

CAL POLY SAN LUIS OBISPO'S NEWS SOURCE

MUSTANG NEWS



Pg. 8: Cal Poly ASI Craft Center offers surfboard shaping class taught by student and small business owner

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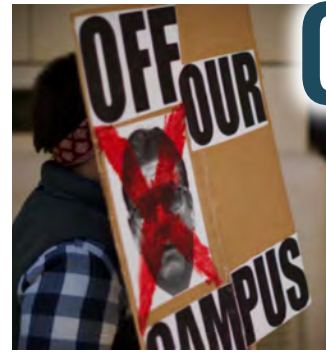
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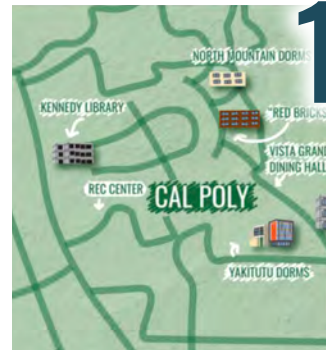
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Cal Poly is in tiłhini, the Place of the Full Moon. We gratefully acknowledge, respect, and thank yak?it'u tit'u yak tiłhini, Northern Chumash Tribe of San Luis Obispo County and Region, in whose homelands we are guests.

IN PRISON

en & Chloe Lovejoy

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AN WOMEN: 'HE
BE HEARD'

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PRACTICES

Be a part of
our story.

MMG MUSTANG MEDIA GROUP | MN KOPR

ART OF UPCYCLING:

THE STORY OF MELISSA KASAI AND JOHN ZHUANG — FLASH MOB WEDDING ON DEXTER LAWN

BY LEILA TOUATI

The three chimes of the Cal Poly bell tower at Cal Poly were in tune with a flash mob of 93 wedding guests rushing onto Dexter lawn. In their respective formation, participants commenced the wedding of graduated students Melissa Kasai and John Zhuang.

Exactly three minutes later, Kasai walked down the grass holding a small bouquet to meet Zhuang and a pastor. Heartfelt exchanges were shared and, just as quickly as it started, the bride, groom and guests dispersed.

“When the wedding started everything fell into place,” Zhuang reminisced. “They [the guests] enjoyed how quick, original and different this wedding was. It wasn’t boring.”

When researching wedding ideas, specifically flashmob weddings, Zhuang only found performances on the Internet, not a real flashmob wedding where everyone runs to a place for a wedding ceremony.

“I thought, why not do something original and just do that instead so this is the world’s first flashmob-wedding where we show up, do the wedding, and then we leave,” Zhuang said.

The flash mob wedding consisted of a crowd of people rushing onto Dexter Lawn in pre-planned spots, rushing to set up a wedding ceremony at the 3 o’clock bell, where the bride Kasai arrived at around 3:05 p.m.

Ring Pops were exchanged between Kasai and Zhuang, as well as between their guests. The couple proposed to one another with Ring Pops and decided to keep the theme consistent during the ceremony.

“We got married with Ring Pops because that’s the best way to get a ring that’s bigger than everybody else’s,” Zhuang laughed. “We both aren’t really materialistic and we don’t really believe in the whole ‘ring’ thing.”

Zhuang is from San Francisco while Kasai is from San Diego. The two decided to get married at the state university as a halfway point

for traveling for both themselves and their wedding guests. Both graduated from Cal Poly in 2020, Zhuang majored in architecture while Kasai was an animal science major.

“Dexter lawn is the prettiest lawn out of everything and you can’t really do a flash mob without an audience,” Zhuang said. “It was also easy to find for a lot of our friends who aren’t from Cal Poly.”

Zhuang and Kasai met through a mutual friend during their undergraduate time at Cal Poly and connected after graduation by playing tennis recreationally. They decided to start dating long-distance and have made it work all for three years due to the lessons Zhuang learned from Professor Don Ryuujin.

“

When the wedding started everything fell into place. They enjoyed how quick, original, and different this wedding was. It wasn’t boring

JOHN ZHUANG

Cal Poly Class of 2020

“At Cal Poly I took his [Professor Don Ryuujin] Intro to Psychology class and he talked a lot about his long-distance relationship and how it works, why they don’t work and how to make it work,” Zhuang said. “When me and Melissa started dating, all the knowledge that I gained from his class from the back of my head came flushing back in and I put them into effect.”



Zhuang and Kasai traveled to see one another every six to eight weeks when they were dating and avoided topics that could cause a disconnect in their relationship. They made an effort to meet each others’ friends and family and kept reminding themselves of what they have in common.

“Melissa traveled up to San Francisco and met all of my friends, and then I traveled down to San Diego to meet all her family and friends,” Zhuang said. “Whenever we talk about somebody, there’s a face to the name.”

When it came time to propose back in June, Zhuang came up with two proposals: one fake and one real. The fake proposal consisted of a scenic cliffside near Grover Beach, where Zhuang presented a ring to Kasai, then proceeded to drop it into the ocean.

“I took out a nicer ring and then pretended like I had butterfingers and tossed the ring off the cliff,” Zhuang said. “She thought I dropped it and then we both cried that way.”

The real proposal took over a year of planning and took place in New York. Zhuang created individual Instagram posts that contained a letter, spelling out ‘Will you marry me?’ by the end. He had to hide some letters and add extra ones in fear of anyone finding out his plan too early. The day he proposed, he posted a final post with all the letters photo-shopped perfectly for Kasai to read it.

“I didn’t have Instagram downloaded at the time because I was doing internships in New York, so I deleted all social media to not have any distractions,” Kasai laughed. “He made me redownload Instagram in the rain on top of this huge building and we’re all just awkwardly waiting as I redownload Instagram and try to remember my login. It was like a ten minute process.”

All their hard work has paid off. While continuing to be long-distanced from one another after the

wedding, they plan to reunite in a few years in the Bay Area.

“Our wedding theme is ‘nothing changes after,’” Zhuang said. “So nothing will change until Melissa is done with her studies and we move in together then. We are going to use all the money we got from the wedding for dates and air fare to visit each other for the next two years instead of spending it all at once.”

Kasai is currently studying at the College of Veterinary Medicine at Midwestern University in Arizona, with dreams to specialize in neurology and do a small animal rotating internship after graduation. Zhuang works as a technician in the Palo Alto Junior Museum and Zoo and has a goal of being a stay-at-home

husband while Kasai works towards her career as a veterinarian.

“Our values align and everything aligns and everything works out. We made a verbal contract when we first started dating and my favorite rule is that we don’t want to change each other because that’s one of the reasons why we like each other,” Zhuang said.

Zhuang and Kasai plan to see each other for a concert in San Francisco.

An Original YellowKiteford Production Presents

Nothing Changes After

3.2.23

DRINKS
Getting there

“Dexter Lawn, Cal Poly”
Location of ceremony marked by red pin on Google Maps

Parking Lot List walking distance
THERE IS NO FREE PARKING, DO NOT RISK A TICKET

- “Robert E. Kennedy Library” ≈ 1 min
- “CALPOLY LOT H2 EV2” ≈ 5 min
- “S Perimeter Rd” ≈ 5 min
- “Cuesta Ave” & “College Ave” ≈ 6 min
- “H12, San Luis Obispo, CA” ≈ 7 min
- “H16, San Luis Obispo, CA” ≈ 8 min

Park at any meters / ticketing machine

SIDE DISHES
Things to do before party at 5 pm

Things to see in Downtown SLO:
A small charming area to walk through

- “Mission San Luis Obispo de Tolosa 1772”
18th-century Spanish mission & museum
- “San Luis Obispo Creek Trail”
Walk alongside the creek that runs through downtown
- “Bubblegum Alley”
2 million+ pieces of chewed gum!
- “San Luis Obispo County Historical Museum”
SLO’s historical and cultural heritage. Closes at 5 pm

MAIN COURSE
After Party

Party Starts At 5:00PM
See SIDE DISHES for things to do before dinner at 5:30

Meet at “Château Noland”
6445 Monte Rd, San Luis Obispo, CA 93401
No smoking or pets, cameras on property

Tacos, Quesadillas & Hot Dogs
Salads and other side dishes from Costco

Hard Seltzers and Hard Liquors
You are welcome to bring other drinks you like

DESSERT
Wedding Registry

An Empty Stomach & A Smile :p

Important things to know:
Search “EXACT words in quotations” on GOOGLE MAPS for exact location
If it is raining, bring an umbrella
Dress code: casual, business casual, or whatever you want

Photography Encouraged!

JOHN ZHUANG | COURTESY
Wedding itinerary.

