If your son or daughter is a graduating senior, it probably seems as though the time has flown by. But all that hard work is now paying off. Commencement ceremonies are being held for individual colleges within the university from Thursday, May 17 through Sunday, May 20. Separate, smaller ceremonies will be hosted for individual majors with specific times and locations available at www.sdsu.edu/commencement.

All main campus college ceremonies will be held in Cox Arena and require admission tickets (the Imperial Valley campus ceremony will be held separately). Tickets were distributed to graduating seniors at GradFest in early April.

Please allow at least 30 minutes to reach the post-commencement receptions. Visit http://arweb.sdsu.edu/es/commencement/disability.html for information on disabled parking and accommodations for guests with disabilities. You must contact Student Disability Services at (619) 594-6473 by May 1 to arrange special accommodations.

If you will be traveling from out of town to attend commencement, the Aztec Parents Association arranges special discounts for parents, family and friends for ground transportation and lodging at various San Diego hotels. If you have not already done so, you should call as soon as possible as hotels are filling up quickly. (See page 2 for more details.)

**COMMENCEMENT SCHEDULE**

**Thursday, May 17 (Imperial Valley Campus)**
- 7 pm — Rollie Carrillo Quad, Imperial Valley Campus, Calexico
- 11 am — College of Health and Human Services (Cox Arena)
- 4 pm — College of Arts and Letters (Cox Arena)

**Friday, May 18**
- 8 am — College of Business Administration (Cox Arena)
- 1 pm — College of Professional Studies and Fine Arts (Cox Arena)

**Saturday, May 19**
- 8 am — College of Business Administration (Cox Arena)
- 1 pm — College of Professional Studies and Fine Arts (Cox Arena)

**Sunday, May 20**
- 8 am — College of Education and Division of Undergraduate Studies (Cox Arena)
- 1 pm — College of Sciences and College of Engineering (Cox Arena)

For more information, visit www.sdsu.edu/commencement

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**Aztec Parents Has A New Look!**

Beginning this summer, the Aztec Parents Association will be sporting a new look.

“We wanted to bring the look of the Aztec Parents Association up to a new level,” said Janet Castro, director of the Aztec Parents Association. “The old logo, which has been around for more than a decade, was starting to feel worn. We think the new look is more aesthetically appealing and modern.”

The Aztec Parents Advisory Board recommended the new logo from three options presented to them at a board meeting in early February. “I’m excited about this fresh new look for the Aztec Parents Association,” said Michelle DuBord, coordinator for Parent Programs.

Parents’ publications will start incorporating the new look with orientation materials this summer.

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**Gwynn To Enter Hall of Fame**

Aztec baseball coach and former player, Tony Gwynn, will be enshrined with the sport’s all-time greats in the National Baseball Hall of Fame. Gwynn, one of 32 nominees this year, received 532 of the 545 votes cast by members of the Baseball Writers’ Association of America. This was Gwynn’s first year on the ballot.

National Baseball Hall of Fame President Dale Petroskey announced the 2007 inductees, Gwynn and Cal Ripken, Jr., the only two inductees from this year’s list of nominees. “We can’t wait to welcome them into the Hall of Fame family — and their families. And we can’t wait for a very, very big induction weekend in Cooperstown.”

Gwynn, who played his entire major league career with the San Diego Padres, appeared alongside family members and Padres officials at a Petco Park news conference.

“This is awesome,” said Gwynn. “This is the greatest honor a baseball player can get. To stand before you today being called a Hall of Famer is truly more than I ever could have imagined.”

In 20 seasons with the Padres, Gwynn had a .338 career batting average. A 15-time All-Star, he won eight National League batting titles, leading the league in hits seven times. In his two World Series, Gwynn batted .371. His hitting won him seven Silver Slugger Awards, but his play in right field also earned him five Gold Gloves for fielding.

In order to land in the National Baseball Hall of Fame, a nominee’s name must appear on at least 75 percent of the ballots. Gwynn was listed on 97.6 percent. He will be inducted July 29 during a ceremony in Cooperstown, New York.

Visit http://alumni.sdsu.edu/Congratulations_All.mpg for the Ode to Tony Gwynn video. It’s a 3-minute video from SDSU notable alums and friends congratulating Tony Gwynn on his induction into the National Baseball Hall of Fame. (See page 9 for more on Gwynn.)
Important Dates
Q: How can I find out about university dates and deadlines?
A: San Diego State University’s academic calendar entails important dates and deadlines in regards to final examinations, class registration, fee payment deadlines, university holidays and much more. It is found in the printed version of the General Catalog, but may also be viewed online by visiting the SDSU Web site, www.sdsu.edu. Once on the SDSU home page, select “Current Students” from the menu bar located on the left side of the Web page, then select “Academic Calendar.” Or, the following Web link, www.sdsu.edu/schedule/academic_calendar, will take browsers directly to the academic calendar. A Web link to the academic calendar can also be found on the Aztec Parents Association Web site, www.sdsu.edu/aztecparents.

SDSU’s online academic calendar is a great resource and it’s recommended that parents and students either bookmark the academic calendar Web page or print it out, for future reference.

Campus Living Choices
Q: My daughter is considering renting a place near campus with some friends. What type of off-campus housing is available?
A: A good place to start is with SDSU’s Office of Housing and Residential Education Office www.sdsu.edu/housing/offcampus.html. Many people assume they only provide on-campus housing services, but they do have several resources for students who want to move off campus. The Office of Housing Administration provides off-campus housing services to people who may be in need of housing but don’t know where to begin. The Web site is designed to supply students with information about apartment hunting, the names of local communities and discussions about how to choose a roommate or deciding on a budget.

