Healthy food options

Students might find better alternatives by thinking outside of the box

By Thaddeus Miller
The Collegian

Panda Express and Taco Bell aren’t the only dining options for California State University, Fresno students. In fact, there are several healthier choices both on and off campus.

In an e-mail interview with The Collegian, Debbie Adishian-Astone, director of auxiliary services, said that there have been a number of healthy food items added to the University Student Union snack bar. She also said students could consider stepping out of the USU.

“The dining hall always has a salad bar and vegetarian items,” Adishian-Astone said.

Adishian-Astone also said that the university is open to suggestions.

We always want feedback about other alternative menu items that would be well received, and perceived to be ‘healthy,’” Adishian-Astone said.

Fresno State’s Food Services Advisory Committee meets quarterly with an Association Board of Directors committee to discuss items such as food quality, food options, quality of service and new menu items.

For some students, however, the best options may still be off campus.

Michael Becker, a political science professor at Fresno State, suggests that students incorporate more organic produce. Becker defines organic produce as being grown without the use of pesticides or bioengineering, as staples in their diets for both health and environmental reasons.

These options can found at stores and farmer’s markets across the valley.

“Organic is far better for the environment,” Becker said.

Becker also said that the amount of energy we use to raise farm animals for human consumption is environmentally damaging, and that a plant-based diet is more sustainable than a meat-based diet. He also said that while the issue of organic produce is big, the problems with a heavily carnivorous diet are more critical.

“I’d say that it’s more about the environmental impact of a meat-based diet over a plant-based diet, as opposed to just going organic,” Becker said.

According to Becker, 70 percent of the farmland in the United States is used to grow grain for animal feed. He said that the energy used to keep farm animals, as well as the gasoline used for transport, is a great transgression on the environment.

Becker advocates that students make an effort to eat locally grown foods, and that transitioning to a plant-based diet is best for the health of people and the environment.

“I recommend shopping locally through farmer’s markets. “T & D Willey Farms in Madera is a good choice,” he said.

Becker agreed that farmer’s markets can be more expensive, but argued that the benefits outweigh the costs.

“What is your health worth to you?” Becker asked.

By Collegian Staff

At this point in the semester, furloughs are becoming more routine. Friday marked the fourth administrative furlough day this year. But that doesn’t make them any less inconvenient for the students affected by them.

During Friday’s administrative furlough, some services such as the Henry Madden Library and the Kennel Bookstore remained open for students.

However, other essential services such as the cashier’s window and the financial aid office were closed for the day. Some closures made it difficult for students to complete paperwork.

Patricia Diaz, a freshman liberal studies major, was unable to make a request for the documents she needed.

“I need to get official transcripts sent to my high school for scholarships,” Diaz said.

“They need them by Oct. 1.”

Other closures affected students who sought advice on their academic schedules.

“This is the last week you can drop a class without a penalty towards your GPA,” said Carlos Vega, a sophomore.

Vega was searching for someone to assist him in dropping one of his classes at the admissions and records office, but the office was closed.

“Now, I don’t know if I will drop it,” Vega said.

By Collegian Staff

California State University (CSU) Board of Trustees voted unanimously late last week to grant honorary bachelor’s degrees to Japanese Americans who were enrolled at CSU campuses during World War II, and forced into internment camps.

The first degree was awarded posthumously Sept. 23 to Aiko Nishii Uwate, a Japanese American woman who was removed from San Francisco State University and sent to the Gila River relocation camp in Arizona. Uwate’s daughter, Vivian Uwate Nelson, accepted the degree for her mother.

The Trustees’ action followed legislation that directs California’s postsecondary education institutions to extend honorary degrees to individuals who were unable to complete their postsecondary education due to their forced incarceration during World War II.

“This legislation reflects our state’s commitment to correcting this ‘unfinished business’ for a waning population of deserving students,” said Assemblymember Warren T. Furutani.

Fresno State President John D. Welty also commented on the honorary degrees.

