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## CPP ranked as the No. 2 public University in the West



DARREN LOO | THE POLY POST

Aerial view of Cal Poly Pomona campus.

By **CAROLINA MACIEL AND MATTHEW ACOSTA**  
Staff Writers

U.S. News released their 2022-2023 Best College rankings on September 12, which revealed Cal Poly Pomona as the No. 2 public university in the west among other high rankings.

CPP also ranked No. 4 innovative university and

No. 6 best undergraduate teaching in the west. The College of Engineering was also recognized as one of the top ten programs nationally.

Over the last five years, Cal Poly Pomona has climbed 14 places in the "Top Regional Universities West" category, with increasing recognition for its high-quality education and commitment to experiential learning and

professional readiness.

"Doing well in the rankings is inspirational," said Senior Media Relations Specialist, Cynthia A. Peters. "We are being successful and recognized for the efforts of providing high-quality education at a good value to a diverse student body, who are taking the education and skills that they get at Cal Poly Pomona and being

successful."

In the spring and summer of 2022, top academics were surveyed to gather data for university's rankings. The scales are calibrated through 10 classifications which then are displayed through 17 indicators of academic quality.

These rankings are mainly used for students in high school or in community colleges

looking for which school they will be attending next. However, the recognition has boosted morale among faculty and staff.

With nearly 5,000 engagements on the CPP Instagram platform, this announcement has led to students taking notice of the school's accomplishments.

Manufacturing engineering student

Antony Rozle was not at all surprised that Cal Poly Pomona was ranked so highly in the recent rankings.

"I've already experienced the type of quality that it already has, it being my second year. I understand the quality in teaching and how I'm more hands-on in most of my labs and

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## CSU's budget cut causes faculty to lose part of their raise

By **MATTHEW ACOSTA**  
Staff Writer

This summer, Governor Newsom and California legislators made last-minute changes to the CSU budget which resulted in a reduction of funding from \$311 million to \$211 million which ultimately decreased faculty raises.

The \$100 million cut curbs staff members' raise increase from 4% back down to 3% amid rising of national inflation.

This change comes after the California Faculty Association fought for salary increases along with the bonuses related to COVID-19, all while the CSU Presidents received significant raises.

"The 4% was already nothing, so 3% is insulting, especially given the inflation that we all have to deal with as people who provide for their families," said CFA member and Assistant Professor of Communication, Sunny

Lei. "But here's the President with a \$100,000 bonus and here is me who has sacrificed blood, sweat and tears for seven years and I can barely provide for my family of one child."

California has one of the highest annual surplus budgets in the country and currently holds \$97.5 billion in surplus. The \$100 million needed to grant California State University staff their full 4% raises would have

amounted to 0.1% of that budget surplus.

In the July statement, CFA President Charles Toombs wrote, "Time and time again, the Governor has turned to our faculty to advocate for his priorities. Yet, when faculty work tirelessly to keep the CSU afloat through COVID-19 pandemic and Title IX scandals, he would rather turn the other way."

This budget cut comes

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## New details emerge for the Lanterman Project

By **TESSA DUFORE**  
Staff Writer

A year after the Poly Post's first coverage of Campus South, also known as the Lanterman Project, members of the project's committees shared updates that may include building student and staff housing, shopping areas and opportunities for students.

The university will use the land to create a microvillage, or mixed-use community, for Cal Poly Pomona's staff and students, much like tech-savvy colleges, such as the Massachusetts Institute of Technology, have done. Construction for this massive project will take 10 to 20 years to complete, requiring at least two phases for construction.

The committee for the project condensed over the past year to those who represent the administration directly, but Department of Finance, Real Estate and Law assistant professor Anthony Orlando was the

faculty representative of the committee when it decided which master developers to hire for the job, eventually deciding on Edgewood and Greystar.

"We've been in negotiations all year with the master developers ... and my understanding is that they're close to finishing them," Orlando said. "So, I'm hoping that within the next few months, they'll sign an actual agreement, and that means that the master developers can move forward with actually starting to show the campus what they're envisioning on that site."

Acquired five years ago, the full vision for Campus South considers its impact on the surrounding communities.

"We don't want them to build anything that doesn't get both campus and community input ... because that land is right near city of Pomona, city of Diamond Bar, city of Walnut, and we want all

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## CPP's Project Rebound new director continues its mission of empowerment and success

By **CHRISTIE COUNTS**  
Staff Writer

The new Executive Director of Project Rebound, the six-year-old program aimed at easing the shift for formally incarcerated students into college, said she drew experience and inspiration from her own family's history with incarceration.

Transitioning from incarceration into the higher education system is no easy task without the proper support and resources and Project Rebound assists formally incarcerated students with mentorship, tools, community and a foundation to start anew.

Understanding how formerly incarcerated people use education to transform their lives has been a perpetual passion for Barragan, beginning from a young age.

"I am system impacted," said Barragan. "My dad was incarcerated for many years, so education has always been kind of the grounding source for me, but there was always this question of, what would our lives look like if he had received a higher education in prison. It was from that interest I knew I wanted to work with the formerly incarcerated population."

In addition to overseeing grants and strategic planning, the executive director is a part of the statewide collective called the Project Rebound Consortium. The Consortium is composed of 10 other executive directors for Project Rebound across the CSUs, where they can



COURTESY OF PRISCILLA TERRIQUEZ

Executive Director of Project Rebound, Melissa Barragan.

enact statewide decision making.

Barragan now co-chairs the research committee for the statewide consortium and is a founding member of the Project Rebound Research Lab. The Project Rebound Research Lab began last year to expose highly marginalized populations to research in academia.

"We had a cohort of initially 10 students last year, they worked with a faculty mentor on their campus to develop a research project and we provide supports on developing for those projects throughout the span of two semesters and it culminates in a summer research symposium where they present their research," said Barragan. "The purpose of the research is to build a pipeline of future faculty and researchers that have experience with being formerly incarcerated."