Housing Administration also supplies students with a listing service of local apartment managers or individuals who list their properties. The apartment listing service is provided as an information service only. Inclusion on this list does not indicate endorsement by the university or by the Office of Housing Administration.

The Web site contains the following links:
• Finding Apartments
• Off-Campus Listing Service
• Apartment Hunting Tips
• Navigating the Rental Maze
• Preparing a Budget
• Finding the Right Roommate

One thing the university strongly recommends is to avoid what has been called “mini-dorms.” These nuisance-rental properties are single-family homes purchased by speculators who add additional bedrooms, sometimes subdividing the garage into bedrooms, in order to rent to a large number of students. They have turned once-quiet neighborhoods in the College Area into problematic situations. To address this, SDSU is in the planning stages for additional on-campus housing — 1,400 additional beds. The university is also developing solutions to mitigate student impacts by funding a Code Compliance Officer for the City of San Diego to crack down on inappropriate development in surrounding neighborhoods (refer to the article on page 3, which describes how renters and property owners will now face the potential fine of up to $1,000 as part of a crackdown on loud noise and partying in the College Area). And, SDSU will continue to support educational programs such as the “Good Neighbor Program” operated by Associated Students to encourage responsible behavior by students living in the area.

SDSU welcomes the leadership of San Diego Mayor Jerry Sanders and Councilman Jim Madaffer to tackle the nuisance-rental property issue. This is an important issue for the campus and the community, and we pledge our full cooperation towards implementing permanent solutions.

According to SDSU President Stephen L. Weber, the university recognizes that there are students, like your daughter, who do not want to live on campus. The ideal solution to issues of student housing includes a mix of university-managed housing and new apartments near campus or adjacent to nearby trolley stations. One of the more exciting projects SDSU has discussed is with MTS (the Metropolitan Transit System) about the possibility of student-oriented housing at the Grantville Station — just one stop from SDSU along the new Green Line. The university is talking with several other developers in the area to expand the supply of student-oriented housing. Weber said he also remains hopeful that a Paseo-like project can be realized on this site that will provide a significant boost in university-managed housing along with parking and other amenities. It is worth noting that had The Paseo proceeded as proposed by SDSU in May 2005, we would be looking at the addition of 1,400 new student beds next year.

Travel Discounts Available for Aztec Parents
Special Discounts on Hotels and Airport Transportation for SDSU Aztec Parents, Family, and Friends. Just ask for the “SDSU Friends and Family Rate!”

Travel Discounts. “

Hotel Information
To inquire about “SDSU Friends and Family Rate” and to check out hotel amenities, call or view the Web sites.

To ensure the special rates, ask for the “SDSU Friends and Family Rate” at the Hertz counter and ask for a manager in order to receive the 20% discount rate.

Airport Transportation Information
HerzZ at the san diego airport
Once you arrive in San Diego, reference the “SDSU Friends and Family Rate” at the Hertz counter and ask for a manager in order to receive the 20% discount rate.

Cloud 9 Shuttle Service
Price: Range ($8-$20) depending on the location the passenger is being dropped off. These rates apply to the Old Town area, Mission Valley area, and the College area west of SDSU.

For more information, visit www.sdsu.edu/aztecparents and click on “Special Travel Discounts.”
Brandon Nelson is SDSU’s Biggest Winner

by Jennifer Floyd, SDSU Student

Always a busy person, Brandon explains, “it’s not about finding time for your health, it’s about making health your life.” While fast food always seemed like the quick and easy fix for hunger in the past, he found that with a little research, eating healthy can even be easy on the SDSU campus. Brandon enjoyed salads from The Dining Room at Cuicacalli, steamed vegetable bowls from Panda Express, and fruit smoothies from Juice It Up. Choosing lifestyle changes over crash course diets, he gave up fried food, quit drinking soda, substituted complex carbohydrates and whole grains for starches, and treated himself to a variety of fruits and vegetables every day.

Brandon’s new lifestyle not only improved his overall long-term health outlook, but he is also enjoying the benefits of clear skin, less stress and a stronger immune system. He is the essence of perfect health and now has the self-esteem to match.

Three years and 108 pounds later, Brandon is an ARC employee and Hip Hop dance/exercise class instructor planning on pursuing a career in the fitness industry. Brandon is an SDSU inspiration. Not because he lost 108 pounds, but because he changed his life and has made it his new life purpose to help others change their lives, too.

While his family now calls him “Olive Oil,” they do so lovingly and in appreciation for the example he has set for them. Brandon’s newfound healthy lifestyle has inspired the rest of his family to take their health seriously and get moving. His mom found that she loves walking outdoors and his aunt has made a strength training routine using canned foods and water bottles as dumbbells. Brandon says the key to success is “doing what you love and making it a lifestyle.”

Brandon is currently studying abroad in Singapore. Staying true to his commitment to health, in an e-mail Brandon writes, “There’s plenty of fitness opportunities and the fruits and vegetables here (Singapore) are amazing!” He is an Integrated Marketing Communications major of fitness opportunities and the fruits and vegetables here (Singapore) and will graduate this May.

For more information about SDSU Athletics, visit www.goaztecs.com

SDSU Student-Athletes Receive Academic Honors from MWC

by Darin Wong

In February, the Mountain West Conference (MWC) announced that 27 San Diego State University student-athletes were named to the fall 2006 Academic All-MWC team. To be eligible for selection, student-athletes must have completed at least one academic term at the member institution, while maintaining a cumulative grade point average of 3.0 or higher, and be a starting player or significant contributor to their team.