Student Partners with Cal Poly Professors to Establish Black Studies Minor

BY OWEN LAVINE

While looking through the Cal Poly class catalog, political science sophomore Milo Wolter felt like something was missing at Cal Poly.

As Wolter ran down the list of the Ethnic Studies Department's programs, he noticed that Cal Poly has "Latin American studies, Indigenous studies, Asian-American studies - [but] nothing for Black students," Wolter said. "It just seemed like such a massive discrepancy."

To change that, Wolter reached out to ethnic studies professor Alpen Razi last November to work on establishing a Black Studies minor program.

Wolter said Razi helped him draft a minor proposal that accurately reflects the socio-historical realities of Black history and experiences. Similarly, Wolter says, Razi and ethnic studies professor Dan Castilow II also helped him get his proposal in front of Janelle Navarro, the chair of the Ethnic Studies Department. Razi said that Navarro and other faculty in the Ethnic Studies Department have been receptive to Wolter's proposal.

The minor would cover a variety of interdisciplinary classes including, but not limited to, ES 254: Introduction to African American Studies, ES 311: Beyonce: Race, Feminism and Politics, HIST 308: The Trans-Atlantic Slave Trade and PSY

260: African American Psychology. The courses listed in the proposal already exist in Cal Poly's catalog.

Wolter said the recent attacks on AP African American studies by Florida Gov. Ron DeSantis, as well as the sustained attacks on Critical Race Theory by conservative pundits and politicians, was a motivating factor for him to work on implementing the minor at Cal Poly.

"The recent news with DeSantis was something that motivated me," Wolter said. "It just showed me how there's a national campaign to suppress Black studies, history and experiences."

Razi started teaching ethnic studies courses, with a focus on Black studies, at Cal Poly six years ago. He said that during his time at Cal Poly, he has noticed Cal Poly suffers from

a lack of courses relating to Black studies. However, with recent "diversity hires" in the College of Liberal Arts, Razi said there has been a "groundswell of resources available from which we can cobble together the basis of a Black Studies program."

"It's only within the past couple of years that the College of Liberal Arts has made a push toward diversity hires and with them there is now a greater ability to teach topics that were previously marginalized," Razi said.

Since 2017, the College of Liberal Arts has hired 22 new assistant professors as a part of their cluster hires focused on diversity, equity and inclusion.

"Black faculty are still underrepresented at Cal Poly," Razi said. "Cal Poly continues to lose Black faculty...and that's partially an effect of [Cal Poly being] a predominantly white institution."

The minor also seeks to partially redress Cal Poly's retention problem with Black faculty by creating a space for Black students and faculty to connect with other Black students and faculty on campus, according to the proposal. It would also act as a method of attracting more Black

students and faculty by "promoting the study of Black experiences," according to the proposal.

Razi said the response from his colleagues in the Ethnic Studies Department regarding the possibility of a Black Studies minor has been overwhelmingly positive. However, one major hurdle stands in the way of the Black Studies minor: the semester conversion plan.

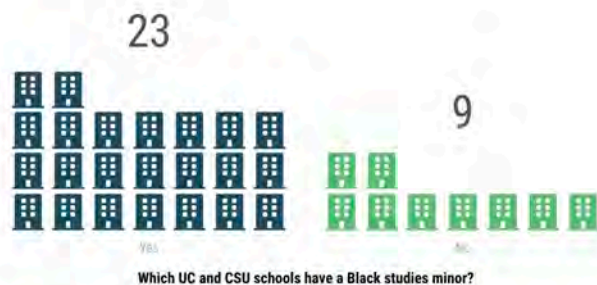
The semester conversion prevents any new majors or minors from being established until 2026 when the conversion takes place, according to a resolution passed by the Academic Senate in February 2022.

"Worst case scenario, I believe, [the semester conversion] will defer the realization of a program like this," Razi said.

Ultimately, both Razi and Wolter believe that the minor will be added to the Cal Poly catalog in 2026 and that the semester conversion is only an administrative hurdle that will be overcome in due time.

Cal Poly is one of nine California public universities that don't have a Black studies as a minor

Yes No



Source: California public university course catalogs by Amelia Wu

TO READ THE FULL PROPOSAL SCAN THE QR CODE BELOW



Cal Poly Students Work to Create a Lower Limb Exoskeleton

AVERY ELOWITT

Designed to allow people who are paralyzed to walk again, over 40 Cal Poly students came together to create LLEAP— or the Lower Limb Exoskeleton Assistance Project.

Biomedical engineering senior and CEO of LLEAP, Christie Altamura, leads the largest biomedical engineering project on campus into leaping the project forward.

The team started the research phase of the project in 2019, but was set back due to COVID-19 regulations. Once restrictions were lifted, the team built their first leg prototype. Now, teams are expanding on the device.

Altamura says that exoskeletons are very novel devices... given that "there's a lot of different applications, but one of them is getting people in wheelchairs who have no function of their lower body or some of their upper body to walk again." When it comes to finding potential users

for the prototype, there are certain requirements people must meet. Altamura said "the first person to be testing your suit" should be someone with previous experience using an exoskeleton.

Through the Cal Poly Empower Student Association, numerous students are bringing LLEAP to life. The project is broken down into five main groups— prototyping, mechatronics, software and simulation, sensing and UI and clinical. Each division coordinates with one another, focusing on different elements of the device, from building to programming.

Biomedical engineering senior and COO of LLEAP, Max Lewter, assists Altamura with organizing meetings, financial work and coordinating with Empower.

Lewter shares his love for LLEAP, claiming that the project has given him "the ability to get hands-on and apply the theories [he] learned in class and to actually practical

applications."

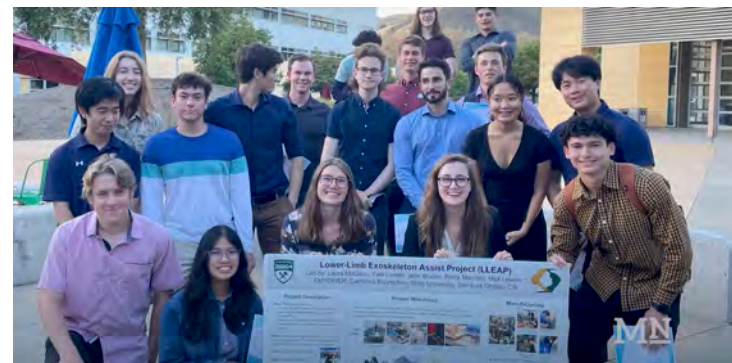
In his four years working with LLEAP, Lewter has participated in both the electronic and software elements of the project, including coding and simulation.

When it comes to learning the techniques necessary for the project, Lewter finds that his electrical engineering and computer science classes at Cal Poly have helped him develop his skill set.

"[My classes] have really helped me to prepare for working on the coding and simulation side of this project," Lewter said.

Unlike current exoskeletons on the market, Altamura says that LLEAP strives to help individuals with higher level injuries than today's devices support.

"The highest level of injury that one of the companies does is a C-8 incomplete injury, so our hope is to use the exoskeleton for someone who has like a higher level injury," Altamura said.



Altamura said that an incomplete injury to the C-8 spinal nerve generally results in a loss of function in the lower body, but not the arms.

Beyond bringing the exoskeleton to life, LLEAP will be made more accessible in the process.

"Exoskeletons currently aren't very widely used, because they're super expensive, like \$60,000 to purchase. There's not a ton of prototypes," Altamura said.

While the limited budget may provide obstacles for creating the

project, Altamura finds the silver lining.

"In a way, we're trying to make exoskeletons more accessible by kind of having a smaller budget and being able to build off of that," Altamura said.

LLEAP expects to complete all hardware prototyping this year, with their goal to start and finish testing by 2024.

For more information on the project, visit <https://lleapexo.wixsite.com>.

How Three Freshman Roommates Started a Successful Produce Stand on Campus

BY EMMA MONTALBANO

Disappointed by the lack of fresh produce options available at Campus Dining locations, three freshman roommates took matters into their own hands and started a business that would provide students with easy access to fresh fruit and vegetables.

After composing a proposal, business administration freshmen Logan Lin, Cole Turpin and Josh Turpin sent their idea to Campus Dining officials. After a couple of months, the idea turned into what is now Poly Produce, a stand outside of Vista Grande that sells a variety of fresh produce to students on Tuesdays from 12 to 3 p.m.

According to Director of Campus Dining Jess Dozier, students often come to Campus Dining with observations of problems, but they do not always have a clear solution or vision to fix the problem.

These three roommates, however, came to Dozier and executive chef

Chris Dunham with data from students and a well-thought-out idea.