According to Barragan, many students reach

out and demonstrate interest in pursuing education while still being incarcerated. Project Rebound directs and advise students whether they should transfer to a two-year or four-year higher education program once they are released.

If the formally incarcerated ends up at CPP, Project Rebound provides them with a host of services, from academic support, financial support and social support. They make sure students are successful while at CPP, which includes a sense of community and dignity in their personal stories.

"Really one of our missions is to create a sense of pride in Project Rebound, because there is a lot of stigma around being formally incarcerated," said Barragan. "This sense of community and strength in numbers, encourages students to share their story and learn that there isn't shame behind their



COURTESY OF PRISCILLA TERRIQUEZ

A Project Rebound graduate poses with family and fellow members.

story, but power behind that story."

Program Coordinator Priscilla Terriquez became involved with Project Rebound while completing her undergrad in 2018. After entering the program and utilizing her resources, Terriquez soon realized Project Rebound was a resource she didn't know she needed, offering her a sense of community rather than loneliness.

"It wasn't until I joined this program that I met people like me, with similar backgrounds and they also felt the feelings I was too. And the program coordinator at the time really helped me come to terms with what I lived with and it's OK to own my narrative," said Terriquez.

Often many of the formerly incarcerated students accepted into CPP find barriers while navigating through the campus departments, Terriquez, assists students through the many processes, such as,

admissions, registrars, cashiers, financial aid, scholarships, tutoring, advising, career counseling and anything else they may find difficulty with while adjusting to the higher education system.

Project Rebound aims high to inspire, impact and give hope to each student that enters the program, picking at society's stigma on reintegrating formally incarcerated individuals into the higher education system and ultimately civilization.

"The program is giving the formally incarcerated population not just hope, but resources connected with hope, and Project Rebound has given hope resources, in the form of academic support, financial aid and fellowship," said Renford Reese, a professor in the Department of Political Science and former director of Project Rebound.

Since its arrival at CPP

in 2016, Project Rebound has successfully given its members a new beginning, handing them the tools and support that will earn them success in society. Project Rebound staff is continuing to expand their program where students will receive the protection, encouragement and aid they are seeking.

"Hundreds of graduates from Project Rebound, are graduating at a much higher rate than the average CSU student. We are showing through our investment in this population that we as a society should invest in them just like we invest in any other student, or graduate students, because they are too our citizens," said Reese.

For more information, visit Project Rebound's website.

Reach Christie Counts at [managing@thepolypost.com](mailto:managing@thepolypost.com)

## PROJECT: Acquired land to become microvillage in future

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of those communities to have a say before anything gets built," said Orlando.

While Orlando officially worked as the faculty representative, his role on the committee prioritized the community.

"I've always cared about real estate from a community development perspective," said Orlando. "My Ph.D. is actually in public policy; I didn't come from a business school originally. My interest in real estate isn't because it makes money — that's great, I hope my students all have thriving careers — but I care about it because it impacts the community."

Development ideas for the land include innovation, commercial and residential zones of various density which fit within the "live, learn, work, play" trend within urban planning.

"There's a lot of research that shows that communities are more sustainable, they're more livable, they're more walkable when they're mixed-use," said Orlando. Additionally, he added that students could get internships at innovative companies that utilize future Lanterman offices.

According to Orlando, for the residential zones, Edgewood and Greystar went as far as doing research on the average incomes of students and faculty.

"We want to build housing that is affordable at different price points for the different people who would be working at the university," said



A Spanish-Colonial building with original, century-old fixtures.

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A shot overlooking the Lanterman site, showcasing the CPP campus in the distance.

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Orlando.

But new development brings concerns about the historic preservation of the site.

"When the land eventually gets developed, that will all be part of the discussion: what buildings do they maintain and make part of the new build out, what buildings get demolished and what else gets built there," said CPP Foundation CEO Jared Ceja

CPP history professor

Eileen Wallis said that the site was once utilized as an asylum, later used as a hospital and then used as a developmental center before CPP acquired it.

An assessment report from the California State Historic Preservation Office requires that some buildings are preserved and adapted, "because it is a relatively old site by California standards and because it's an important part of the history of the state," said Wallis.

Current enrolled students will graduate long before the project is even partly finished, but the site will be accessible to future alums and the community.

"A site like this is an opportunity to build a sustainable, respectful community that will benefit everybody around it, if it's done correctly, for decades to come," said Orlando.

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## BUDGET: Faculty loses out on raise

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just months after the CSU had to handle its own scandal in regard to former CSU Chancellor Joseph Castro's Title IX case, in which he was paid a \$400,000 settlement package.

Cal Poly Pomona faculty and staff worked tirelessly over the spring to fight for the 4% pay raise.

"We were hugely disappointed, we did fight really hard to get that in the contract and we did not like the language from the contract that made it contingent on the budget," said Gwen Urey, the elections committee chair for the Pomona CFA chapter. "It could have been worse if we hadn't done all that fighting."

This budget cut has heavily affected the CSU staff, however, not the CSU Presidents. The part of the budget that went unaffected was the minimum 7% raise for each of the 23 CSU Presidents.

For CPP's President Soraya M. Coley the raise is even higher with a 29% increase in her annual wage going from \$340,247 to \$440,544 according to CSU Board of Trustees 2022 meeting in July.

"It appears that the Board of Trustees don't seem to work hard enough to secure our funding but yet they did give another round of executive raises," said Nicholas Von Glahn, president of the CPP CFA chapter. "I have no problem with the President getting a raise, I think everybody deserves a raise, it's the disproportionate that I

don't understand."

The CSU declined The Poly Post's request for an interview.

The next step for the CFA in the longstanding battle is to prepare for the upcoming bargaining in spring of 2023. This will include things such as adjustments due to the cost of living as well as looking for salary increases due to inflation.

Over the past five years, salary raises have drastically varied, with some faculty receiving a maximum of 11%, administration roles receiving between 7% and 13% and President Coley receiving her 29% salary increase.