The following is a complete list of the SDSU honorees (in order of name, sport, class level, major):

- Russell Allen ~ football, sophomore, kinesiology
- Stephanie Armstrong ~ cross country, freshman, liberal studies
- Carrie Blankenbuhler ~ women’s soccer, sophomore, business administration
- Matthew Callahan ~ football, junior, accounting
- Tyler Campbell ~ football, sophomore, business administration
- Kristen Castillo ~ volleyball, junior, nursing
- Vanessa Curtis ~ volleyball, junior, communication
- Anthony DeMartinis ~ football, freshman, business administration
- Jessica Girdner ~ women’s soccer, junior, communication
- Scotty James ~ football, junior, social science
- Patrick Justman ~ football, senior, public administration
- Matthew Kawulok ~ football, freshman, business administration
- Jennifer Klander ~ women’s soccer, senior, communication
- Malenzie Mabry ~ cross country, freshman, biology
- Joe Martin ~ football, senior, business administration
- Amanda Maydey ~ cross country, sophomore, liberal studies
- Caitlin McMillan ~ volleyball, freshman, kinesiology
- Lisa Naucier ~ cross country, junior, international security and conflict resolution
- Lisa Nielsen ~ women’s soccer, junior, psychology
- Jacqueline Ragudos ~ women’s soccer, junior, kinesiology
- Rebecca Ryan ~ women’s soccer, sophomore, nursing
- Nick Sandford ~ football, freshman, business administration
- Leann Sgobba ~ women’s soccer, sophomore, art
- Mariko Strickland ~ women’s soccer, sophomore, kinesiology
- Celeste Tyson ~ cross country, senior, exercise and nutritional sciences
- Catherine Walker ~ women’s soccer, freshman, undeclared
- Kelly Wahlin ~ volleyball, junior, nursing

Noise Reduction Ordinance
to Take Effect in College Area on April 30

Due to complaints from homeowners in the College Area, the San Diego City Council voted in March to approve a proposal that would allow San Diego Police and the San Diego State University Police to give out administrative citations to residents in homes who have received complaints of noise. The citations carry with them up to a $1,000 fine. The proposal will be active in the College Area from April 30 to October 31 for a six-month trial period. The fee can also be imposed on property owners who do not try to mitigate noise complaints. People who receive citations will have 10 days to pay their fine but they can appeal to an administrative hearing officer.

In 2006, the San Diego Police Department received more than 1,600 nuisance rental property calls in the College Area. “Nuisance rentals are just as much a problem for San Diego State University and for our students, faculty and staff as they are for the other citizens of the region,” said SDSU President Stephen L. Weber. For those problem tenants who are SDSU students, the university may also discipline them for violations of the “Standards of Student Conduct.” Refer to www.sdsu.edu/srr/judicial/student conductcode.html

Student Profile:

Mainstream media talks about “Biggest Losers” but the Aztec Recreation Center (ARC) wants to recognize SDSU’s biggest winners. Winners are strong, winners are motivated, and winners turn their wins into universal wins.

Moving into the residence halls was a challenge for 280-pound Brandon Nelson. As a freshman, Brandon was inspired by his San Diego peers, “everyone around me was fit, healthy and happy.” Instead of being jealous or letting his negative body image hold him back from thriving as a college student, Brandon activated his ARC membership and got moving.

He found a workout routine that fit him by turning his passion for Hip Hop into a regular exercise routine. Soon, Brandon added extra treadmill time after his group exercise classes and then started a regular strength-training regimen. Instead of dreading exercise like he did in high school, Brandon took sanctuary in the ARC community and found himself looking forward to his now daily workouts.

For more information about SDSU Athletics, visit www.goaztecs.com
Students “Click” their Way to Academic Success

In the fall, San Diego State University students were introduced to a new in-classroom learning component: student response keypads, a product from eInstruction®.

About the size of a cell phone and resembling a television remote control, these keypads, or “clickers” as they’re commonly referred to, wirelessly transmit students’ in-class input to a receiver connected to the instructor’s computer at the front of the classroom.

Mark Laumakis, lecturer in SDSU’s psychology department, was among the university’s first faculty to implement clickers in the classroom. Laumakis believes clickers in the classroom enable a different kind of learning to take place, one filled with interactivity.

“Moving away from a mode of learning where students simply transcribe PowerPoint slides, clickers change it up and make learning more interesting,” said Laumakis. “When we’re talking about memory in class, I can give them a series of words, and then ask them to select which words they remembered. This works better — it’s more interactive than just showing them a slide of what’s already stated.”

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One of the many other ways Laumakis employs clickers in his classroom is through “concept-check questions.” Providing a multiple-choice question to his 500-student section class, Laumakis can ask the students a question and receive the students’ answers in a matter of seconds. “They (students) know individually whether they got the answer right. And I like the immediate feedback that I get as an instructor, which lets me know if students are comprehending what I’m teaching them.”

According to the Classroom Performance System (CPS) University Web site, www.cpsuniversity.com, over 600 U.S. higher education institutions are employing the use of classroom response systems. Fellow clicker-using universities include UCLA, UCSD, University of Colorado at Boulder and Yale University.

“Student feedback has been uniformly positive. They say it makes a large class feel smaller,” said Laumakis. He also reports that clickers have changed what students learn, but it changes HOW a student learns. It makes this large campus seem like a small college as students who live together take classes together. And data confirms that students who partake in living communities have higher GPAs, and are more likely to succeed and graduate from SDSU.