“It is always heartbreaking when students are forced to put aside their dreams of a college education, and even more so in the case of Japanese Americans who were interned during World War II,” said Welty.

“Fresno State will be proud to award honorary degrees to our students whose studies were interrupted. I urge them and their families to contact us so they may receive the recognition they earned.”
Government: Soda a sin, no sin!

LACE SOLS

“Soft drinks have been around since 1893. Coca-Cola was in every state by 1895. Why, after so many years, is soda inheriting the right of personal choice, and, of course, soft drinks. Making people pay more for a beverage or a sugary energy filling. Downing a caffeinated beverage or a sugary energy drink provides an instant gratification, gives you energy before the inevitable crash that will leave you grasping for another one. Numerous studies have found a correlation between obesity and health problems, such as diabetes, stroke, and heart attack. This is the first time in history that health experts predict a current generation may have a shorter life span than the previous one, despite advanced medicine and technology. That is not only scary, it’s pathetic. Yet it is not a non-preventable issue. I propose an initiative that takes more thought and effort and encourages people to want to make better choices for their personal health. Making people pay more while claiming they practice a healthier lifestyle may not only produce opposition and resentment toward any health benefit that was supposed to stem from the tax. You can’t shrive health down a person’s throat, even if it’s better than what they’re throwing down there. Least one contributor to an overweight and unhealthy society. Instead of taxing an already struggling public, why not make adopting a healthy lifestyle more accessible to the masses? As someone who believes in everything whole, fresh and nutritious, I know the price tag that comes along with it. Most Americans reach for sugar-laden sodas and grease-drenched food primarily because it is cheap and filling. Downing a caffeinated beverage or a sugary energy drink provides an instant gratification, gives you energy before the inevitable crash that will leave you grasping for another one. Numerous studies have found a correlation between obesity and health problems, such as diabetes, stroke, and heart attack. This is the first time in history that health experts predict a current generation may have a shorter life span than the previous one, despite advanced medicine and technology. That is not only scary, it’s pathetic. Yet it is not a non-preventable issue. I propose an initiative that takes more thought and effort and encourages people to want to make better choices for their personal health. Making people pay more while claiming they practice a healthier lifestyle may not only produce opposition and resentment toward any health benefit that was supposed to stem from the tax. You can’t shrive health down a person’s throat, even if it’s better than what they’re throwing down there.

Beverages than their slimmer one component of an overall majority of the blame for years, is soda inheriting the right of personal choice, and, of course, soft drinks. Making people pay more for a beverage or a sugary energy filling. Downing a caffeinated beverage or a sugary energy drink provides an instant gratification, gives you energy before the inevitable crash that will leave you grasping for another one. Numerous studies have found a correlation between obesity and health problems, such as diabetes, stroke, and heart attack. This is the first time in history that health experts predict a current generation may have a shorter life span than the previous one, despite advanced medicine and technology. That is not only scary, it’s pathetic. Yet it is not a non-preventable issue. I propose an initiative that takes more thought and effort and encourages people to want to make better choices for their personal health. Making people pay more while claiming they practice a healthier lifestyle may not only produce opposition and resentment toward any health benefit that was supposed to stem from the tax. You can’t shrive health down a person’s throat, even if it’s better than what they’re throwing down there.

The proposed initiative would target sugar-sweetened beverages, which include energy drinks, sports drinks, juices and, of course, soft drinks. Health experts say that a one cent per ounce tax per bottle would decrease consumption and increase revenue for health care, which shows a great deal of money to deal with problems related to obesity. The soda tax seems to be a great way to avoid the masquerading as an incentive for communities healthier. It is as if the government is slowly diminishing the right of personal choice, rationalized by a gluttonous public that is currently unable to practice self-control. Soft drinks have been around since 1893. Coca-Cola was available in every state by 1895. Why, after so many years, is soda inheriting the right of personal choice, and, of course, soft drinks. Making people pay more for a beverage or a sugary energy filling. Downing a caffeinated beverage or a sugary energy drink provides an instant gratification, gives you energy before the inevitable crash that will leave you grasping for another one. Numerous studies have found a correlation between obesity and health problems, such as diabetes, stroke, and heart attack. This is the first time in history that health experts predict a current generation may have a shorter life span than the previous one, despite advanced medicine and technology. That is not only scary, it’s pathetic. Yet it is not a non-preventable issue. I propose an initiative that takes more thought and effort and encourages people to want to make better choices for their personal health. Making people pay more while claiming they practice a healthier lifestyle may not only produce opposition and resentment toward any health benefit that was supposed to stem from the tax. You can’t shrive health down a person’s throat, even if it’s better than what they’re throwing down there.