In a survey they sent out to freshmen, 85% of the 1,012 who responded claimed they did not have easy access to fresh fruit and vegetables on campus, and 95% answered that there was not enough variety of fruits and vegetables on campus.

A few years ago, a couple of students put together a similar concept where they sold fruits and vegetables at night by the University Union, but it was not very successful, Dunham said.

Knowing that the previous model for this business idea was not successful, the team came up with solutions that would hopefully get more traffic such as putting the stand closer to the freshmen dorms and doing it during the day.

According to Lin, on Tuesday, Feb. 14, the stand opened to students for the very first time, and sold out completely within 15 minutes.

For the first day, they sold \$650

worth of produce. For the next Tuesday, they bought \$3,000 worth of produce and sold about \$2,500 of it, Lin said.

"The second time we did it, there was around 50 to 100 people waiting in line, which was a pretty great feeling," Lin said. "It felt like this is working, and you know we can see this as a long term thing."

Using the Cal Poly class of 2026 Snapchat story, Lin sends out a survey each week for students to take, asking which produce they would like to buy for an upcoming week. He then puts this information into a pie chart and sends it over to Dunham, who orders the produce based on the most popular answers.

According to Lin, the most popular produce so far has been mangoes, strawberries and blueberries.

The produce is sourced from Vesta Foodservice and is sold to students at a minimal cost plus arrangement. Students are able to purchase the produce using their meal plan money on their PolyCard.



LOGAN LIN | MUSTANG NEWS
Cole Turpin, Logan Lin, Jarvis Green and Josh Turpin on the opening day of the Poly Produce Stand at Vista Grande.

"In this case, this is very much a service model," Dozier said. "It's meant just to cover its own cost. It's not actually making a profit, really, at all, yet."

Lin and his roommates were hired by Campus Dining as associates to get paid for their time selling the

produce. However, Lin said that his top priority was to give back to Cal Poly and its students.

"It's not a way for me to make money," Lin said. "It's a way for me to help other students."

Cómo tres compañeros de cuarto empezaron un puesto exitoso de las frutas y verduras en el campus



EMMA MONTALBANO | MUSTANG NEWS

Cole y Josh Turpin distribuyen los productos a una larga cola de estudiantes en el puesto de Poly Produce mientras Lin trabaja en la caja.

BY EMMA MONTALBANO
TRANSLATED BY LIV COLLOM

Frustrados con la escasez de frutas y verduras frescas disponibles en ubicaciones de Campus Dining, tres compañeros de cuarto de primer año tomaron el asunto en sus propias

manos y empezaron una empresa que proveería a los estudiantes con acceso fácil a las frutas y verduras frescas.

Después de crear una propuesta, los estudiantes de primer año de la administración de negocios Logan Lin y los hermanos Cole Turpin y

Josh Turpin presentaron su idea a oficiales de Campus Dining. Después de unos meses, la idea se transformó en lo que ahora es Poly Produce, un puesto afuera de Vista Grande que vende una variedad de frutas y verduras a los estudiantes los martes de las 12 a las 3 de la tarde.

Según el director de Campus Dining Jess Dozier, los estudiantes frecuentemente contactan con Campus Dining con observaciones de problemas, pero no siempre tienen una solución o visión clara para solucionar el problema.

Estos tres compañeros de cuarto, sin embargo, vengaron a Dozier y el chef ejecutivo Chris Dunham con los datos de estudiantes y una idea bien planeada.

En una encuesta que mandaron los compañeros de cuarto a los estudiantes de primer año, el 85 por ciento de los 1,012 estudiantes que respondieron dijeron que no tienen acceso fácil a las frutas y verduras frescas en el campus, y el 95 por ciento dijeron que no hay una variedad suficiente de las frutas y verduras en el campus.

Hace unos años, unos estudiantes organizaron un concepto similar

en que vendían frutas y verduras en la noche cerca de la Unión de Universidad, pero no fue muy exitoso, dijo Dunham.

Saber que el modelo previo para esta idea no fue exitoso, el equipo creó soluciones con el intento de recibir más tráfico, como poner el puesto más cerca de los dormitorios y operar durante el día.

Según Lin, el martes 14 de febrero, el puesto abrió a los estudiantes por primera vez, y se agotó completamente dentro de 15 minutos.

Para el primer día, vendieron \$650 en frutas y verduras frescas. Para el próximo martes, gastaron \$3,000 y vendieron \$2,500 en productos, dijo Lin.

"La segunda vez que hicimos había aproximadamente 50 a 100 personas esperando alineadas, que fue [un] sentimiento genial," dijo Lin. "Sentí que esta empresa funciona, y sabes que podemos verlo como una cosa duradera."

Usando la historia de Snapchat de la clase de 2026 de Cal Poly, Lin manda una encuesta cada semana para los estudiantes a tomar, preguntando cuáles tipos de fruta y verdura quieren comprar para la

semana próxima. Entonces pone los datos en un gráfico circular y lo manda a Dunham, que ordena los productos basados en las respuestas más populares.

Según Lin, los productos más populares por ahora son los mangos, las fresas y los arándanos.

Las frutas y verduras se aprovisionan de Vesta Foodservice y se venden a los estudiantes a una cuota mínima con un cargo de arreglo. Los estudiantes pueden comprar los productos con el dinero en su plan de comidas usando el PolyCard.

"En este caso, es verdaderamente un modelo de servicio," dijo Dozier. "El objetivo es cubrirse su propia cuota. Todavía no hace ganancia en absoluto."

Campus Dining contrataron a Lin y sus compañeros de cuarto como asociados para pagarlos para vender las frutas y verduras. Sin embargo, Lin dijo que su prioridad primera fue asistir a Cal Poly y sus estudiantes.

"No es una manera para mí hacer dinero," dijo Lin. "Es una manera para mí ayudar a otros estudiantes."

Castro had his first week at Cal Poly. Here's how it went.

BY AMELIA WU

On April 3, former CSU Chancellor Joseph Castro taught his first class, Leading Social Innovations in Organizations (BUS 476).

"I am focused on ensuring that the students enrolled in my course have a positive learning experience," Joseph Castro wrote in an email to Mustang News. "The students will have the unique opportunity to engage with exemplary leaders from across the nation."

Met with a group of protestors in front of his classroom, Castro was accompanied by security upon walking to his first class at 12 p.m.

"The university anticipated that there might be limited protest activity on Tuesday," according to university spokesperson Matt Lazier.

Planned protests, such as the one held on Tuesday, are "strongly encouraged to notify the CPPD at least 24 hours in advance of the event," according to Campus Administrative Policy 140.

After a USA Today investigation that revealed Castro's failure to respond to sexual harassment complaints, Castro resigned as the chancellor of the CSU system in Feb. 2022.

In his agreement with the CSU Board of Trustees, Castro negotiated retreat rights, which allowed him to return a tenured professor position in Cal Poly's Orfalea College of Business in the event he stepped down as Chancellor.

The protest in front of Castro's first day of classes was sparked by city and regional planning freshman Davidson Drake, who through word-of-mouth gathered a group and organized the protest during the two sections of Castro's class.

"This isn't always our first choice of how to go about it," Drake said.

Drake, along with others previously made efforts to make students aware of Castro's arrival by posting flyers on campus.

"We put up flyers around campus and the university has sent janitors to take them down, which made me pretty angry because they are definitely aware of how bad the situation is and they're basically putting as much effort as possible into silencing any opposition to it to just try and let it blow over," Drake said.



They are definitely aware of how bad the situation is and they're basically putting as much effort as possible into silencing any opposition to it.

DAVIDSON DRAKE

City and regional planning freshman

The flyers were taken down by facilities management, per policy on posting and signage, which prohibits signs and flyers to be posted on any campus structures, including trees, without approval.

"When a small group of protestors gathered with a bullhorn and began impeding students' entry to a classroom, they were warned that they could not protest in a way that disrupted learning or blocked

classroom access," Lazier wrote.

Protesting dispersed after campus police were called.

"I would say it was a little scary in their response because they videotaped us," Drake said, referring to what he thought to be a university administrator. "They had a guy in a suit protecting Castro and he was threatening to call the cops. And then he did call the cops and they showed up, but we left before there was any confrontation."

Protestors passed out flyers to those attending the class, requesting that students drop the class.

"And that was really our goal - get students to drop it," Drake said.

Castro's BUS 476 class is not required by all business majors but is an elective course for those in the entrepreneurship and management and human resources concentrations. Flyers suggested other class alternatives.

An electrical engineering student, who asked to be anonymous in fear of retaliation, sat in a section of Castro's class.