Gov. Newsom is currently considering whether to assign a bill that would require the CSU to give staff wage increases over the next 10 years.

The CSU Board of Trustees did hold a vote Sept. 7 to request \$530 million from the state which includes \$261 million for faculty and staff raises, however this still falls short of what is fully needed to completely fulfill staff and faculty salary increases.

"We do have re-openers so our contract through June 30, 2024, is up for the compensation article which we are re-opening to bargain another raise for the summer of 2023," said Urey. "That will be a big fight and we will go into that with even less trust than we had before."

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# Fall Career Fair brings employers to CPP

By **JOCELYN REYES**  
Staff Writer

After a three year hiatus, the Fall Career Fair was back in the University Quad on Sept. 22, where students had opportunities to find employment, internships and mentors.

Nearly 130 companies and vendors participated in this event that had over hundreds of students attending, with students going home with new careers, connections and advice for companies such as Target, LAPD, Balboa Bay Club and many more.

“Connecting as many employers and students with each other allows for our students to be able to speak with them on internships and interviews,” said LaKashia Torrence, employer engagement and events specialist. “Employers can connect with students by telling them how to dress for interview, what their company is looking for in students, as well as getting students to connect with them as much as possible.”

The career center is where students can find the resources such as building up their confidence, resume review, cover letter help, career exploration and interviewing tips.

“Being able to engage with employers and recruiters early is very critical and it will help students land that job,” said Tracee Passeggi, director of the Career Center. “That’s the value of a degree, we want to get that job. If they (students) don’t feel comfortable that’s OK, we can offer students the opportunity

to come in and build that confidence.” Many students were dressed to impress to get a job or interview. Many tables were welcoming students by having souvenirs, games and activities.



Students wait in line to speak one-on-one with recruiters. *JOCELYN REYES | THE POLY POST*



Career Center answers students questions at the fair. *JOCELYN REYES | THE POLY POST*

to come in and build that confidence.”

Many students were dressed to impress to get a job or interview. Many tables were welcoming students by having souvenirs, games and activities.

“It’s important to head out there and get exposure, speaking to that one person to see what I

need to do in order to get to their position or what’s the next step I should be taking,” said Paloma Alvarez, biology student.

There was a variety of companies such as engineering, psychology, business, law enforcement and many more. The Drug Enforcement Administration, was there to educate students as to

what they need to do in order to get themselves prepared for a career.

Special Agent Victor Oscar, who is a recruiter for the DEA, being first-generation, had some words to say to students.

“Find a career you’re passionate about and don’t do it for the money or glory. Do it because of your passion for it,” said

Oscar. “When you get to that career and job it doesn’t feel like a job or career, it feels like an adventure. And if you’re having fun and enjoy what you do, you’re going to love it and you’re going to want to do it.”

“They’re always tweaking the rankings, but I don’t anticipate much change. It would be great the more people know us the more we will rise. But I know the faculty is always striving to improve,” said Peters. “I think the CSU, in general, will continue to be the best value and certainly with the quality of education. At Cal Poly Pomona we are going to continue to be the best value as it is an incredibly high-quality education, plus with the CSU tuition price, it’s amazing.”

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## RANKS: CPP continues to move up in multiple categories

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lectures,” said Rozle. “I already know how good of a quality school this is, so it doesn’t surprise me about the ranking.”

The ranking’s importance does lie with the future of the university with so many potential students looking to assist them in making their college decisions.

Business administration and marketing management student Jasmine Raigoza remembers her own experience of going through her own college selection process.

“I actually started going

to Cal Poly because I heard it was one of the best schools,” said Raigoza. “I see it as a very intelligent and hands-on learning school. It gets me more excited to learn and be at Cal Poly.”

Through these rankings, the university will also look to do its best to capitalize on its achievements through various marketing strategies through social media, business fairs and advertising the rankings to potential students.

“Another point of marketing is for employers, if they see that we are a top university and we are successful and considered innovative

and we have great teaching, then there may be employers that get a career fair invitation and they may be more inclined to go,” said Peters. “So that can help our current students as well as alumni as the reputation grows.”

Finding the perfect college is a decision that will affect the lives of each and every student. This is where these rankings can come into the living rooms of families throughout California and even beyond in considering CPP.

“As a parent, if my son was going to look at a college that had a top ranking for undergraduate teaching, it is a great

third-party endorsement,” said Peters. “As a professor, I would be very excited to buy the best undergraduate teaching. I would feel validated and inspired to keep doing the work that we were doing and keep improving. We are a great school and we are going to help everyone be successful.”

Having the College of Engineering being ranked in the top 10 nationally is easily one of the bigger accomplishments when looking at the rankings. Charles Naff-Rhymer, a mechanical engineering student, thinks that the recognition is a great representation of his college’s hard work.

“I think (the ranking) only validates the experience I believe I’m having compared to other people,” said Naff-Rhymer. “As students you know that what your doing is really hard, but you also know that you are getting a good education because a lot of the teachers here really care about their students succeeding and a lot of the teachers are faculty advisors for research projects, so they are really involved in the community.”

With CPP rising quickly over the past years through the rankings, there does not seem to be an end to this positive trend that the university

has been on.

“They’re always tweaking the rankings, but I don’t anticipate much change. It would be great the more people know us the more we will rise. But I know the faculty is always striving to improve,” said Peters. “I think the CSU, in general, will continue to be the best value and certainly with the quality of education. At Cal Poly Pomona we are going to continue to be the best value as it is an incredibly high-quality education, plus with the CSU tuition price, it’s amazing.”

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## Rowdy biopic 'Weird' quietly filmed at Lanterman Project



An old carousel previously used by child patients.

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An example of the Spanish-Colonial style architecture that saturates the site.