The深圳市的案例表明，无论是在一线城市还是在小城市，中国的学生都非常重视英语。这些学生可能已经将英语视为他们的第二语言，并且在大学的学术生涯中发挥着至关重要的作用。英语是中国学生在国际交流中的重要工具，也是他们发展全球视野和文化素养的基础。此外，英语还能够增强他们的就业竞争力，因为在许多用人单位，英语能力是招聘的必备条件。通过学习英语，学生能够更深入地了解世界，拓宽自己的视野，从而为未来的职业生涯做好准备。
An important message for Undergraduate Students

WITHDRAWALS

• During your undergraduate career, students will be limited to 18 units of drops/withdrawals that occur during the serious-and-compelling drop period.

COURSE REPEATS

• Undergraduate students may repeat courses only if they earned grades lower than a “C”. 

• Undergraduate students will be limited to 26 units of course repeats:
  - 12 of the 26 units can be used for grade averaging
  - 16 of the 26 units can be used for grade substitution

The above unit limitations also apply to classes taken through Continuing and Global Education.

For more information, please refer to the Admissions, Records, and Evaluations website at www.csufresno.edu/are

The daily crossword
Edited by Rich Norris and Joyce Lewis
Los Angeles Times

PUZZLE SOLUTION: http://collegian.csufresno.edu
Copyright 2009. Tribune Media Services, Inc.

ACROSS

1 Disappear gradually
5 Prohibition agent Eliot
9 Vatican-related
14 Like deserts
15 Heavenly bear
16 "__ you clever!"
17 Hobbes, to Calvin
20 Motel restriction
21 T-bone, for one
22 Lock of hair
23 Med. plan choices
25 Opposite of "Huh!"
28 Damascus is its cap.
29 Fashion’s Gucci and actor Ray
31 Nudge rudely
33 Makes a long story short?
34 City leaders
35 Ideal getaway
38 Taken care of
39 “Rich Man, Poor Man” novelist Shaw
40 Give body to, as hair
41 Obvious disdain
42 Meditator’s syllables
45 Calculate sums
46 Coarse file
47 Rub it in
49 Key in the sea
52 Defective, as wiring
53 Armchair quarterback’s hobby
57 Change
58 Summoned the butler

59 Peace Prize winner
60 Fair-haired
61 Remain
62 Between-your-toes grains

DOWN

1 Passes out
2 Weapons storehouse
3 Baby seat cover?
4 Pieces jigsaw puzzlers usually start with
5 Convent residents
6 Historical period
7 Kazakhstan, until 1991: Abbr.
8 Assertions
9 Peel, as a rind
10 Opera highlight
11 Game played with a baby
12 "Raggedy" girl
13 Inc., in England
18 Appointment-confirming words
19 Dix and Knox: Abbr.
23 Set with a sharper picture, briefly
24 Inland designs
26 Traffic jam honker
27 “Isn’t that cute!” exclama- tions
30 Prom car
31 Persistently worrying
32 __ Eyes": 1975 Eagles hit
33 Poetic washs
34 Bryn __ College
35 Heroic exploit
36 Draw inferences from
37 Farm output
38 The bus stops here. Abbr.
41 Mythical man-geats
42 “Va vooms”
43 Marlee __, Best Actress winner in “Children of a Lesser God”
44 Like fine coifs
46 Notes after dos
48 Garage jobs
50 British machine gun
51 Baker’s fat
52 Stodgy old-timer
53 __ Four: Beatles
54 Every bit
55 Bubber
56 "__ scale of 1 to 10..."