The 2007 residence hall living options will include:

For new and returning students:
- Aztec Engineering
- International House
- Transfer student option
- Extended quiet studies
- Substance-free lifestyles
- Housing over the breaks

For new students:
- The Emerging Leaders, focusing on student leadership development
- Business floor
- Health and Healing professions floor
- WISE — Women in Science and Engineering
- P-Fit/P-Act — for students interested in physical fitness and physical activity
- The Toltec house for undeclared majors
- Zapotec Honors

Sincerely,

James R. Kitchen

Clicker uses and benefits in the classroom include:

- Concept-check questions
- Can create charts and graphs
- Elicits student in-class participation
- Increases student interaction with class material
- Promotes class attendance
- Can enable in-class peer teaching opportunities
- Self-assessments of the course material
- Automates grading of quizzes/exams, and uploads results immediately to an online gradebook
- Keeps students engaged in class
- Promotes dialogue between students and their instructor
- Can be used to conduct anonymous in-class surveys

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The SDSU Bookstore sold 2,700 clickers in the fall, and it seems the clicker phenomenon caught on at SDSU, as over 4,400 students are using clickers in one or more of their classes this semester.

Selling for $35–$49, depending on the purchase option selected by the student, clickers can be used in multiple classes over multiple semesters. Visit http://clicker.sdsu.edu for more information about “clickers” at SDSU.

Message from Vice President for Student Affairs James R. Kitchen

It’s hard to believe another academic year is nearing the end. For those of you who have students graduating next month, I want to extend my congratulations. As parents and other family members, you share in the glory of your student reaching that milestone as much as your student. Most students would say they couldn’t have done it without their family’s encouragement, support and love.

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Summer Session 2007

Helping your SDSU Aztec graduate on time is essential. One way you can encourage your student to stay on track academically is to encourage him or her to sign up for SDSU Summer Session 2007. More than 800 high-demand courses will be offered this summer. Students may choose from two six-week sessions or one 13-week session.

This year, SDSU is offering a new fee structure that makes summer session even more affordable. Students will be able to pay a less expensive per-unit fee rather than the previously higher flat rate. For example, if a student takes only one three-unit course, they will pay for only three units. More information on fees can be found on the Student Financial Services Web site, www.sdsu.edu/sfs.

Summer session is a great opportunity for students to get ahead on units earned in order to graduate sooner or keep on track to graduate in four years or two years for transfer students. A variety of general education, major preparation and upper division major courses will be offered. The summer class schedule went online April 10. Students received their summer registration information (date, time and fee payment deadline) the following day.

Encourage your son or daughter to use their degree evaluation (located in their WebPortal account, www.sdsu.edu/portal) to determine what requirements and courses they still need to fulfill, and their Major Academic Plan (located at www.sdsu.edu/mymap) to understand the recommended sequencing of their remaining requirements. Students may also call the Academic Advising Center at (619) 594-6668, for guidance on course registration.
SDSU Honors 10 Students in its “Quest for the Best”

Scholarship, one part of SDSU’s educational mission, goes hand-in-hand with the promotion and development of leadership skills and community service. Under the theme of “Quest for the Best,” the Vice Presidential Student Service Awards are given each spring to up to 10 outstanding students who typify and promote this broader mission of the university. This year will mark the 21st anniversary of the awards.

Applications for these prestigious awards are available from the Student Activities and Campus Life office during February of each year. A panel of faculty, staff and former Quest winners interview the finalists and make their selections based on academic excellence, student involvement and commitment, community service outside the SDSU campus, and leadership qualities and development that reflect initiative, advancement of intercultural understanding, and evidence of positive, ethical decision-making styles.

Each student awarded the Quest for the Best honor nominates the SDSU professor or staff mentor who has made the most significant contribution to his or her personal growth. Both student and mentor are honored at an elegant banquet held each April. This year’s Quest for the Best winners, selected from junior, senior and graduate applicants, have been involved in diverse activities on and off campus. From leadership roles in the Honors Council to volunteering in the New Orleans Alternative Spring Break, these students give their time and talents to the campus and the community.

Congratulations to the 2007 Quest for the Best Winners

Yassar Hussain Arain  
Psychology major

Patrick Vernon Avila  
Biology and Philosophy major

Karla Trinidad Blanco  
Psychology major

Benjamin Farber  
Biology and Spanish major

Cecilia Carmen Larrosa  
Aerospace Engineering major

Brianna Louise Lutes  
Civil Engineering major

Nichole Mehta  
Journalism and Sociology major

Samantha Michelle Spilka  
Psychology major with an emphasis in Industrial/Organizational

Lea Nichole Viceral  
Communications major with an emphasis in Advertising

Jessica Jean Young  
Journalism major
New Late-Night Dining Hours

Due to popular campus demand, in March SDSU Dining Services introduced late-night dining hours at various on-campus restaurants and Aztec Market convenience stores.

“We always try to listen to our customers about what we can do to better serve them,” said Debbie Burchianti, associate director of SDSU Dining Services.

Last semester, over 350 class sections had a class ending time of 9:40 pm. And each week, thousands of students make use of the 24-hour study area and computer lab located in the Reserve Book Room of the Library. The new dining hours will help keep students fueled and fed for the busy life of a college student.

In His Own Words

They Poured Fire on Us From the Sky: The true story of three Lost Boys from Sudan, is based on the lives of Benson Deng, his brother, Alephonsion Deng; and their cousin, Benjamin Ajak. With the help of their friend and International Rescue Committee volunteer, Judy A. Bernstein, they are able to openly share their tragic and heroic personal journey with readers.

In February, two of the book’s authors, Benson Athiiin Deng and Judy A. Bernstein, spoke to a standing-room only audience in a 200-plus lecture room at SDSU about the missing global agenda in Sudan and Darfur as part of the university’s semester-long lecture series, ‘Understanding Globalization.’

Benson is one of nearly 4,000 Lost Boys of Sudan who are now residing in the United States, thanks to the help of the International Rescue Committee (IRC).

“We (Lost Boys) like to be people like the rest of you around the world. If I had that chance — an alternative — I may be a lot different.”

— Benson Athiin Deng

Tales of a ‘Lost Boy’

A Brief History

In 1983, a second Sudanese Civil War began that would endure more than 20 years. Nearly 2 million men, women and children were killed, and more than 4 million were forced into homelessness. Today, war continues to plague the largest country in Africa, Sudan, and the country’s western region of Darfur.