"I was a bit nervous going into it," the student said. "I don't know if I've had something like that directly one-on-one confrontational before. But it went about as perfectly as I could have imagined and he was on his heels the whole time."

During the class, the student asked about his history as a chancellor and opened a conversation, hearing Castro's perspective on "his view of the events."

"I asked if he felt qualified to teach a leadership class," the student said. "He [Castro] said, 'Oh yeah, I feel qualified because I can learn from my past mistakes.'"

The protest held on Tuesday is not the only conversation surrounding Castro's arrival and his first-day teaching at Cal Poly.

"I and a few other people tried basically every other option we could get the university to do something about this," Drake said, referring to past events held by student organizations.

Student organizations Abolitionist Action Central Coast/SLO (AACCS) and Students for Quality Education (SQE) organized a teach-in on March 16, with the intent of opening conversation surrounding Castro's on-campus presence.

However, the teach-in room planned to be was locked by university officials, according to Drake.

The planned room for the teach-in was locked, which Drake assumes



ANNABELLE FAGANS | MUSTANG NEWS
Students protest outside of Castro's classroom on his first day of teaching on Monday, April 3, 2023.

was by university officials from the Office for the Dean of Students, and the event was canceled.

"Approval for events or activities encompassed by this policy may be withheld or withdrawn where determined by the University President's designee ..." the University's Time, Place and Manner policy reads.

In addition to student organizations, Cal Poly's governing bodies have been contributing efforts to voice the student body's stance on Castro, including resolutions made by ASI and Cal Poly's Academic Senate in the fall of 2022.

"There are just so many examples of people trying to go about this 'the legal way' and the way you're supposed to go about it, and getting absolutely no response, nothing done," Drake added. The student who sat in on one of Castro's lectures said that six other students that enrolled were present during the class, and spoke with them after.

"It seemed a few of them at least would consider dropping the class to find a new elective," the student said. "If they feel uncomfortable with him teaching that class as I do, then I hope they can drop that class and find a new one to take."

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ASI Craft Center Offers Surfboard Shaping Class Taught by Fellow Student

LAUREN GARNETT | MUSTANG NEWS

BY LAUREN GARNETT & PRESLEY ALLEN

It took Drake Abrahamsson 16 hours to shape his first surfboard.

He was at a friend's house in San Clemente, Calif., in 2016 when he saw a clip of pro surfer Ryan Birch on a board that Abrahamsson did not recognize.

"He was in this super cold looking water on this rainbow fish, and it was pretty iconic," Abrahamsson said.

"We were all just like, oh my God, we need to do that. There were some clips of him shaping and sanding the board in that video. And we were like, oh, he made that board. Why don't we make our boards?"

He asked his boss if he could get some insight on trying his hand at shaping. Abrahamsson and his crew were not allowed to enter the shaping bay, but were more than welcome to watch and take note. Feeling inspired, Abrahamsson and friends

promptly got to work constructing their own makeshift shaping bay. Once he got started working with that first blank, he was hooked.

"I didn't want to stop shaping that first board, because that meant I was done," he said. "I'd just spent hours with the screen just running down the rails of the board. I think I started out with some pretty normal rails, but then when I finished, there was hardly anything left."

Every surfer needs a longboard to

take out on those smaller days. Many students who take Abrahamsson's course opt for something on the longer side for their first creation. For Abrahamsson this meant a board almost twice his size.

Hundreds of blanks later, Abrahamsson is now a Cal Poly graduate student who teaches other students how to shape boards. In addition to studying environmental engineering, he teaches board shaping at the ASI Craft Center two

days a week.

"I'm still just scratching the surface," he said. "I encourage my students, if they find a real fire inside them about it, then please pursue it more."

Growing up in San Clemente, Abrahamsson was surrounded by surf culture. He caught his first wave when he was just a toddler, and he refused to surf without his goggles on. He has been hooked since and has moved on from his goggle phase,

but the constant pressure to perform in the surf capital of California presented its challenges due to the competitive nature of the scene.

Looking for another way to engage in surf culture outside the water, Abrahamsson found his niche in the shaping bay. Hand shaping culture was, and at times still is, very elusive. It takes time, patience, and a lot of practice, and the community takes a lot of pride in tradition while still looking to push the envelope and exploring techniques such as finless surfing and asymmetrical shapes.



When I visited before I accepted the offer to come to Cal Poly, I noticed that we'd have a shaping class. I was amazed because I haven't seen any schools that have that.

JOSH ROWE

Senior Civil Engineer

"The fact that all these people have made a career out of shaping is really cool. Because it shows you that every little experiment that shapers do and are interested in is worthwhile and people are paying attention, which is just a really nice indicator

of a healthy sort of community that wants to expand their sensations riding waves," Abrahamsson said.

When he started shaping, he sought advice from local shapers such as Ryan Engel of Nation surfboards and Hamish Graham of Superstix.

"A lot more people were easier to reach out to than I thought," Abrahamsson said. "I feel like the surf industry, especially hand shaping, has opened up their secret doors because they realized that like if we don't tell people, hand shaping could definitely disappear, but it's just an art that doesn't want to be lost."

When other surfers in the lineup started to notice Abrahamsson's abundance of new boards, they started asking him for a custom of their own.

Hear more from **Drake Abrahamsson**



"I was riding one of my boards and someone asked me what I was riding," he says. "I told him that I shaped it. He was in disbelief and asked to try it. They tried it and got really excited about it and asked if I would shape them one. I was like, 'oh, I didn't even think about that. Yeah, sure. I'll shape you a board. I



think I charged less than \$200 for the whole thing.' I definitely lost money, but I was so excited that someone would want to even ride one of my boards."

With that, his very own shaping label was born. Passes Surfboards launched in 2018 and now produces about 30 boards a year.

Soon after opening up his shapes to the public, Abrahamsson got a job at Stewart Surfboards, the birthplace of the modern longboard.

Logging hundreds of hours in the shaping bay, Abrahamsson came to a place of comfort in his own creative abilities and skill with the heavy machinery involved with shaping. His sense of imposter syndrome washed away after an interaction with one of his Craft Center coworkers.

After graduating high school in 2018, Abrahamsson started Cal Poly as a civil engineering major. His freshman year he was approached by a senior who had heard of Passes Surfboards and suggested that he apply to teach at the Craft Center.

"I was so scared I wasn't gonna get the job," he said. "I made this whole portfolio of all the boards I've shaped and brought it in and they were really excited, and I guess we didn't have that much to discuss."

After asking a fellow instructor how many boards they had shaped, Drake

was surprised to know that his peers had only five boards under their belt as compared to Drake's 100 plus custom shapes since the beginning of his career. "I've just been working there since," he said.

Hoping her board wouldn't "turn out terrible," Craft Center student and business junior Ellie Jensen believed Abrahamsson's method of teaching ensured she would be successful in the shaping class.

Hear from students who have taken **Abrahamsson's class**



"The class is very hands-on," she said. "Like he does, whatever he's teaching us, he'll do on someone's board, not a ton, but enough where you can sort of take mental notes about all the different things that he's doing. And so it helps build your confidence and you can do it on your own."

Having known about the shaping class before coming to Cal Poly and wanting to take it ever since, civil engineering senior Josh Rowe finally found the opportunity in his second to last quarter.

Despite his excitement about the class, Rowe said he was hesitant about his skills.

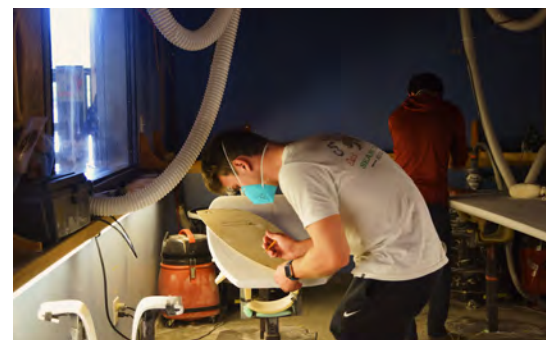
As far as Abrahamsson's teaching style, Rowe said he was guiding the class "gently."

"Not like pushing us, but also holding us in the right direction," he said.

When asked what Rowe thought made Drake a qualified teacher he explained that he believes a good teacher "listens to [their] students" but also "uses their expertise to make sure that the students are gonna end up with something they like."

When Abrahamsson graduates this spring, his days of teaching shaping at the ASI Craft Center will end.

"Shaping will always be something that I intensely enjoy and just know will never leave my life," Abrahamsson said. "But there are so many things I like to do, so shaping is just a degree of it. I want it to be a big portion of my life, but I'm not sure if I'll be doing it full time. So I guess we'll just see what opportunities arise. I never wanna force anything, but I would love to be able to do that every day."