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By **TESSA DUFORE**  
Copy Editor

In March, "Weird," a new Roku Original biopic about artist "Weird Al" Yankovic and starring Daniel Radcliffe and Evan Rachel Wood, used Cal Poly Pomona's campus for filming. The production team used RSI Locations on Pomona Boulevard, filming several different scenes over an eight-day period.

Yankovic, a famous American parody musician, is also one of Cal Poly San Luis Obispo's most well-known alumni. Born in 1959 in Downey, California, Yankovic graduated from Cal Poly's architecture program in 1980. In an interview, Yankovic talks about recording his song "My Bologna" in the bathroom across the hall from the

campus' radio station. CPPSLO music professor Alyson McLamore recalled a story Inga Swearingen, the daughter of one of Yankovic's architecture professors, told McLamore. The story was about Yankovic's discovery of the "My Bologna" bathroom.

"Her (Swearingen's) dad walked into the men's restroom and Al was standing next to or kind of kneeling next to the men's urinal, singing into it, 'Oooh!' And he said to his professor, 'Listen to this! Listen to how it reverberates' ... His professor goes, 'You know Al, I'm not sure that architecture is really your future,'" McLamore said.

Much like Yankovic, McLamore said that Mozart "had a good sense of humor," adding that "the idea of satire has been

around for centuries, and Mozart's a great example: 'A Musical Joke' is a good example of taking people's expectations and inverting them and thwarting them."

"Weird" is not the first project to film on CPP's campus. The campus's iconic and futuristic architecture was also featured with the recently demolished CLA building in the 1997 cult classic, "Gattaca," and the 2002 movie, "Imposter." The television series "Westworld" filmed in the Environmental Design building in 2016, utilizing its distinct interior atrium.

A bicycling scene in episode two of season one of the show "Euphoria" appeared to utilize part of the recently acquired Lanterman Project, also known as Campus South. Part of episode four of

the same season may have been filmed in the Campus South hospital.

The qualities of the Lanterman Project, the site where RSI Locations made those Hollywood connections, make it especially useful for film productions. Besides CPP's ultramodern architecture, the campus can also provide nature, agriculture, period and many other types of aesthetics.

CPP's assistant professor for the Department of Finance, Real Estate and Law Anthony Orlando seemed to agree when describing his experience visiting the site: "It's a fascinating site. The first time I saw it, I was surprised at the scale of it, how many buildings are there ... There's a lot of land there that can be used and a lot of old

buildings that might be interesting for filming."

Max Silva, a producer from Tango Entertainment — one of several production companies that worked on the film — said that the Lanterman site "would be the best way to get several different locations of the film in one place." He continued, "Instead of packing everything up and moving it across town, we were packing everything up and moving 100 feet down the street to a totally different location that worked for the film."

During the eight days of filming at Cal Poly Pomona, Silva said that the campus "worked perfectly for the film." He said that the reasons behind choosing the campus as a filming location was so that friends of Yankovic would be able to cameo

for the movie and that the "Weird" setting had to be California, where Yankovic grew up and presently lives.

CPP Foundation CEO Jared Ceja said in an interview, "We have such a diverse campus in its architecture and its programs that I think it makes for a location scout's dream. I mean, they get to look and do scenes, that are otherwise disconnected, 100 yards from each other."

Ceja then said, "We enjoy being part of it, and when Campus South is fully developed, we will hopefully be at a point where we can talk about all the great things that were filmed there in the past."

"Weird" streams Nov. 4, for free on Roku devices.

Reach Tessa Dufore at [ac@thepolypost.com](mailto:ac@thepolypost.com)

## Review: Rina Sawayama continues to amaze with her sophomore album, 'Hold the Girl'

By **MARVIN VILLANUEVA**  
Staff Writer

After the release of her genre-bending, breakout album, "SAWAYAMA," pop star Rina Sawayama returns with her most vulnerable and artfully evocative album yet, "Hold the Girl."

Released on Sept. 16 through her label, Dirty Hit, "Hold the Girl" is a brilliant ode to pop music's lengthy past with its intricate blend of dance, electropop and arena rock. Throughout the album, Sawayama expertly wears her influences on her sleeve to create a sonically cathartic response against society's oppressive forces.

The record's first song "Minor Feelings," exemplifies this idea as it lyrically shows the personal eroding effects of marginalization.

Gaining its title from Cathy Park Hong's collection of essays, Sawayama told Apple Music that Hong uses this title to describe "this collective feeling that a lot of Asian Americans have about racial microaggressions," and how these minor feelings build into major emotional shutdowns. In the song's composition, Sawayama cleverly maneuvers listeners through both minor and

major chords to present these emotions openly.

Vibrant synths on the title track, "Hold the Girl," push the song between being both a dance-pop anthem and a sentimental power ballad

refrain. The track is auditory bliss.

The album's lead single, "This Hell," is a masterwork in celebrating the sounds of past pop innovators. The song is steeped in Shania Twain

and samples the opening synth to Michael Jackson's "Beat It" throughout to create an electrifying club track that recognizes the importance of community.

The track is a cheeky embrace of queerness and

the songs that represent them," pushing her to want to make more meaningful work. "Holy (Til You Let Me Go)" is a testament to this mission statement.

A momentum-building



LAUREN WONG | THE POLY POST

that describes the idea of embracing your inner child to move forward. Sawayama expertly meets both soundscapes by holding notes within the slower tempo aspects of the song and coordinating her vocals to the faster repetitive rhythm of the song's

influenced country pop, shouting out Twain by kicking off the song with "Let's go girls!" the iconic intro from her 1999 hit "Man! I Feel Like a Woman!" Sawayama also skillfully interpolates the guitar riff from ABBA's "Gimme! Gimme! Gimme! (A Man After Midnight)"

chosen families in the face of religious homophobia, as Sawayama defiantly sings, "God hates us? Alright then! / Buckle up, at dawn we're riding."

These themes embolden the album as Sawayama told Elle "my chosen family and I are queer, and they are not hearing

rave song about growing up LGBTQ within a religion that shamed and condemned her, Sawayama laments her past singing, "Found my peace when I lost my religion / All these years I wished I was different / But oh, oh / Now I know."