An estimated 20,000 boys, some as young as 5 years old, were able to escape an immediate death and/or enslavement by fleeing from their raided villages. Leaving their family, home and all they knew of a childhood behind, they began walking in search of safety.

Barefoot and nearly naked, they crossed over a thousand miles of desert, jungle and insect-infested terrain, under a blazing African sun that produced 120-degree temperatures. They suffered from starvation, dehydration and disease. They fought off lions, crocodiles, hyenas and other wild animals.

During the day they hid from rebel militants looking to enslave and train child-soldiers and at night they continued to walk by the light of only the moon. Most walked in groups, but at times they walked alone. It would take them up to 10 years before they found refuge in Kenya.

Less than half of the children survived the journey. They are the Lost Boys of Sudan.

Bernstein explained that once the Lost Boys arrived in the United States, they received three months of paid rent, and then they were on their own. “They must also reimburse the U.S. government for the $850 airline ticket to the U.S.,” said Bernstein.

Assimilating to the American culture, finding a job and a way to support themselves is a daunting task for these young men. Electricity, running water, flushing toilets and telephones are just a few everyday amenities that Benson and the other Lost Boys had never seen before arriving in the United States.

During the lecture, Benson told of his life before the war in “peaceful Dinkaland” with his Dinka tribe and family in Sudan; how he taught himself English at a refugee camp; and even about his first visit to Burger King when he arrived in San Diego, and marveled at the restaurant’s automatic soda dispensers.

Above all, Benson shared with the audience a dream that he stumbled upon in the Kenyan refugee camp so many years ago — to be educated.

“(In Kenya) We went to U.N. (United Nations officials) and said ‘Can you help us? We need some education. We lost our homes, our families. We cannot run like refugees forever. We need education. If there’s a school maybe we could land something … we could come out of this. Education is going to be our father and our mother.’

Currently, Benson is taking classes at a local community college and hopes to earn his G.E.D. this year.

Assimilating to the American culture, finding a job and a way to support themselves is a daunting task for these young men. Electricity, running water, flushing toilets and telephones are just a few everyday amenities that Benson and the other Lost Boys had never seen before arriving in the United States.
The ARC (Aztec Recreation Center) is the university’s learning annex for students interested in ‘Breaking a Sweat 101.’

A

Trans fats, in their natural state, are found in some dairy and meat products, but are more commonly consumed through hydrogenated oil-containing products.

The SDSU Dining Services’ decision to use Mel-Fry Free™ frying oil for fried food classics such as French fries has been a seamless transition. “We’ve had very positive feedback,” Melchior said. Mel-Fry Free oil, made from canola oil, bears no taste or odor and does not transfer flavor from one fried food item to another — a unique frying oil quality, added Melchior. At SDSU, trans-fat-free frying oil doesn’t end in a deep fryer. “The used oil can be recycled and turned into fuel,” said Melchior, of SDSU Dining Services’ collaboration with New Leaf Biofuel™. According to the New Leaf Biofuel Web site, www.newleafbiofuel.com/about/mission.html, the San Diego-based company collects used cooking oil from participating local restaurants, and creates an alternative vehicle fuel source: biodiesel.

According to Melchior, Starbucks™ has asked SDSU Dining Services to serve all trans-fat-free food and beverage items in its two SDSU locations, by April 2007. “Since all of our Starbucks baked good items are made on site on campus — which is rare — we need to reengineer the recipes to meet trans-fat-free guidelines,” said Melchior. "For example, croissants are typically made with a butter-margarine blend, but we need to eliminate margarine to make it a trans-fat-free item. We’re in the process of transforming many recipes.”

Alongside the implementation of trans-fat-free frying oil, SDSU Dining Services introduced the “Healthy Options” logo (see logo to the left) throughout quick-service restaurants on campus. The new logo identifies those food items that are lower in fat or fat-free, higher in fiber, have fewer carbohydrates, contain more fresh fruit and/or vegetables, are meatless, baked or grilled.

At the beginning of this semester SDSU Dining Services introduced yet another effort to help students make healthy eating choices: the “stoplight menu” in The Dining Room at Cuicacalli Suites. “All food items are color-coded red, yellow or green. Items under the green light, signaling ‘Healthy Choice,’ are items that you can eat more of, for example vegetables and fruits,” explained Melchior. “Items highlighted in yellow, such as breads and pastas, are ‘OK in moderation’, and those items highlighted in red, such as dessert items, should be ‘Limited.’”

Visit the SDSU Dining Services Web site, www.eatatsdsu.com for more information about the many restaurants and dining options on campus.

Focus on Wellness

New Healthy On-Campus Dining Options

An Diego State University’s on-campus restaurants are helping students make healthier eating choices with new healthy dining options.

Last semester SDSU Dining Services, the food service division of Aztec Shops Ltd., made the switch to trans fat-free frying oil.

“College campuses are rapidly transferring to the use of non-trans-fat frying oils and food items,” said SDSU Dining Services associate director, Paul Melchior. Other universities who’ve also made the switch include the University of Washington and the University of West Georgia.

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Tony Gwynn is always building something. In more than 23 years as a player at SDSU and with the Padres, he built one of baseball’s most prolific careers. So keen a student of the game was he, so exacting his work ethic, that a spot in the Hall of Fame was a foregone conclusion from before he retired as a player.

Right now though, he is eager to address his effort to turn Aztec baseball into a championship-caliber program.

A Love of Teaching

“This is my fifth year here and I absolutely love what I’m doing,” the gregarious coach declares. He talks with the conviction of the same humble-yet-confident player whose bat spoke louder than his words. “I’m happy where I am. I don’t know if other people thought I would be here this long, but I’m not going anywhere. I love to teach.”