Cal Poly senior takes Jeopardy! stage

BY REBECCA CARAWAY

Audrey Sarin grew up yelling at the TV in her grandparents' living room in Washington state as they watched Jeopardy!. They would huddle around the TV, answering the questions along with the contestants. It wasn't long until her grandparents encouraged her to apply for the show.

In December 2018, when Sarin was a senior in high school, she taped her first episode for Jeopardy! as a contestant in the teen tournament which took place throughout the show's 35th season. Four years later, now as a marine science senior at Cal Poly, she was invited back in January for the high school reunion tournament.

"It really was like a high school reunion for me, getting to see my friends who I hadn't seen in four years," Sarin said. "It was truly special."

While Sarin didn't win the tournament, she gained friendships with fellow contestants from all around the country. Many of the fellow teen contestants from Sarin's first season have been in a "massive" group chat since they first competed, staying in contact and keeping each other company during their formative college years.

When Sarin found out she was being invited back, the group chat exploded. When Sarin first saw the email from producers, she thought it was a scam until she realized that everyone else in her group chat got the same email.

"We thought, 'This is legit, we might actually get to come back and see each other,'" Sarin said.

A big difference from the teen tournament and the high school reunion tournament was that everyone in the tournament got to watch each other compete live from another room. Contestants like Claire Sattler watched Sarin compete from the Wheel of Fortune stage.

Sattler was the final winner of the teen tournament four years ago

and now as a senior double major of molecular, cellular and developmental biology and theater, dance and performance studies at Yale, she was thrilled to come back and reunite with her friends.

"It was like being in Philly in a sports bar during the Superbowl," Sattler said. "Everyone was just losing their minds. We were excited for these people that we're just so attached to."

"It was crazy and surreal to all be back in the same room again and actually, to be in the same room with people who I'd actually never met in person but I'd become good friends with online through the other contestants," Sattler said.

Despite both being on the same Jeopardy! tournament back in high school and having the same online friends, Sattler and Sarin didn't meet in person until the high school reunion tournament.



It really was like a high school reunion for me, getting to see my friends who I hadn't seen in four years. It was truly special.

AUDREY SARIN

Marine Science Senior

Another contestant had told Sattler and Sarin that if they ever did meet in person they would be best friends, but the two finally got to see for themselves at the taping.

"They got us in a room together and I've been very close with Audrey since the tournament," Sattler said.

"It's been really lovely, actually getting to be her friend."

One of Sattler's favorite memories from taping weekend was during a late night at a vegan ice cream shop in L.A. Sattler and Sarin sat with another contestant who needed advice. They listened to their situation and then gave their "big sister advice."

"We just sat there for like, at least an hour just talking, joking and just sitting with that stupid, overpriced ice cream," Sattler said. "It was such a joy."

With this being Sarin's second time on show, she felt more relaxed and grateful than she did the first time around.

"I never thought that I'd ever be on the show again," Sarin said.

For herself and the other contestants, playing this time around was for fun and not so much the money.

"Of course I was invested, I was playing the game. I wanted to win, but I didn't have any jitters or nerves," Sarin said. "I was just trying to enjoy the whole experience."

While Sarin wasn't nervous, her friends and family watching her taping certainly were, according to her roommate, food science senior Hannah Bryan.

"There were multiple times where me, her aunt and our other roommate were all holding each other's hands and squeezing whenever she would get something or when they would be interviewing her," Bryan said.

Bryan shared with Sarin in her excitement when she was invited back on the show.

"I was super excited for her. Clearly she had such a great connection with the rest of the cast last time," Bryan said. "She was super excited to see them again and I was just excited to see her compete."

One of the friends Sarin got to reunite with was fellow Jeopardy! contestant, Alison Purcell.

Purcell and Sarin also met during the Jeopardy! teen tournament and became friends while doing promo for the show together.



JEOPARDY! | COURTESY Sarin competing on Jeopardy!.

"We got really close, we were promo buddies throughout the first tournament," Purcell said. "I remember her being really easy to talk to and super sweet."

Purcell got to watch Sarin's episode from another room and cheered her on along with the other contestants. "Audrey went against two really tough competitors and she held her own and she did great," Purcell said. "I just remember being so excited and happy for her."

Sarin says that one big misconception of Jeopardy! is that contestants know the themes and topics before the tapping of their episode, however this is not the case. Contestants do not know what questions they'll get or even the category.

"The only way to study for Jeopardy! is to be a curious person in your own life," Sarin said.

Part of Jeopardy! is trying to hit the buzzer before the other contestants. It doesn't matter if you know the answer if you don't press the buzzer before everyone else — something Sarin struggled with during her taping.

While Sarin didn't move forward in the tournament, she was happy with the way she competed in her episode.

"I was a little disappointed but I

really was so pleased to get to relax, sit back, and enjoy the ride," Sarin said.

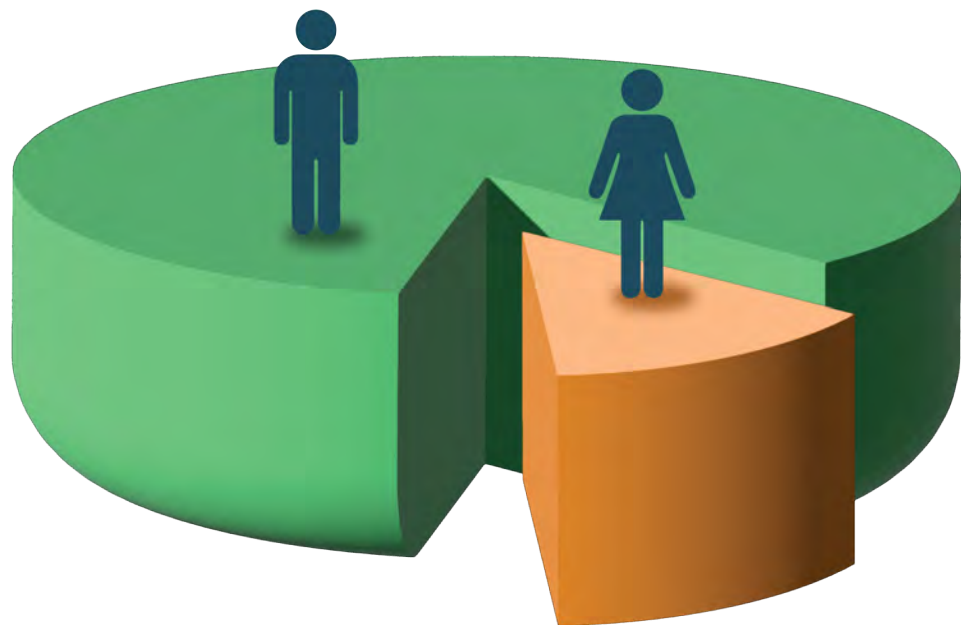
Another difference in this tournament from Sarin's last was the host of Jeopardy!. Alex Trebek was the face of the popular game show for 37 years. He hosted the show right up until his death in November 2020 after battling pancreatic cancer. Sarin's teen tournament was the last teen tournament he hosted on the show. Jeopardy! is currently hosted by Mayim Bialik.

"There was a sense among all of us that we lost an icon," Sarin said. "It was bittersweet to be back there without him but Mayim was an excellent host."

For Sarin, getting to sit on the wheel of fortune stage and watch everyone compete was the most exciting part of the weekend. Along with her fellow contestants, Sarin laughed and cheered on those competing, calling out the answers with them.

"It's been amazing to reconnect with those friends," Sarin said. "That's really been the highlight of the experience for me."

Advancing gender equity: ‘Why are there not as many women in physics?’



BY GWEN GARCIA

The origin story responsible for shaping Denvir Higgins into the dedicated physics senior she is known as today is unconventional. Higgins’ passion for physics derives from her high school physics teacher, who consistently made jokes about dumb blondes amid class lessons.

Denvir Higgins has blonde hair. She wanted to prove a point.

“My journey with physics started in spite. What continues to keep me studying physics is also spite, but now, I know I also love it,” Higgins said. “I have found I’m really passionate about astronomy, so I stay in the major. I feel like I can make space for myself.”

Historically, the presence of women in physics is comparatively lower to men.

Research from the American Physics Society showed only about 23% of United States physics bachelor and doctoral degrees in 2020 were awarded to women.

In 2011, Mustang News reported that only 15% of Cal Poly’s physics department identified as female.

10 years after that story came out, the number of female students in physics has seen improvement, but it has only increased to an estimated 26%, according to physics professor Colleen Marlow.