SUDOKU

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

SOLUTION: http://collegian.csufresno.edu

Word of the Day

High crime

A crime committed while under the influence of drugs and/or alcohol. High crimes are usually fairly harmless and poorly thought out. They are met with regret or a complete loss of memory of their occurrence the next day. Vandalism, theft, and verbal/physical assault are most common.

Source: UrbanDictionary.com

International Business Programs

Craig School of Business
California State University, Fresno

2009 Winter Study Abroad in HONG KONG

MKTG 300’s - Marketing Concepts (4 Units)

2009 Winter Study Abroad in HONG KONG

MKTG 300’s - Marketing Concepts (4 Units)

Take advantage of our great Winter program in Hong Kong. One undergraduate course will be offered jointly with Hong Kong Baptist University.

How Do I Apply?

Please visit our website and download the application form www.csufresno.edu/ftp/

Scholarships Available

Application deadline: October 2, 2009

For more information call: 559.278.4723
There’s something missing from ‘Jennifer’s Body’

“Life will never be the same when a handsome, mysterious stranger jumps off a train and into the lives of a group of women in a small, mid-western town,” according to playwright William Inge’s production of ‘Picnic.’ Directed by theatre arts professor Thomas Whimbly, “Picnic,” running Oct. 2-10 at California State University, Fresno’s John Wright Theatre, will be the university’s first play of the 2009-2010 school year.

The play tackles the social prejudice and political conflicts of the 1950s, as experienced through the lives of small town characters.

Amanda Valdez discovered her passion for theatre during her freshman year at Madera High School. Ever since, it has become a part of her. Valdez auditioned for “Picnic” despite uncertainty for which character she would portray. Hoping for the best, Valdez earned the lead role of Millie Owens in which she felt a close connection.

Millie Owens, daughter of Madge Owens, lives the life her mother once wished for. Millie’s qualities push Madge into proving her inner maturity rather than the beauty that is only admired on the outside, Valdez explained.

Valdez, who said she was like Millie at age 16, explained that her character behavior classified her as a “brainy tomboy” with a desire to be known for her art.

Much like Valdez, Millie sketches, reads obscure books and interacts awkwardly with boys.

“The character is a lot like myself. I actually shared sketches of my own to the cast,” Valdez admitted.

“Picnic” embraces the importance of self-worth and family, but more importantly, the play sends a message to the audience to not be afraid of stepping out of what is considered ‘normal’ in society. Valdez said, “I, too, hope to hop on a train and head to New York.

“I just hoped for the best and I’m delighted to have the role I received!” Valdez exclaimed. “Millie Owens is a wonderful character.”

Brandon Hamilton, who played Hal Carter, said “It’s good to escape sometimes,” he admitted.

“It’s good to escape sometimes,” he admitted.

Brandin Hamilton began acting in elementary school plays and continued throughout college. Hamilton auditioned for the lead role of Hal Carter, in which he landed.

The biggest downfall of the movie is that it’s caught between two genres. One part horror, one part comedy is hard to sell and the film comes off slacking in both areas. The jokes aren’t funny enough and the frights aren’t horrific enough. Quips such as “laza-gna with teeth,” as one victim who’s been dismembered and partially eaten is called, are frequent but elicit only chuckles.

The end result of “Jennifer’s Body” is unsatisfying. The plot is extremely far-fetched and when questions start to pile up, the film answers very few of them.

 Instead of approaching an over-the-top idea in an intelligent way, the movie assumes the audience will simply go along for the ride.
Web forums help Iraqi refugees adapt to America

By Hannah Allam
McClatchy Tribune

"Mozart" is the screen name of a 44-year-old guitar-playing Iraqi refugee who was resettled in the United States recently.

In a posting this month to a popular online forum for Iraqis emigrating to the West, Mozart rattled off his many accomplishments: an economics degree from a prestigious Iraqi university; a diploma from an arts institute; experience in tourism and restaurant management; and 35 years as a musician with an Iraqi band.