“There’s an old axiom in major league baseball, if somebody took the time out to teach you, then you’ve got to take the time out to teach somebody else and that’s what I’m doing. I’m passing the information on that, in my case, guys like Ted Williams, Stan Musial, Bobby Doer and Robin Roberts — all of the guys that I ever talked to in my life — I’m taking information that they gave me and I’m passing it on.”

“That’s what I do best — teach” he continues in a tone more explanatory than introspective.

“I can break it down and put it back together again for just about anything. But young guys, they have a hard time trusting and believing in what you say because they haven’t done it yet.”

How could anyone who plays the game have a hard time trusting and believing a guy like Gwynn?

“Most freshmen who come to college are one of the better guys on their high school team and they’ve done things a certain way and had success doing it,” he explains. “Now they come here and if I have to change them or make adjustments with them, believing that what I’m telling them is going to work better than what they’ve done to get to this point is a hard pill to swallow.”

The Right Stuff

“So my job is to convince them that maybe there’s an easier way to do what they’ve been doing, I think for most of them it takes some time to see how the game has changed and see how the things that they were doing before might not work as well as something else at this level. Very rarely will a freshman come in and just have success. I’ve had two in my five years who’ve come in here and really had success right off the bat.”

Maybe it’s that times have changed since Gwynn came to San Diego State, where student-athletes now arrive with greater expectations.

“My (hope) is that times have changed since Gwynn came to San Diego State, where student-athletes now arrive with greater expectations. ‘Because I’m in everything,’ Gwynn is quick to reply, ‘I’m involved in every decision we make — scheduling, fundraising, recruiting, you name it. Whatever happens with the baseball program, I’m part of it. It’s kind of like being a GM. It’s kind of like being an owner because I’m recruiting the type of guys I want. I’m recruiting where I want. I’m playing the style I want, so I have to change them or make adjustments with them, believing that what I’m telling them is going to work better than what they’ve done to get to this point is a hard pill to swallow.”

Sitting on hot coals

Then, of course, there’s the more metaphysical aspect of life after induction into the Hall of Fame. “In the big scheme of things, what does it really mean,” Gwynn asks, immediately providing his own answer. “It means you’re a good baseball player. Okay, I’m not a baseball player any more. Now I’m a baseball coach. Five years into it, you look at my record and I’m under .500. ‘People might ask’ How many championships have you won? I’ve won one conference championship, ‘Been to the College World Series?’ No. ‘Been to a regional?’ No. So that’s where I am in my life.”

“I think people look at me and think, ‘he’s had a great career’,” Gwynn goes on. “He should feel really pretty comfortable with where he is in his life. Man, I’m sitting on a bunch of hot coals right now. It’s cool that I could play 20 years, have all the success any baseball player could ever imagine for himself, and still feel like I have something to prove. I’ve still got something to prove! It hasn’t changed. Forty-six years old and it hasn’t changed.”

“I know I’m under .500 (as a coach) and I’m feeling uncomfortable this year because I know the heat’s on. I know people think, ‘Hey, he isn’t winning up there. He needs to win’. And I like it that way because you know what? When you get comfortable you get complacent. When you’re uncomfortable, you know you’re going to work. I’m going to work. And that’s what I do.”

Indeed he does. A .338 career batting average isn’t earned without work. Gwynn credits his parents with setting an example for the work ethic he follows to this day.

“I saw it every day,” he remembers. “My dad worked for the state of California. He was a warehouse foreman and my mom worked at the L.A. post office where she had the graveyard shift. She’d leave at 5:30 and wouldn’t get home until three in the morning. We had one car. By the time I got up, Dad had it and he was going to work, so we never saw that car. It was gone every day of our lives growing up because Pops would come home and Moms would go right to work.”

Gwynn describes a coaching regimen that sounds much the same. “I go to the (ball) park,” he says. “I get here every day. I’m working on the schedule — buses, airlines, you know — and that’s why I love this job because I’m not sitting still. I’m working every day. I think people think I just sit up here and just relax and everything’s going ‘woohoo. It’s the complete opposite, man, and I’m grinding. We’re talking about recruiting for next year already.”

A Championship Vision

Even as Gwynn looks ahead, he remembers back to Aztec baseball’s glory days. “I was a kid until I win in the worst way and we will win sooner or later — hopefully, sooner than later. People sometimes forget how dominant this program was at one point.”

“I tell these kids all the time, ‘we should expect to win, not because we haven’t won in a long time, but because we’re going to play well enough. We’re going to execute well enough and we’re going to win. When we do, let’s act like we’ve won before because we have.’”

“My job is to bring that Aztec spirit back to how it used to be and that’s what we’re trying to do.”

Gwynn was a player on the last Aztecs team to come close to making the College World Series in “1979 when we won our conference, went to a regional, should’ve won it and didn’t,” he reminisces. “We were the number one team in the country and we went two and out in Tulsa, Oklahoma. Still, to this day, the toughest two games I’ve ever been involved in. We lost two in a row.”

The coach is still bothered by the memory “more than I care to admit.” Is it his biggest regret? “Oh, yes, absolutely.”

For Gwynn, it’s a memory — a Hall of Fame induction can’t erase, but one that might be eased by returning his alma mater to the ranks of college baseball’s elite. He says he’ll achieve that next goal as he always has, by applying himself and working hard.

A vision remaining true to a vision he says he has. “It’s an image of himself coaching his Aztecs to the championship of the College World Series. ‘I can see it in my head. I can imagine it’ Gwynn exclaims. ‘I can see my coaching staff going nuts. I can see my administration going nuts. I can see our boosters going nuts.’”