See **RINA** / Page 5

**45th Annual Ink & Clay exhibition returns to campus for the year of sapphire**

By **CYNTHIA HARO**  
Staff Writer

The 45th annual Ink & Clay exhibition, located in the W. Keith & Janet Kellogg University Art Gallery, returned to campus this fall for its regular in-person viewing after a year of being held virtually. This year's gallery marks the 45 year, or sapphire anniversary, celebration of the exhibition through the special theme "The Art of Type."

Artists from all over the country were called to submit their most recent art pieces with elements primarily composed of ink, clay or both. In addition to this requirement, the theme asked for the use of text, script, symbols and phrases among other possibilities to demonstrate proper understanding.

The gallery is filled with 90 out of the 300 art pieces that were entered, all of which personalized the guidelines to match the artist's style. Through this artistic freedom, a unique experience was brought to fruition for

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# INK: Anniversary exhibit brings innovation to art

Continued from Page 4

viewers to enjoy. Michele Cairella Fillmore, gallery curator and art collections manager, expressed that beyond sapphires being the main inspiration for the color choice of blue, it was meant to be symbolic and reminiscent. Materials such as clay, ink and even type are typically blue or black — which is another notable color throughout the gallery.

“It was an opportunity to present a challenge to them (the artists) and see how they rose to that challenge,” stated Cairella Fillmore. “We don’t want to repeat the same show every year, after 45 years that gets old. Naturally, the artists evolve and naturally things change but it kind of stepped it up.”

Due to the challenging style of the artwork, many former active participants opted out of this year’s theme.

Cairella Fillmore explained that other artists who withdrew from the competition simply did not have the means to ship out their work due to the recent increase in shipping costs.

“We had to eliminate some pieces from the show that physically couldn’t get here so we still didn’t exclude those people from the show, we still represented them in the gallery space on site,” Cairella Fillmore said.

Text panels were put in the place of the artwork with a notation at the bottom informing guests as to why the pieces could not be exhibited at the gallery.

When this tradition first

began in 1971, the art world was burdened with the concern that print and clay art were dying forms. It was created to both honor and keep them alive for those on campus wishing to indulge in the free art exhibits and it has since continued successfully for 45 years.

For many, art is a means by which the emotions evoked from one’s internal and external world can be explained in a far more explicit manner. Participants of

through her piece “Give me your tired.”

Using white clay, Nagy mimicked the appearance of crumpled up paper with the poem found on the Statue of Liberty “The New Colossus” written by Emma Lazarus. The poem is written in 16 different languages on 16 clay sheets. Each piece was accompanied by a QR code allowing viewers to scan and hear the poem spoken by native speakers of the language it was written in.



CYNTHIA HARO | THE POLY POST

Ink & Clay exhibition central display, “Voices,” by Marie Nagy

the competition used their artistry to express their thoughts on serious ongoing political issues as well as concepts regarding the pandemic through artistic interpretation.

Winner of the first place combination Ink & Clay Prize award, Joy Nagy showcased the trials and tribulations of immigrants in America

“It’s the power of a voice and it’s connecting you to the person and I think that hearing the translation in native voices is very moving. It was very moving for me. People were very generous in providing that,” said Nagy.

She expressed that her wish for those viewing her piece is to

develop a connection with the concept that this country was built on the foundation of immigration. Viewers are asked to understand the value of immigrants and the issues they are subject to daily.

Like Nagy’s political emotivism, first place ink prize winner Sarah Bryant expressed her experience during the pandemic through the piece “I Have Set My Hand Against The Tide.”

Through a collection of Google patent images and drawings of caissons and flood gates, Bryant created the imagery of debris being swept away to symbolize her individual experience being on lockdown during the pandemic. The cluttered metal elements from the print were symbolic to the external threat of the pandemic.

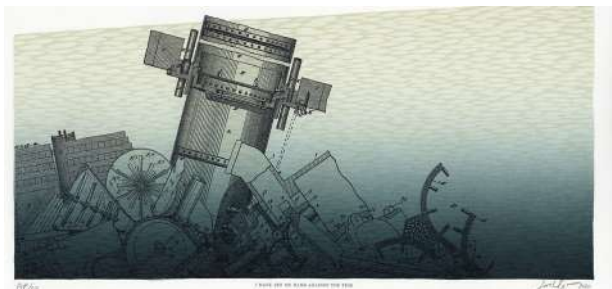
“I started thinking about my environment as sort of a caisson keeping things as bay, not everyone was able to be at home all the time. We were pretty fortunate that we were able to be at home all the time,” said Bryant.

Bryant emphasized the importance of art not limiting itself to being merely a pleasure for the eye, but rather an outlet for self-expression.

Through these intricate art pieces, viewers are encouraged to meditate on and understand the struggles that are faced as a society with depth to develop the mind.

The Kellogg gallery will be holding the exhibition through Nov. 17.

Reach Cynthia Haro at [ac@thepolypost.com](mailto:ac@thepolypost.com)



COURTESY OF SARAH BRYANT

“I Have Set My Hand Against The Tide” letterpress print

## RINA: ‘Hold the Girl’ tells real life stories

Continued from Page 4

Showing that despite her wounds, Sawayama embraces her identity.

Similarly, “Send My Love to John,” a heartfelt acoustic guitar number, sensitively tells the story of Sawayama’s friend and how his mother apologized for not accepting him because of his sexuality. The track is the best example of Sawayama’s storytelling ability as she gracefully weaves the generational pain of immigrant parents and their LGBTQ children into an earnest ballad about regret and unconditional love.

“Catch Me in the Air” presents a similar complicated relationship between an immigrant mother and her child but from the perspective of Sawayama.

Told from both perspectives, the song describes how both parties after years of disagreements finally understand each other and can cement the love they share. Within a track that sounds like an early-2000s Aly & AJ soft pop song, Sawayama’s vocals soar under layers of lush synths that crescendo within the chorus.