"All this to tell you: I’m now working in a warehouse, doing manual labor for $8 an hour. My brothers and sisters, work is never shameful," Mozart wrote in Arabic. "In time, you will find your opportunity in the land of opportunity."

There’s a growing online audience for Mozart’s encouraging words. After years of backlog, the United States is admitting Iraqis in record numbers. Seventeen thousand were resettled this year, up from just 202 in 2006— but the refugees are arriving in the midst of a dire economic crisis with few job prospects and only a few months of federal assistance before they’re left to fend for themselves.

Iraqis who are approved for resettlement often flee death threats and torture only to find a new set of fears in their U.S. sanctuaries: lack of employment, alienation, language barriers and concern over loved ones who are still in Iraq. The U.S. government teaches Iraqi refugees the basics of life in the United States, such as applying for a driver’s license or paying utility bills. Resettlement manuals don’t explain the nuances of American society, how to report any changes of address “so you don’t become a national security concern.” They get into the nitty-gritty of an Iraqi household in America: Long skirts for Muslim women? Bring them, because U.S. shops are filled with miniskirts and shorts. Electrical appliances? Leave them in Baghdad because of the voltage difference. Hookah pipes? Don’t worry, the tobacco and coals are available. Need cheap furniture and household goods? Try a site called Craigslist, “where you can buy and sell anything.”

An Iraqi refugee whose online handle is “Arizona” is a particularly astute observer of his new world. One of his most recent posts describes how he walked into a Wal-Mart and was shocked to be welcomed by “a person who’s over 85 years old and works as a tracker of shopping carts.” Apparently unfamiliar with Wal-Mart greeters, who are often senior citizens, Arizona made a phone call to make sure that the chain wasn’t exploiting the elderly, and later he published relevant labor laws for other Iraqis to see.

Another time, Arizona wrote of a stroll through a park and his first encounter with homeless street performers. He struck up a conversation and learned about their tenuous lives. He wrote with admiration that the U.S. government provides them with food assistance and medical care. “God bless you, my brother,” an Iraqi named Basel commented on Arizona’s post about the street musicians. “I always see you trying to shed light on American society and to show us the corners we’ve never heard of.”

Mozart, an Iraqi refugee who resettled in United States

One of the best known Iraqi forums to question from McClatchy

The online forums “are a good thing because they’re not filtered. It’s an accurate depiction of life in the States,” Carey said. “However, they’re hearing about one person’s experience in one state, in one economic situation, at one given time.”

Bob Carey, the nonprofit International Rescue Committee’s vice president for resettlement and migration issues, said the forums “are a good thing because they’re not filtered. It’s an accurate depiction of life in the States,” Carey said. “However, they’re hearing about one person’s experience in one state, in one economic situation, at one given time.”

One of the best known Iraqi forums monitored by refugees is called Ankawa, named after a village in Iraq, and it allows Iraqis who are approved for resettlement to ask questions from McIntyre to McClatchy.

Another time, Arizona wrote of a stroll through a park and his first encounter with homeless street performers. He struck up a conversation and learned about their tenuous lives. He wrote with admiration that the U.S. government provides them with food assistance and medical care. “God bless you, my brother,” an Iraqi named Basel commented on Arizona’s post about the street musicians. “I always see you trying to shed light on American society and to show us the corners we’ve never heard of.”

Mozart, an Iraqi refugee who resettled in United States

Colvin said he has a hard time balancing school, working and doing his family’s taxes. In the face of such management problems, Colvin still finds humor in his situation. "I find it funny that the state of California opts to increase the tuition during such a horrible economic time," Colvin said. "Maybe they should remember that we are in the same situation and it just adds fuel to the fire."

After living on her own for the past year, Jane Lao, an economics major, had to move back in with her parents following the recent hike in tuition. "It is really hard to balance out school and work when you are off living by yourself with your family support," Lao said. "I would have to work 40 hours a week on top of going to school full-time."