“As a physicist, you’re supposed to be objective about what the world looks like. If only a subset of people are looking at the scientific question and calling what they see. That’s not objective,” Marlow said. “Why are there not as many women in physics?”

As an alumnus of Cal Poly’s Physics Department and now a physics professor, Marlow saw evolution with her own eyes.

“For my first couple of quarters as a student, there were no women in any of my classes,” Marlow said. “Eventually another female student transferred in, but then there were only two of us.”

Besides lacking peers of the same

gender identity, Marlow faced additional challenges.

“Back then, there were professors that essentially sexually harassed the female students,” she said. “A couple of students even made us feel incredibly uncomfortable.”

Physical Review Physics Education Research found in a 2019 survey of 455 undergraduate women in physics in the U.S. approximately 74.3% of survey respondents experienced at least one tpe of sexual harassment.



I definitely feel there’s a strong sense of support among the female faculty in our department.

JENNIFER KLAY

Physics Department Chair

“Those were powerful experiences,” Marlow said. “When trying to think of my future career, if I was going to stay in physics, it was going to at least be working hard to change that experience for women in the future.”

This is Marlow’s first year as the faculty adviser of the Cal Poly Women in Physics (WIP) club.

WIP is open to all students in the major, regardless of gender. The club hosts social events, professional development, conference attendance and research opportunities open to all physics majors, according to the website.

WIP president Higgins has used her executive board position to address

gender equity within the major.

WIP hosts their annual Madonna Cake Day event, which originally began as a chance for women in the department to gather and enjoy cake. As the club event gained popularity, everyone in the department was encouraged to attend.

Although Higgins was “really excited for the event,” that excitement left when she arrived at the event to see WIP’s board women serving cake to men on the balcony of the physics department.

“The event had kind of reverted to being a little microcosm of sexism,” Marlow said.

Together, Higgins and Marlow planned to create change in fall 2022 by combining WIP’s annual Madonna Cake Day with a discussion led by Cal Poly SAFER to discuss gender and equity in physics.

SAFER is an on-campus resource that provides education and advocacy for topics regarding gender and power-based violence.

“That event was my first step into leading conversations about gender equity in physics,” Higgins said. “It really made me feel like my voice was important and the experiences I was feeling in my major were important.”

Physics Department Chair Jennifer Klay admitted to feeling intimidated by her female physics colleagues, and wary of becoming friends with them in her own undergraduate years. Quickly, she realized she was wrong, and she made good friends, who could relate to the challenges she faced as a woman in physics.

Cal Poly’s female presence in faculty and staff is above average compared to other collegiate physics departments.

Across the United States, the average female faculty in physics departments is approximately 18.5%. The faculty of Cal Poly’s physics department is 32% female.

“I definitely feel there’s a strong sense of support among the female faculty in our department,” Klay said. “I definitely picked Cal Poly and was glad to become part of this

community because of that.”

Within the field of physics, African American, Native Americans and Hispanic Americans are particularly underrepresented.

The American Physical Society identified only 16% of physics bachelor degrees were earned by individuals marginalized by race and ethnicity.

Cal Poly’s physics department is involved with three national initiatives for “increasing diversity, embracing equity and committing to inclusion,” according to the department’s website.

One of these initiatives is the department’s active participation in the Inclusion, Diversity, and Equity Alliance project of the American Physical Society, which supports physics departments, laboratories and other organizations to identify and enact strategies for improvement.

The department is also taking charge in eliciting change on their own.

“Most students in the major won’t take a physics class until winter quarter, and away from other physics majors,” Klay said. “They really

had no way of building a sense of community with our department.”

To help students establish community within the department, freshmen get block scheduling into major courses with fellow peers of the same major, so they can start to form connections with each other.

“To be a physics major, you just have to want to study it,” Klay said. “We want everyone to make sure everyone gets to know each other.”

Although the presence of women in the physics department may not be as high as many would hope, Higgins said she is still happy to see a community who supports underrepresented voices in the field, and she will keep advocating for women in physics.

“My ultimate goal is to help women feel like they have power in the department that I didn’t necessarily feel like I had at the beginning,” Higgins said. “I want to make them feel like they have a good foothold to continue to promote equity in our major.”



DENVIR HIGGINS | COURTESY

Cal Poly physics students attend the Women in Physics Madonna Cake x SAFER event. Courtesy of Denvir Higgins.

Cal Poly Sophomore's Hair Braiding Business Flourishes in SLO

BY EMMA HUGHES

As college students, we learn to balance school, clubs, work and a social life. But for psychology sophomore Nailah DuBose, managing a business is added to the list. DuBose created her own hair braiding business called Braids by Nai, while also being a full-time student.

KCPR spoke to DuBose last year after she started the business in the dorms her freshman year and revisited DuBose to see how her business has evolved as she continues braiding out of her apartment in Poly Canyon Village.

DuBose is originally from Sacramento, an area with countless braiders. When DuBose came to Cal Poly she was shocked at the lack of braiders and grateful that she knew how to care of her own hair. Her main goal with her business is to provide affordable and accessible hair care for students in a community that doesn't offer many options.

"Having [a braider] on campus was crucial and knowing the history of hair in the Black community, it's important to us. Our ancestors used our hair to cornrow maps to escape slavery, tribes in Africa cornrowed hair and did different braiding styles to showcase one's marital status, social status, just beauty overall," DuBose said. "It's a deep rooted connection for us and to be able to have that done here in college when you're young and expressing yourself, it's important. So I think I'm helping alleviate that problem in a sense."

With this sentiment in mind, DuBose spent the last year and a half perfecting her craft and carefully balancing her schedule to maximize her availability.

"What I do is I register for classes, look at my schedule for my volunteer work and then look at my BSU [Black Student Union] schedule. Then, at the beginning of the quarter, I'll make a set list of appointments and I'll post them the week we get back to school, so people can secure their spots," DuBose said. "As the quarter goes along, of course, you have some people who are like, 'are you able to squeeze me in?' So I make sure to leave some type of flexibility on the weekends so I can do that."

Now that DuBose has worked out her schedule, she is able to reflect on her growing business.

"My business has definitely expanded. I've gotten noticed more and my clientele has grown," DuBose said. "I really love having consistent clients because they help me know, 'okay you're doing good Nailah,' because if someone really likes your business and what it stands for, then they're going to want to keep coming back."

“

Having [a braider] on campus was crucial and knowing the history of hair in the Black community, it's important to us.

NAILAH DUBOSE

Cal Poly Psychology Sophomore

With DuBose's booming business becoming more popular, she faces new challenges. DuBose currently only accepts Cal Poly students as clients and has become more selective with who she dedicates her time to.

"I'm meeting more people, but with that comes some type of sacrifice, right?" she said. "Either I'm having

to [squeeze them in] or I'm having to turn away clients, because I can't take them in. So it's grown, but you know, there's always the good and the bad with that."

The toughest obstacle DuBose has had to face is setting boundaries between her personal life and her work life. She sometimes has to turn away clients in order to focus on school or to take a day to relax; with such a busy schedule, she always has to consider her options and priorities. That being said, one of DuBose's favorite experiences she has had with her business was sitting on a panel with Diversity SLO for a Black Hair Matters event with San Luis Obispo Mayor Erica A. Stewart, and Courtney Haile and Myraline Whitaker from Race Matters SLO.

"I got to sit on the panel to talk about my personal history with my hair, and what I've experienced as a braider here in SLO," DuBose said. "It just felt so surreal and so honoring that they would even consider me to be in that category. So I think that's been one of my most notable experiences."

With this experience under her belt, DuBose believes that San Luis Obispo is moving in the right direction by becoming a more inclusive and informed environment. Looking to the future, DuBose plans on continuing her business throughout her college years and continuing to provide a fun, affordable and accessible space to get hair done.

NAILAH DUBOSE | COURTESY
Nailah & Mayor Erica A. Stewart at Diversity SLO's
"Let's Talk About Hair" event.



BRAIDSBYNAI | COURTESY
A set of Smedium Knotless Box Braids.

The Hoof: A WOWie's Guide to Cal Poly



The Hoof is a satire column created to find the humor in the daily life of Cal Poly students. If you're looking for news, this is not it. If you're looking for sports, this is kind of it, because we're having a ball. Ha. Puns.

BY CAROLINE KELLEHER

Caroline Kelleher is an anthropology & geography freshman and Mustang News Satire Columnist. The views expressed do not necessarily reflect those of Mustang News.

Future Mustangs! Or lil' ponies, as we call them! Foals, even!