The SDSU Library is celebrating the life and career of Tony Gwynn with a major exhibit titled “Beyond the Batter’s Box: The Hall of Fame Life of Tony Gwynn.” The exhibit opened on March 6 and runs through September 7. Visit http://infodome.sdsu.edu/projects/gwynn for more information.
Proposal to Raise Pell Grants
Next Year — Increase Comes at Expense of Need-Based Programs

The president's 2008 budget proposal, released earlier this year, calls for an increase in the Federal Pell Grant award by $1,350 over five years, something that many in higher education consider long overdue. However, the president revealed that he would pay for the increase by cutting lender subsidies and eliminating the Supplemental Educational Opportunity Grant (SEOG) program.

"We're very supportive of the increases to the Pell Grant, but it doesn't make much sense to take away from other need-based programs," said Chris Collins, associate director of Financial Aid and Scholarships. According to Collins, about 7,900 students at SDSU received Pell grants in 2006. Less than 2,000 received the SEO grants and Perkins low-interest loans. Nationwide, about one-quarter of all college students receive Pell Grants.

According to The Chronicle of Higher Education, the big question is whether Congress will approve the president's plan.

"In the past, lawmakers have rejected most of the president's proposed cuts, instead providing flat funds or even modest increases for student aid. This year members of Congress from both parties rushed to denounce the president's ideas for how to pay for the Pell Grant increase.

"Republicans warned that a third reduction in the subsidy in such a short time could put guaranteed lending at a competitive disadvantage with direct lending. In the guaranteed-loan program, banks and other types of lenders deliver federally backed loans to students; in the direct-loan program, the Education Department provides loans directly to students through their colleges.

"Democrats praised the plan to cut what they consider "excess" lender subsidies, but warned against abolishing supplemental grants, which augment Pell Grants for low-income students, and other student-aid programs."

Aztec Aquaplex Now Open

Since construction for San Diego State University's new Aztec Aquaplex began in November 2005, a small hole in the ground has evolved into a massive, state-of-the-art aquatics facility. As of March 1, swimmers with sunscreen and beach towels in hand have flocked to the long-awaited on-campus oasis, designed to help visitors "get away from the everyday."

The Aztec Aquaplex will remain open throughout the school year and features three heated pools: an Olympic-size 50-meter pool, a 7,300-square-foot recreation pool and a 20-person hydrotherapy spa. The facility also has a sun deck with plenty of lounge chairs, on-site locker rooms, shower facilities, changing areas and restrooms. Featuring four springboards and a five-anchor bulkhead, the Olympic-size pool is ideal for diving and lap swimming. Serving as the home venue for the Aztecs swim and water polo teams, the pool will be able to accommodate water sports practices and competitions.

Similar to the ocean's shore, the 7,300-square-foot recreation pool has a zero-depth entry between the facility's sun deck and the water's edge. A portion of the pool is reserved as an open lounge, where members and guests can relax on floats. The recreation pool is relatively shallow with a maximum depth of five feet, and will accommodate swim lessons and water fitness classes such as water volleyball and water aerobics.

The 20-person hydrotherapy spa helps ease achy muscles and melt away stress with its 20 hydrotherapy jets and 102-degree water. After a long day, visitors can sit and relax in the spa, and enjoy the view of the nearby canyon.

Students with an Aztec Recreation Center (ARC) membership will have access to the spa, and are scheduled to be channeled to financial aid.

California to Increase Fees at Public Universities

The State of California has increased fees for attending both the University of California, and the California State University system. The state fees for CSU, which includes San Diego State University, will now be $2,772 per year for in-state undergraduate students. This amounts to an additional 10 percent fee increase, which was approved by the CSU Board of Trustees. Each campus has additional fees for miscellaneous services. SDSSU miscellaneous fees equal $656 annually.

"It is important that we find ways to increase the Pell Grant scholarship that don't harm other students," said Rep. George Miller, Democrat of California, chairman of the House education committee.

"If Congress does reject the president's plan, it will have to either scale back the Pell Grant increase or find another way to pay for it. That could be difficult, given budget constraints and competing national priorities."

Among other things, the president's budget would also:

- Increase annual subsidized-loan limits for juniors and seniors by $2,000, to $7,500, while raising the aggregate undergraduate borrowing limit by $7,500, to $30,500. Congress raised the loan limits for freshmen, sophomores, and graduate students last year, but did not increase them for juniors and seniors.

- Provide $24 million in grants of $1 million each to colleges and school districts that work together to educate students in languages critical to national security, such as Arabic, Chinese, Japanese, Korean and Russian.

- Raise the interest rate on PLUS loans from 7.9 percent to 8.3 percent for borrowers in the Direct Loan program, while reducing it by 0.2 percent, to 8.3 percent, for borrowers in the guaranteed-loan program. Congress raised the rate on PLUS loans to 8.5 percent for borrowers in the guaranteed-loan program last year, but because of a drafting error in the bill, direct-loan borrowers were spared the increase.

- Make Pell Grants available year-round, while limiting Pell eligibility to the equivalent of 16 semesters.

- Eliminate a rule that enables students at cotier institutions to receive larger Pell Grants.

- Allow students and parents to exclude money held in Section 529 college-savings accounts when calculating their financial need. Contributions to such savings accounts are taxed, but the interest that accumulates is tax free.
The Summer Reading Program book, Mountains Beyond Mountains, takes us from Harvard to Haiti, Peru, Cuba, and Russia as Farmer changes minds and practices through his dedication to the philosophy that “the only real nation is humanity” — a philosophy that is embodied in the small public charity he founded, Partners In Health. He enlists the help of the Gates Foundation, George Soros, the U.N. World Health Organization, and others in his quest to cure the world. At the heart of this book is the example of a life based on hope, and on an understanding of the truth of the Haitian proverb “Beyond mountains there are mountains.” As you solve one problem, another presents itself, and so you go on and try to solve that one, too. This powerful and inspiring new book shows how one person can make a difference, as Kidder tells the true story of a gifted man who is in love with the world and has one outlet to do all he can to cure it.