Some students are also having a hard time balancing their professors that are going to work with their schedule.

"In time, you will find your opportunity in the land of opportunity."

— Mozart, an Iraqi refugee who resettled in United States

Want to see your photos published in The Collegian? Send them to Collegian-photo@csufresno.edu to see if they make the grade.
Fruit and candy flavored cigarettes banned by FDA in United States

By Stephanie Desmond
The Baltimore Sun

The Food and Drug Administration banned Tuesday the sale of fruit and candy flavored cigarettes in the U.S., hoping to rid the market of products that the agency says make smoking more attractive to children.

While flavored cigarettes make up a tiny fraction of tobacco products sold, the move marks the first major step aimed at regulating smoking. It was given the power this year to regulate tobacco products. The next step? The agency will look into whether other flavored tobacco products — including popular mouthwashes — will also be barred from U.S. store shelves.

Almost 90 percent of adult smokers started smoking as teenagers,” Dr. Margaret A. Hamburg, the FDA’s commissioner, told reporters. “These flavored cigarettes are a gateway for young people and younger children to become regular smokers.”

The niche products, sold in flavors such as vanilla, chocolate and strawberry, are mostly made by smaller businesses instead of hurting the major tobacco companies.

ByStephanie Desmond
The Baltimore Sun

Fruit and candy flavored cigarettes banned by FDA in United States

By Stephanie Desmond
The Baltimore Sun

The Food and Drug Administration banned Tuesday the sale of fruit and candy flavored cigarettes in the U.S., hoping to rid the market of products that the agency says make smoking more attractive to children.

While flavored cigarettes make up a tiny fraction of tobacco products sold, the move marks the first major step aimed at regulating smoking. It was given the power this year to regulate tobacco products. The next step? The agency will look into whether other flavored tobacco products — including popular mouthwashes — will also be barred from U.S. store shelves.

Almost 90 percent of adult smokers started smoking as teenagers,” Dr. Margaret A. Hamburg, the FDA’s commissioner, told reporters. “These flavored cigarettes are a gateway for young people and younger children to become regular smokers.”

The niche products, sold in flavors such as vanilla, chocolate and strawberry, are mostly made by smaller businesses instead of hurting the major tobacco companies.

The Food and Drug Administration banned Tuesday the sale of fruit and candy flavored cigarettes in the U.S., hoping to rid the market of products that the agency says make smoking more attractive to children.

While flavored cigarettes make up a tiny fraction of tobacco products sold, the move marks the first major step aimed at regulating smoking. It was given the power this year to regulate tobacco products. The next step? The agency will look into whether other flavored tobacco products — including popular mouthwashes — will also be barred from U.S. store shelves.

Almost 90 percent of adult smokers started smoking as teenagers,” Dr. Margaret A. Hamburg, the FDA’s commissioner, told reporters. “These flavored cigarettes are a gateway for young people and younger children to become regular smokers.”

The niche products, sold in flavors such as vanilla, chocolate and strawberry, are mostly made by smaller businesses instead of hurting the major tobacco companies.

The Food and Drug Administration banned Tuesday the sale of fruit and candy flavored cigarettes in the U.S., hoping to rid the market of products that the agency says make smoking more attractive to children.

While flavored cigarettes make up a tiny fraction of tobacco products sold, the move marks the first major step aimed at regulating smoking. It was given the power this year to regulate tobacco products. The next step? The agency will look into whether other flavored tobacco products — including popular mouthwashes — will also be barred from U.S. store shelves.

Almost 90 percent of adult smokers started smoking as teenagers,” Dr. Margaret A. Hamburg, the FDA’s commissioner, told reporters. “These flavored cigarettes are a gateway for young people and younger children to become regular smokers.”

The niche products, sold in flavors such as vanilla, chocolate and strawberry, are mostly made by smaller businesses instead of hurting the major tobacco companies.
CONTINUED from page 8

Pivotal moments in all three of the Bulldogs’ losses come down to fear.