“Hurricanes” however, is the roughest patch on this album as the imagery describing Sawayama’s shifting emotions falls flat. Sonically the song is uninteresting until the bridge, where it picks up with an electric guitar riff, desperately providing the song with the energy it needs.

The final two tracks, “Phantom” and “To Be Alive” elegantly close the album’s main themes.

“Phantom” is a sensitive rock track that lyrically shows Sawayama embracing the inner child she’s been singing about since the title track. Repeatedly singing, “I don’t want to do this without you,” the song shows Sawayama’s self-acceptance of the person she used to be. “To Be Alive” is sheer ecstasy, with an earworm dance production, the closer is a pop rebirth that moves past the album’s agony into a hopeful finish.

Glimmeringly effervescent and musically varied, “Hold the Girl,” secures Sawayama’s place as one of pop music’s most innovative, emerging voices.

Reach Marvin Villanueva at [ac@thepolypost.com](mailto:ac@thepolypost.com)

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## The negative effects of caffeine dependency

By **VICTORIA MEJICANOS**  
Staff Writer

Caffeine comes in many forms. Whether from a soda, a RedBull or the classic coffee many have had it.

Growing up, I thought people were ridiculous for needing it and exaggerating its greatness.

Well, in a way they were right. Caffeine is essential. Until recently, I didn't think that was a problem until I accidentally went five days without it. I had felt the consequences.

On Friday, I had the worst headache. All I felt was pain, and the weekend seemed like it was going to be one of the worst.

Saturday came and went with a lingering headache. I even thought of buying a coffee but skipped on it because I naively thought, "I'm not doing anything important today, I don't need it."

Then came the dreaded Monday. I was depressed, unmotivated and in the worst pain. I was bloated even though I hadn't eaten very much; my head was throbbing, and I basically spent the day in bed contemplating my life choices, trying to sleep the pain away.



JACKSON GRAY | THE POLY POST

It wasn't until I got some relief that I started to think about what could be causing such a dramatic change in my outlook on life. I called my dad for advice, when he asked me, "When was the last time you drank coffee?"

I googled caffeine withdrawal symptoms and was amazed that every pain I felt, whether it be physical or mental, was on a bulleted list in front of me. The next morning, I had a large cup of coffee.

From the first sip alone, I felt different. The entire

day, I was an elevated version of myself. It wasn't until I had the time and energy to think about it that I realized this wasn't something that should feel so normal. Then, I realized that if I asked anyone, many would probably think it's normal to need caffeine. Other coffee drinkers might find me relatable. It would be something we could all laugh about. But pain isn't funny.

According to Johns Hopkins Medical School, "c a f f e i n e

related performance improvement is nonexistent without caffeine withdrawal." In other words, the elevated feeling I had was only because I had gone so long without my daily intake. Otherwise, I would feel totally normal.

I began to wonder what it was doing to my body on a regular basis. The most common effect I found, and one I related to the most, was a lack of healthy sleep. Caffeine blocks us from feeling a chemical called

adenosine. Adenosine tells our brain and body to get ready for bed. After an extended period of blocking adenosine, we get hit with it like a truck. This is what causes that "crash" that comes after consuming caffeine. Then unfortunately, the cycle starts again once we feel that crash.

Furthermore, according to Pollan, caffeine prevents deep sleep, which is essential to a person's physical and mental well-being. Deep sleep is also responsible

for our working memory, which means if a student doesn't get enough deep sleep, they might not be able to process everything they learned in each day.

A symptom students might be familiar with, depending on their tolerance, is what it can do to your digestive system. According to Healthline, "some studies suggest that caffeinated beverages may worsen gastroesophageal reflux disease in some people. This seems to be especially true of coffee."

My intention is not to shame or scare students into quitting caffeine. I know that for many, it's part of a ritual. Maybe you like making coffee quietly in the morning. Or perhaps it feels like a special part of your life because you watched people you love make it every day. However, its effects are still something to consider.

If you ever do find yourself wanting to quit caffeine or cut back, don't quit cold turkey. The pain that results will make you come crawling back to caffeine again.

READ THIS ARTICLE IN FULL AT  
[THEPOLYPOST.COM](https://www.thepolypost.com)

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## The sun has set on the British Empire

By **JANEAN SORRELL**  
Managing Editor

To some, the late Queen Elizabeth II was a symbol of virtue and security, but to others from the places that Britain sieged, carved up and colonized over centuries, the queen and the royal family evoke complex feelings of disgust and embarrassment.

My great-great-grandmother was born into the Five Nations of the Iroquois. When she was only eight years old, she was taken from her family and given to a European family of colonizers — where she was stripped of all family and cultural ties, her name was changed and she was forced to assimilate to the European culture.

When I was young, I did not know the whole story nor the ugly truth of removing indigenous children from their homes. All my mother would tell me was that we were of Iroquois decent. It wasn't until I got older that I really understood what had happened — colonialism.

Colonialism is when one country overpowers

another, taking control of the population.

Throughout history, every major civilization has participated in some form of colonialism. Britain, France, Spain, Portugal and other European countries colonized the lands that Indigenous people have been living in for centuries.

Some say the queen only inherited this imperialist system; however, Elizabeth ascended to the throne in 1952, when rebellions were gathering strength when colonies around the world demanded their independence from the crown.

From 1952 to 1963, British forces demolished the Mau Mau rebellion in Kenya, forcing between 160,000 and 320,000 Kenyans into concentration camps where they were beaten, castrated, raped and tortured.

During Elizabeth's reign, the crown was still reimbursing slave owners for their loss of "property" up until 2015. Although Britain officially abolished slavery in 1833, not a penny was paid to those

who were enslaved and brutalized.

South Africa, which was regarded as a British colony up until 1961, imposed racist policies over the majority Black and other non-white populations that ended in 1994 when the country became a democracy.