I hope that you're just as excited as you could possibly be to come to Cal Poly. When I committed last spring, one of the biggest selling points for me was the "Learn by Doing" philosophy. As a geography major, I really feel confident in saying that I exhibit this idea quite often. Just the other day, an older couple approached me and asked me for directions to the PAC. By telling them to walk down a road and turn left, I really showed them what a lil' old geography student like me can (learn by) DO(ing).

As my first year at Cal Poly comes to an end and I relinquish the title of WOWie, I've decided to share with you my top 15 tips for a successful first year at Cal Poly. There's a lot of things about living in SLO that are so important, so be sure to keep reading to learn how to make the most of your first year as a Mustang.

1) Registration is super, super chill. Even though first-years have no priority - and times are divided by major - GE classes will never be filled up, especially for Area C! I've never had to wait on a 90 person waitlist for the last requirement I need.

2) Room with someone from your high school. Even if you guys were mortal enemies back in the day, it's so lovely to run into people from your old school (or other schools in your city!) all the time on campus - so why not make it even better by living

with one of them!

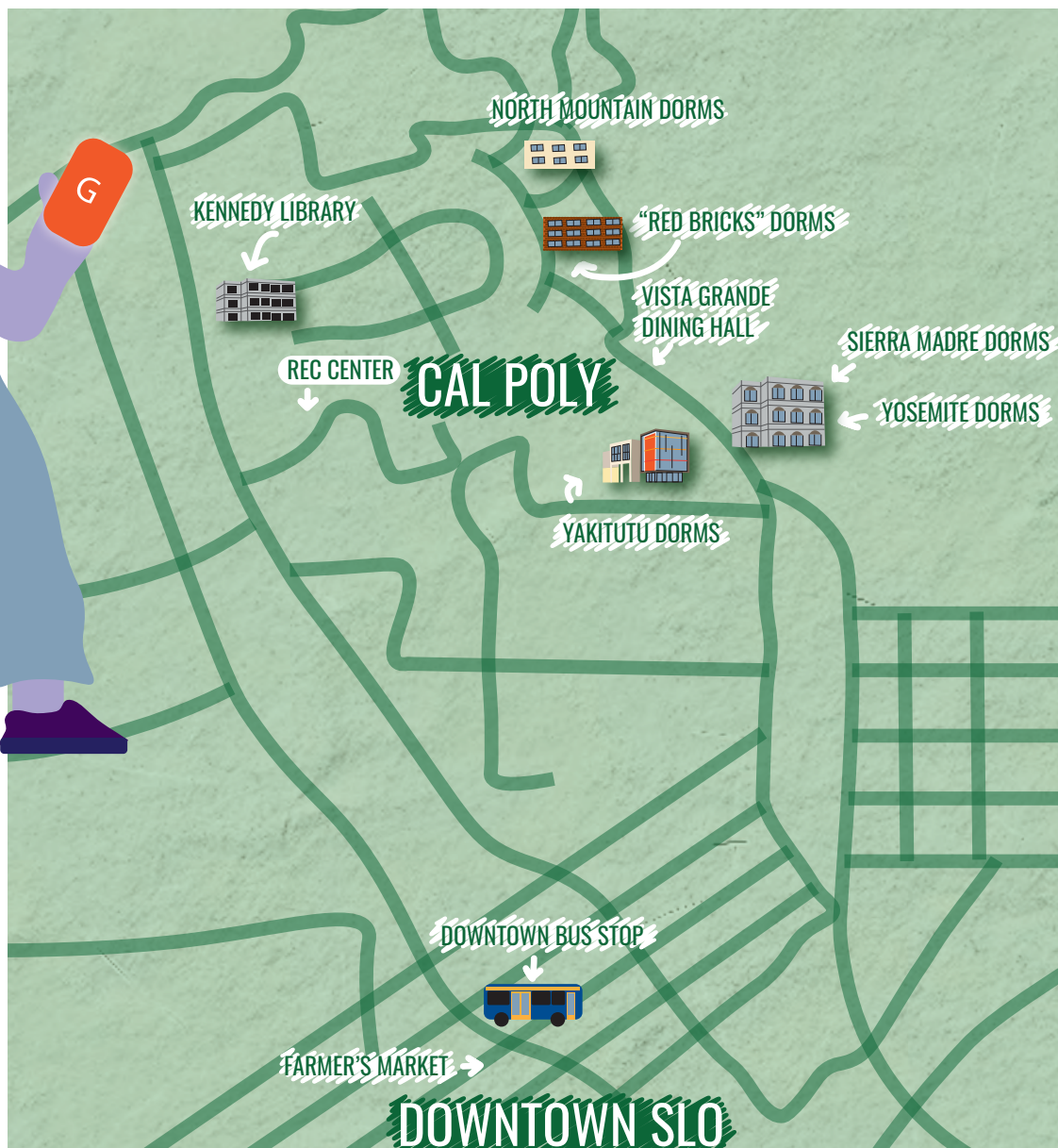
3) You won't need to think about getting a hotspot set up on your cell phone plan. Here, our Eduroam wifi works perfectly well all day, wherever you are - especially right before an 11:59 p.m. deadline! You'll never need to use your precious data plan to do homework! It's called Eduroam for a reason - you can roam all over campus and never worry about your signal.

4) If you want to go to the Farmer's Market on Thursday nights, don't stress about being able to fit on the bus. I've never been turned away from one of the buses because they were at capacity - in fact, the buses are always super empty during Farmer's! You'll always be able to make it downtown in time.

5) First-years use GrubHub to order and pay for meals at the majority of campus locations. The app is always speedy and accurately timed to when you'll get your food! I recommend ordering right before you go to pick up your food, no matter what time your app says it's ready. There's never a long line for any campus dining hall - especially if you want to order that sweet, sweet fire chicken from Noodles.

6) Use the library, which you'll definitely have access to for the entirety of your first year! Cal Poly would never close such an important space for students to learn and study in a peaceful atmosphere. That would be so inconvenient.

7) SLO might seem like it can be pretty rainy, but don't fret! You'll be nice and dry in your dorms - especially if you live in Sierra Madre or Yosemite, where the walls are super mold-proof!



8) The Rec is a fantastic place to work out with friends or on your own! No matter what time of day you head over to the gym, you'll always be able to find the equipment you need. If you're interested in taking classes, it's okay to show up right when the class starts - there's always going to be a space for you. You're also guaranteed to see your hookup from last quarter!

9) The washing machines are connected to a state-of-the-art app that will notify you whenever your laundry is done. These bad boys are so accurate, you'll never have to sit around for an extra few minutes waiting for the machines to actually finish! Everyone is super respectful of your stuff, no one will ever move your laundry even though there are five more open washers.

10) The turkeys on campus are incredibly friendly and an important part of our community. All turkeys have been domesticated and adjusted to life on our bustling campus. If you see one - especially if it's puffed up or strutting - feel free to give it a gentle pet!

11) Interested in joining a few clubs? Sign up for the email list for all of the clubs you're interested in at Club Fair! There's no way at all they'll forget to include you in any informational messages. You'll have plenty

of time to attend meetings for and participate in all the club events. Not a single one will conflict with your class schedule.



Now, I hope you keep these ideas in mind as you embark on your Mustang Way (personally, I'm allergic to horses, so I avoid the Mustang Way at all costs, but you can do it!) and your first year here.

12) Just like in high school, you cannot go back to your dorm between classes. That would be lazy, and cheating! If you have class at 8:10am and another class at 4:10pm, too bad - find a good spot outside and stay there.

13) Early fall & late spring quarter might seem like they'll be pretty warm, but don't sweat - literally. The AC in all of the dorms works so well! You won't need to risk shutting down the entire electrical grid with a few plug-in fans.

14) Looking to find friends or even love on campus? Don't try to set up study dates or anything crazy like that. Download a dating app. The culture isn't toxic at all - your self-esteem won't be destroyed one bit by random people you meet online.

15) The dining hall food is consistently delicious and remarkably safe to eat. I can confidently say I've never had to fish out the plastic American Cheese slice separator from between the pieces of bread in my grilled cheese sandwich from Mingle.

Now, I hope you keep this advice in mind as you embark on your Mustang Way (personally, I'm allergic to horses, so I avoid the Mustang Way at all costs, but you can do it!) and your first year here.

Be proud of yourself for all you've accomplished to get to where you are today. But your college journey starts now... so take that rolling backpack in your hands and sprint to your classes! You'll be so popular and just fine if you do this!

I wish you all the best, dear future Mustangs.

TRUAX AND THE MUSTANGS TAKE ON TUSLA

BY MILES BERMAN

Cal Poly Wrestling sent five wrestlers to the 2023 NCAA Wrestling Championships in Tulsa, Oklahoma beginning on Thursday, March 16.

