everyone else — the law.

Still, many college athletes drink. Approximately 80 percent of college athletes in the U.S. said they drank alcohol at least once over a 12-month period, according to an ESPN article by New York University medicine professor Dr. Gary Wadler.

To discourage players from adding to that statistic, some Cal Poly sports teams have adopted no-alcohol policies during their respective seasons.

Cal Poly softball head coach Jenny Condon said she has a "dry season" policy, which applies to all players on the team regardless of age. Recussions for violating the dry season are considered on a case-by-case basis.

"The punishment (for drinking) can be anything from community service and education classes to suspension or removal from team and loss of scholarship," she said.

Condon said she does not want her players drinking during the season because it is counter-productive, even for the three members of her team that can do so legally.

(Alcohol) destroys everything that you're trying to build up when you're practicing, training and lifting weights," she said. "It's just not a good idea."

She said her players mostly agree that drinking during the season is bad choice and honor the dry season because they are serious about wanting to succeed.

Pitcher and designated hitter Anna Cahn said the team's main priority during softball season is doing well on the field.

"This is my last year of softball ever," she said. "I want to do the best I can. Socially, I'm not really focused on (drinking). I'm just really focused on softball and school."

Cahn also said it's easy to honor Condon's policy because, as a nutrition senior, she has learned about alcohol's side effects in class.

"When you have too many drinks in one sitting, it converts directly into fat," she said.

---

If you truly care and want to be successful, players during the year stay away from alcohol.

— David Hanson

Men's basketball junior forward

---

**Baseball falls to Saint Mary's**

The Cal Poly baseball team dropped its second consecutive game Tuesday, falling to Saint Mary's 11-1. Starter Eugene Weight pitched 4 2/3 innings and gave up five runs off five hits to the loss. The Mustangs had just four hits against the Gaels, with no batter rabbling up more than one. Cal Poly scored its only run of the game in the second inning, when outfielder Mitch Haniger belted a solo home run to left center. The Mustangs return to action this weekend to take on UC Davis.