During 1961, the crown destroyed thousands of colonial-era documents that might "embarrass Her Majesty's government." Iain Macleod, secretary of state for the colonies, issued the order to protect the United Kingdom's reputation and help shield the government from potential litigation.

The queen was also given a personal exemption from having her private estates searched for stolen or looted artifacts.

In 1968, the queen was exempted from laws that made it illegal to refuse to employ an individual on the grounds of their race or ethnicity. The queen's chief financial manager said, "it was not, in fact, the practice to appoint colored immigrants or foreigners to clerical roles in the royal household, but they were permitted

to work as domestic servants."

Last year, The Guardian uncovered documents in regard to Queen's consent — an obscure parliamentary mechanism in which the government grants parliament permission to debate laws that affect the queen and her private interest. One document revealed that the crown lobbied the government to change a law, allowing her to hide her private wealth from the public.

The queen often stayed silent — on many topics ranging from the suffering from people in Africa and South Asia to the treatment of Meghan Markle and Princess Diana. What is unsaid speaks volume.

I often think about my great-great-grandmother. There are times when I get sad thinking about the terror she must have felt going into a strange home with strange customs, but then I am amazed that she survived. She was strong, she endured and she persevered. I am living proof of that. I come from a family of warriors.

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### CORRECTIONS

#### Sports

An article about men's soccer was given an incorrect headline; headline should read "Broncos secure another shutout win against the Cougars to remain undefeated."

#### Opinion

An article titled, "A first generation, undocumented student's anxiety about immigration and separation immigration and anxiety" was given an incorrect byline; byline should read "By Ana Salgado."



SHARON WU | THE POLY POST

### LETTERS TO THE EDITOR

Letters should run between 250 and 500 words and may be edited for accuracy, clarity, length, style and libel. Cartoons should only be drawn on white paper, not lined paper. All submissions should not exceed 8 by 10 inches and must include the author's full name, telephone number and other relevant information, such as class standing, major and place of residence.

Visit [www.thepolypost.com](http://www.thepolypost.com) for more submission details.

# SPORTS

Tuesday, September 27, 2022

SPORTS 7

## CPP volleyball leaves on top after battle between conference teams

By **MATTHEW ACOSTA**  
Staff Writer

On Sept. 24, Cal Poly Pomona's volleyball beat the No. 2 ranked Cal State Los Angeles Eagles to extend their winning streak to 12 games in a 3-2 set victory. Opposite side hitter Daisy Duke led the Broncos with a stellar performance late in the match which closed out the five-set victory.

The energy on both sides was high during the pregame as both teams entered the match undefeated in conference play and ranked No. 1 and No. 2, respectively in the California Collegiate Athletic Association.

Though the game was a grind for the Broncos, head coach Traci Dahl still found herself with many positives post-game.

"Sometimes it's not going to be pretty. Tonight was a little messy, but we prevailed and I'm proud of them because we went into this match like it's a business meeting," said Dahl. "I think the girls were really prepared tonight."

The Eagles' early attacks were an array of power hits from both the outside and the opposite as the Broncos failed to establish their block early on.

The Broncos struggled out of the gate to establish their offensive game plan, but just as they have done the majority of the season, they began to crawl back into the game. Setter Caitie Mueller led the way with some outstanding passes and sets.

"My hitters definitely make it easy on me to



The Broncos celebrate their 12th straight victory.

COURTESY OF CPP ATHLETICS

go either way," said Mueller. "They were all doing really well finding somewhere to put it."

Cal State L.A.'s late game serve and serve receive errors gave the Broncos the window needed to strike, and Daisy Duke took advantage with a massive kill to tie up the set at 21.

CPP battled back and forth and went into extra points during the set, including an electric rally which the Broncos ended with a 27-26 score.

The Broncos ended the set with a quick set to outside hitter, Samantha Campion, to win the set 30-28.

As the second set began, the Eagles came out flat offensively. The set remained a close scoring contest until the Broncos began to use the

strong Eagle double block against them, applying controlled tips to have balls deflect onto the court.

The Broncos' slower attacks helped to propel them to a 21-14 lead which they held onto until the end of the set. After all the tips throughout the set from the outside hitters, Mueller joined the tip party with a setter dump that ended the set and gave the Broncos a 2-0 set lead.

CPP's lack of focus was evident heading into the third set as the Eagles went on a 6-0 run and forced an early Bronco timeout. The power Ayjah Landers used to hit seemed to have stunned the Broncos.

The match then began to be a back-and-forth event, as the Broncos

and the Eagles each exchanged hits and blocked one another.

Four points was the closest the Broncos got as stellar middle blocker Haley Roundtree led the Eagles and was able to add in some kills from her position to win the set 25-17.

With the Eagles looking to even the set score, this became a near must-win for the Broncos. Allowing a comeback to even the sets series is a recipe for disaster for most teams.

The set began with much more energy from the Broncos, who began to utilize Duke from wherever she was lined up on the court. She rewarded her team for the extra sets by putting the ball right down into the Eagles' back row.

The momentum quickly

shifted after the Eagles were able to get Landers back into a rhythm that allowed a massive angle kill that left the Bronco back row standing and watching.

The power hits continued from Landers and outside hitter Iane Henke, who began to assist in the Eagle takeover of this set.

CPP was able to sneak their way back into the set, but costly passing errors prevented their win when the Eagles closed out the set victory 25-19.

"In the third and fourth set, they came out serving really tough against us, and we had a hard time passing the ball," said head coach Traci Dahl. "They turned it up not only at the service line but turning it up

offensively. We couldn't stop Ayjah Landers and that right side; they were just successful."

With the No. 1 spot in the CCAA on the line, the fifth and final set began with high tension from both teams.

Duke set the tone for her team, striking a hit directly into the Eagle double block for the score.

"I feel like it throws off a team if I am able to throw in a tip to get them out of rotation," said Duke. "I just thought swing hard and swing if it's available or open. There were many moments when I felt that the block was there, so I would have to tip."