Many universities throughout the United States offer a summer reading program as a means of introducing incoming students to the intellectual life of the university. San Diego State University launched its first summer book-reading program in 2004, and is proud to announce its fourth season. The mission of the Summer Reading Program is to welcome new students to SDSU’s learning community,” said Dean of Undergraduate Studies Geoff Chase. “By involving all incoming students, the program comprises part of each student’s orientation to the campus and provides a common experience for them as they transition to both university life and to SDSU.” Chase explained that one goal is to create an opportunity for students to participate in a dialogue around a book and current topics. There will be many opportunities throughout the fall semester for students to learn and discuss interpretations of the book, he said. From social activities, to course discussion in the Freshman Success Programs and study groups, and other structured events, students will develop an enhanced sense of community while strengthening their critical reading skills.

Selected for the 2007 Summer Reading Program book is Tracy Kidder’s Mountains Beyond Mountains. The book has been critically acclaimed. The author, Tracy Kidder, is a winner of the Pulitzer Prize and the author of the bestsellers The Soul of a New Machine, House, Among Schoolchildren, and Home Town. He has been described by the Baltimore Sun as the “master of the non-fiction narrative.”
**SPORTS SCHEDULE**

For a complete listing of SDSU sports schedules, or for more information, visit the Athletics Web site at [www.goaztecs.com](http://www.goaztecs.com).

**BASEBALL**

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<th>Date</th>
<th>Opponent</th>
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<tbody>
<tr>
<td>4/13</td>
<td>Utah</td>
<td>Salt Lake City</td>
<td>6 pm MT</td>
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<td>4/14–15</td>
<td>Utah</td>
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<td>4/17</td>
<td>San Diego</td>
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<td>4/20–22</td>
<td>Air Force</td>
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<td>4/22–24</td>
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<td>4/27–29</td>
<td>TCU</td>
<td>Fort Worth, Texas</td>
<td>6:30, 2, 1 pm CT</td>
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<td>5/1</td>
<td>UC Riverside</td>
<td>Tony Gwynn Stadium</td>
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<td>UNLV</td>
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<tr>
<td>5/23</td>
<td>Mountain West Conference Tournament</td>
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**SOFTBALL**

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<td>12 pm MT</td>
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<td>San Diego</td>
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<td>4/21</td>
<td>UNLV</td>
<td>Las Vegas</td>
<td>6 pm</td>
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<td>UNLV</td>
<td>Las Vegas</td>
<td>2 pm</td>
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<td>4/27</td>
<td>New Mexico</td>
<td>SDSU Softball Field</td>
<td>5, 7 pm</td>
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<td>SDSU Softball Field</td>
<td>1 pm</td>
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<td>5/10</td>
<td>Utah</td>
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**WOMEN'S TRACK**

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<td>Long Beach Invitational</td>
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<td>4/15</td>
<td>Mt. SAC Relays</td>
<td>Walnut, Calif.</td>
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<td>4/20–21</td>
<td>UCSD Invitational</td>
<td>San Diego</td>
<td>9 am</td>
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<td>4/27–28</td>
<td>California Collegiate Challenge</td>
<td>Berkeley, Calif.</td>
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<td>4/29</td>
<td>Penn Relays</td>
<td>Philadelphia</td>
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<td>5/6</td>
<td>Claremont Classic</td>
<td>Claremont, Calif.</td>
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<td>5/9–12</td>
<td>Mountain West Conference Outdoor Championships</td>
<td>SDSU Sports Deck</td>
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<td>5/25–26</td>
<td>NCAA Regional Championships</td>
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**MEN'S GOLF**

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<td>NCAA West Regionals</td>
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<td>5/30–6/2</td>
<td>NCAA Championships</td>
<td>Williamsburg, Va.</td>
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**WOMEN'S GOLF**

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<td>2007 Mountain West Conference Championships</td>
<td>St. George, Utah</td>
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<td>5/10–12</td>
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**MEN'S TENNIS**

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>4/14</td>
<td>San Diego State Univ.</td>
<td>Aztec Tennis Center</td>
<td>12 pm</td>
</tr>
<tr>
<td>4/26–28</td>
<td>Mountain West Conference Championships</td>
<td>Colorado Springs, Colo.</td>
<td>All Day</td>
</tr>
<tr>
<td>5/12–13</td>
<td>NCAA Regionals</td>
<td>TBA</td>
<td>All Day</td>
</tr>
<tr>
<td>5/17–5/28</td>
<td>NCAA Championships</td>
<td>Athens, Ga.</td>
<td>All Day</td>
</tr>
</tbody>
</table>

**WOMEN'S TENNIS**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>4/13</td>
<td>BYU</td>
<td>Aztec Tennis Center</td>
<td>2 pm</td>
</tr>
<tr>
<td>4/14</td>
<td>Utah</td>
<td>Aztec Tennis Center</td>
<td>12 pm</td>
</tr>
<tr>
<td>4/15</td>
<td>UNLV</td>
<td>Aztec Tennis Center</td>
<td>12 pm</td>
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<tr>
<td>4/25–28</td>
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<td>Colorado Springs, Colo.</td>
<td>All Day</td>
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<tr>
<td>5/11–13</td>
<td>NCAA Regionals</td>
<td>Campus Sites</td>
<td>TBA</td>
</tr>
<tr>
<td>5/17–28</td>
<td>NCAA Finals</td>
<td>Athens, Ga.</td>
<td>TBA</td>
</tr>
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