In sports, especially football, there is a big difference between playing to win and playing not to lose. When I hear that phrase, “playing to win,” I think of all the clichés and the old sayings from Disney sports movies. “Playing with the fear of failure.”

And I wasn’t able to find any books about the coach who rips half the pages of his playbook out because he is afraid of his quarterback throwing an interception. No one cares about the team with more talent than its opponents that finds a way to lose down the stretch.

Fresno State has played the last three games trying desperately not to lose, motivated by the fear of defeat, not the thrill of victory.

The Bulldogs haven’t been outmatched or out-schemed by Cincinnati, Boise State or Wisconsin. The ‘Dogs had the most talent on the field in all three of those games, but still managed to do what they feared most.

In all of Fresno State’s losses, there was that moment. It was just a split-second in time that was the one and only chance for the Bulldogs to take the reigns and win.

In all three chances, the Bulldogs couldn’t escape their fears. It’s impossible to do when fear seizes the front of the mind.

On the first play of the second overtime period against Wisconsin, quarterback Ryan Colburn was afraid of throwing his third pick of the game. Guess what happened? He under-threw Chastin West and it was intercepted.

Against Boise State, safety Marvin Haynes had a sure interception, the easiest pick of his career, thrown right at him.

As Colburn stepped back to pass on the first play of the second overtime period against Wisconsin, quarterback Ryan Colburn was afraid of throwing his third pick of the game. Guess what happened? He under-threw Chastin West and it was intercepted.

Against Boise State, safety Marvin Haynes had a sure interception, the easiest pick of his career, thrown right at him.

Every play, every play, giving 110 percent!”

“There is no ‘I’ in team!”

“All 11 players, playing snap to whistle!”

OK, most people can come up with more of these overused expressions that fit nicely into this “playing to win” category. But the idea of playing to lose is far less documented.

The movies are made about the team with the offense that holds onto the ball all 45 minutes of a football game, trying desperately to keep Cincinnati’s offense from touching the ball.

The Bulldogs would have one more chance to tie the game late in the fourth quarter. The ‘Dogs faced a fourth down play to keep a drive alive and the chances of losing.

As Colburn stepped back to pass on the first play of the second overtime period against Wisconsin, quarterback Ryan Colburn was afraid of throwing his third pick of the game. Guess what happened? He under-threw Chastin West and it was intercepted.

Against Boise State, safety Marvin Haynes had a sure interception, the easiest pick of his career, thrown right at him. Braun right at him with the Bulldogs down by three points. It’s not the simplest plays the most difficult to make? He had too much time to think about dropping the ball before it slipped through his hands.

And on Saturday morning, the Bulldogs had a fourth and two on the Cincinnati sideline on the first play of the fourth quarter. The ‘Dogs were down 21-17 at that point looking to take the lead for the first time.

Tailback Ryan Mathews carried the team all day, eventually finishing the game with 145 yards on 38 carries. Fearing that Mathews would be stopped for the first time all day, the Bulldogs ran a play-action pass the short side of the field. Fearing that Mathews might throw across his body.

And that fear of an interception came back again. The Bearcats would score another touchdown in less than two minutes, going up 28-17.

Fear is insurmountable, unless it is replaced with confidence and belief.

Eight games remaining this season and only one year left on his contract with Fresno State, head coach Pat Hill’s attitude will determine the outcome of the season.

If he is coaching not to lose his job, then count on a 6-6 regular season and an invitation to a bowl game sponsored by American Standard toilets that only 13 people have ever heard of.

If Hill and his staff rally and start coaching without fearing of losing, his players will follow suit and naysayers will have nothing to say. The next eight games are very winnable and a 9-3 season is their to be believed.

Comment: The Collegian is a forum for student expression. http://collegian.csufresno.edu

SPORTS BRIEFS

Volleyball drops WAC opener

By Collegian Staff

The Fresno State women’s volleyball team fell in its opening match of the Western Athletic Conference (WAC) season, winning in five sets to the Wolf Pack of Nevada (4-9, 1-0).