Bernie Truax, Dom Demas, Ethan Rotondo, Antonio Lorenzo and Trevor Tinker stepped onto the mats on the biggest stage for the Mustangs, competing against the nation's best.

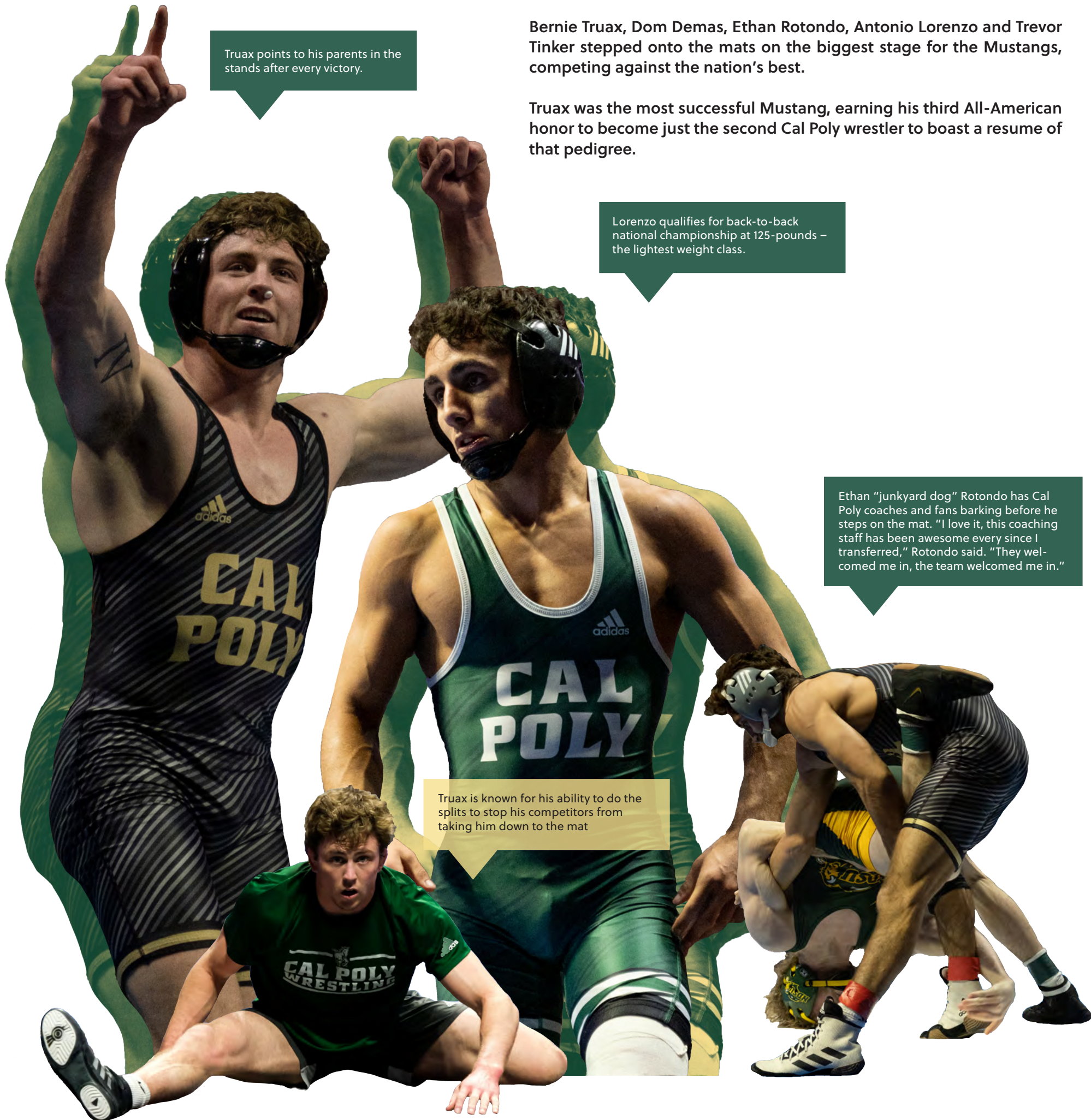
Truax was the most successful Mustang, earning his third All-American honor to become just the second Cal Poly wrestler to boast a resume of that pedigree.

Truax points to his parents in the stands after every victory.

Lorenzo qualifies for back-to-back national championship at 125-pounds – the lightest weight class.

Ethan "junkyard dog" Rotondo has Cal Poly coaches and fans barking before he steps on the mat. "I love it, this coaching staff has been awesome every since I transferred," Rotondo said. "They welcomed me in, the team welcomed me in."

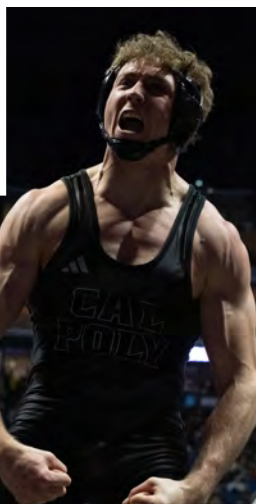
Truax is known for his ability to do the splits to stop his competitors from taking him down to the mat



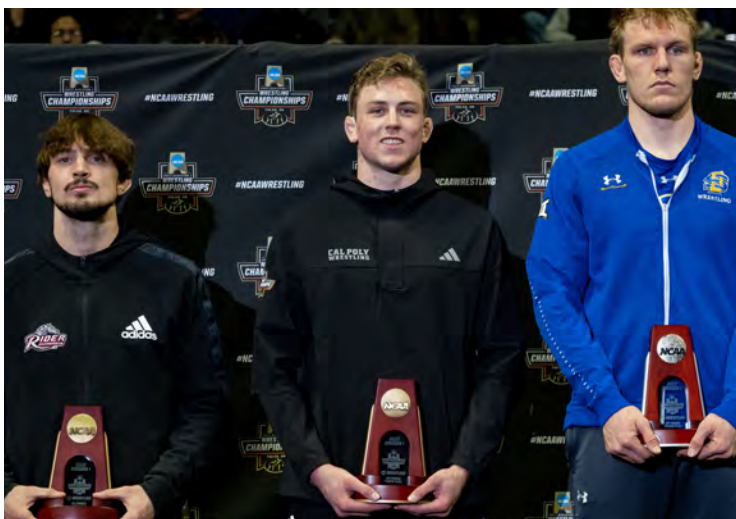
The national championships were held at the BOK Center averaging nearly 16,000 fans a day.



Wrestling is broken into three two-minute periods. Periods begin with wrestlers starting in the neutral, top or bottom position.



The top eight wrestlers in each weight class earn All-American honors. Truax tallied his third straight All-American with this win over Michael Beard of Lehigh.



Truax earned his third All-American honor at the championships.

Mustang News sports reporters traveled to Tulsa, Oklahoma for live, in-depth coverage of the NCAA Wrestling Championships. This reporting was made possible thanks in part to donations from our community.

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The national championship is a grueling tournament where competitors wrestle multiple times a day, where as the regular season schedule athletes usually compete in one match a week.



Truax pulls out the "puppetmaster" ankle-pick move for an 8-6 sudden-victory over Max Dean of Penn State.

Head coach Jon Sioredas speaks to Demas between periods after he gave up a stalling point.



"When I was a little kid asking for signatures, those guys were my heroes," Truax said. "I could possibly be these kids heroes."

WATCH: A LOOK INSIDE CAL POLY'S ANNUAL CULTUREFEST

THEM
" Lauren Emo

DO YOU DRESS LIKE WHAT YOU LISTEN TO?: HOW MUSIC AND FASHION INFLUENCE ONE

Be a part of our story.

MMG MUSTANG MEDIA GROUP | MN KOPR

Annabelle Faangs

CAL POLY MUSTANGS

STUDENT ADMISSION IS ALWAYS FREE!

BASEBALL

APR. 18 | VS. SAN JOSE ST. | 5PM
APR. 28-30 | VS. UC SAN DIEGO

SOFTBALL

APR. 15 | VS. CSU BAKERSFIELD | 1 PM/3:30 PM
APR. 16 | VS. CSU BAKERSFIELD | 1 PM

BEACH VOLLEYBALL

APR. 14 | VS. TCU | 1:45 PM
APR. 14 | VS. PEPPERDINE | 6:45 PM
APR. 15 | VS. UCLA | 11:30 AM

DOWNLOAD THE CAL POLY ATHLETICS APP AND SIGN-UP FOR RIDE HIGH REWARDS TO EARN REWARDS FOR ATTENDING GAMES!

RIDE HIGH REWARDS

Beach VOLLEYBALL CHALLENGE

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