The Bulldogs also had a great effort from Baylee Platt, who had a season-high 21 kills in the match. The ‘Dogs jumped out to an 11-4 lead in the first set and were up by as many as 14-12 at one point where Nevada rallied back to take the first set 25-23.

After a 25-21 win in the second game, the ‘Dogs continued to play tough against Nevada jumping out to leads in the next two sets as well. However, in both cases they could not hold on to the leads, as they lost those two games 25-23 and 24-26.

The loss drops the Bulldogs to 7-6 and 0-1 in the WAC. They continue WAC play this week on the road traveling to Boise State on Oct. 1 and Idaho on Oct. 3.

Soccer losses again

The Fresno State women’s soccer team continues to struggle as they dropped their second game of the season against Idaho State 1-0 on Tuesday afternoon. The loss will bring the Bulldogs to 0-3 in the season and only one year left on his contract with Fresno State, head coach Pat Hill’s attitude will determine the outcome of the season.

If he is coaching not to lose his job, then count on a 6-6 regular season and an invitation to a bowl game sponsored by American Standard toilets that only 13 people have ever heard of.

If Hill and his staff rally and start coaching without fearing of losing, his players will follow suit and naysayers will have nothing to say. The next eight games are very winnable and a 9-3 season is their to be believed.

Comment: The Collegian is a forum for student expression. http://collegian.csufresno.edu

 Hunters!!!

Besides being inductees into the Hall of Fame, their businesses have also been honored by the state's Tourism Commission. In 2016, they were awarded the Outstanding Visitor Center Award, recognizing their commitment to providing tourists with exceptional visitor services. Additionally, they were given the Governor's Award for Excellence in Tourism in 2017, further highlighting their dedication to enhancing the tourism experience for visitors.

In recognition of their contributions, the Hunters have received numerous accolades and awards. These accolades serve as a testament to their unwavering commitment to excellence in their field and their continuous efforts to set new standards in conservation and outdoor recreation.

These achievements, both on a personal and professional level, are a testament to the Hunters' dedication to advocating for the outdoors and preserving its natural beauty for future generations. Their work not only benefits the community but also the environment, ensuring that the spirit of the outdoors is cherished and upheld for years to come.
Bulldog sound bite of the week

“I’m tired. Thirty-eight carries is a lot.”

-Tailback Ryan Mathews

FRESNO STATE BULLDOGS 20, NO. 14 CINCINNATI BEARCATS 28

By Chris Aguirre
The Collegian

It was yet another tough loss for the Bulldogs in Cincinnati on Saturday, narrowly falling to the No. 14 ranked Bearcats 20-28.

The ‘Dogs were led by tailback Ryan Mathews’ 38 carries for 145 yards and one touchdown, but in the end, the junior’s efforts weren’t enough to upset the Bearcats.

“He’s the leading rusher in the nation, so we’re going to work him,” head coach Pat Hill said in a news release.

“Flawless football, clean football, that’s our philosophy. I think we did a pretty good job, but just not good enough,” Hill added.

The ‘Dogs fought their way back from an early 14-3 deficit. After a Ryan Mathews touchdown run, Ryan Colburn connected with a pass to Jamel Hamler for a touchdown with only seven seconds left before the half. The touchdown strike brought the Bulldogs within four, 21-17.

Trailing by four entering the fourth quarter, the ‘Dogs had the ball on the Bearcats’ 6-yard line, on fourth down and two yards. Fresno State quarterback Ryan Colburn stepped back on a play-action pass and threw a ball intended for fullback Reynard Camp, but the ball ended up in the hands of Cincinnati linebacker Craig Carey.

“Before the play, I noticed the running back staring at me for some reason,” Carey said in a news release. “I got a weird feeling the play was going to come my way. I feel like he looked me right in the eyes and just threw it to me.”

Head coach Pat Hill said he was contemplating between a field goal attempt and to go for it on fourth down.

“I thought we had a real good call,” Hill said. “I think if you ask Ryan, he would tell you he

See ‘DOGS, Page 7