The Eagles became their own worst enemies after committing an array of errors as well as a costly net contact violation.

Halfway through the set with the score tied at seven, the Eagles sent an errant pass over the net which middle blocker Erin McFarland took advantage of and sent straight down with a controlled tip.

The Broncos finally closed out the set after an errant hit from Landers went just wide and awarded the point to the Broncos.

The Broncos extended their win streak to 12 in a gritty performance against the Eagles and will now look to carry on that momentum for the rest of the season.

CPP will return home to host a match against the Cal State East Bay Pioneers on Friday, Sept. 30. The game can also be streamed on the CCAA website as well as on BroncoAthletics.com.

Reach Matthew Acosta at [sports@thepolypost.com](mailto:sports@thepolypost.com)

## Bronco Motorsports gear up for another year of success

By **ANAIS HERNANDEZ**  
Bronco Guide Editor

Bronco Motorsports revs its engines preparing for another successful year at competition. Cal Poly Pomona's very own Formula Society of Automotive Engineers team has been working on their race car for the first competition of the season this upcoming October.

The team has been competing since 1986 and has won multiple awards over the years. Their most recent win came in June. Bronco Motorsports placed 13th out of 50 combustion teams, beating Ivy League universities and other collegiate organizations worldwide. They also won second place in a sales presentation, third in the skid pad competition and ninth in overall design.

Following CPP's "learn by doing" philosophy, the motorsports team designs, builds and tests their vehicle before racing it at the Formula SAE international competition, with the upcoming event taking place in May 2023 in Michigan.

Bronco Motorsports scheduler and cooling captain Isaac Haynes stated that the team works arduously to improve the current race car design.

"We're looking to take the same platform that we used this past June in Michigan and really fine-tune every single subsystem on the car to make it as fast and efficient as possible," said Haynes. "A lot of the manufacturing process and plans that gets done in the spring has been started now to tackle any problem early on."

The team has started making changes to their race car, the BM-22, to increase their chance of making it to the top 10 in the overall design category.

"We felt like we were pretty close to the winning car at the competition this year," said Bronco Motorsports' vice president and aerodynamics captain Alex Yuen. "Our car was similar, so we're trying to improve it so we can actually compete with a winning car and maybe get top three ... that'd be really cool."

After going through many restrictions because of the COVID-19 pandemic, the motorsports team designed and built the BM-22 with a shorter time frame and a team of 22 members.

"Because we didn't get the ability to work in Building 17 lab — late end of the year in 2021, early 2022 — one of the big goals this year is to do a lot more testing," said tires captain Sahil Intwala. "Just dialing all of the setup like the aero validation, suspension and working on decreasing the weight and reducing the size before the competition."

Although this team is significantly smaller than their competitors, they have shown their hard work, dedication and resiliency through the performance of their race car. The CPP motorsports team is steadily growing as they have welcomed new interns and prospects to help with the manufacturing process this season.

"Considering this was the majority of this team's first time building a car, the manufacturing



Bronco Motorsports race car, BM-22, on the testing day at Cable Airport.

ANAIS HERNANDEZ | THE POLY POST



Bronco Motorsports 2022 team members and prospects at Cable Airport on testing day.

ANAIS HERNANDEZ | THE POLY POST

process is learned along the way," said undertray and diffuser captain Orestis Metaxas. "We run tests to see if we're getting as close to our design as possible ... We get the most out of our car if we can get it to go quicker around the corners."

The team voiced its excitement to finally be in the workshop and prepare for the upcoming SoCal Shootout organized by Adams Motorsports Park this October.

The team's race car will partake in a friendly competition between local motorsports teams from the University of Southern California; University of California, Santa Barbara; California State University, Northridge and many other universities.

"It's a fun and relatively chill event where we'll be able to just drive our car and race against other teams," said Yuen. "It should be good for publicity and public

outreach as well as learn a lot about the car ... learn what works well and get feedback from other teams."

Throughout the next few months, the team leaders and prospects will continue testing the race car at Cable Airport to validate the subsystem and evaluate performance tests and experiments.

"We hope to come back stronger than the year before. We've learned from our mistakes and we're going to do our best

not to do them again," said Metaxas.

Michigan International Speedway will host the international Formula SAE competition in May 2023, when the Bronco Motorsports team will gear up for another hopeful win.

The campus community can visit the team website to learn more about CPP's Bronco Motorsports team.

Reach Anais Hernandez at [sports@thepolypost.com](mailto:sports@thepolypost.com)

# Daisy Duke takes home 3 straight CCAA player of the week awards

By NATE MACAY  
Staff Writer

For the third week in a row, volleyball player Daisy Duke won a California Collegiate Athletic Association Award of the week award. From Aug. 29 through Sept. 4, she won defensive player of the week. Her offensive dominance was later recognized as she added two straight CCAA offensive player of the week awards.

For Duke, winning the defensive player of the week award was an area of her game that she felt was not noticed until this year.

"It definitely feels pretty amazing," Duke said. "It's definitely new this year for me to play backrow as well as me serving. I felt like it was pretty awesome to get both [awards] in the past two weeks."

While at Alta Loma High School in Rancho Cucamonga, Duke won Palomares League MVP, All-Area First Team, All-SoCal First Team and was an All-Star at the 2018 Inland Valley Volleyball Classic.

Transitioning from high school to Cal Poly Pomona was a new experience. For Duke, it took some time to get used to the game at a collegiate level.

"I noticed right away the speed was so much quicker," Duke said. "It definitely took some time to get used to sets, blocks, hits because you're playing against a lot of stronger, faster

volleyball players. I kind of really adjusted last year, I would say, to getting comfortable, and ever since that I feel like I have a better grip on it."

Duke is in her third season at CPP and has been off to a great start leading the CCAA with 3.95 kills per set and 4.58 points per set this year. While taking pride in striving to be better, she hopes to maintain her consistency on the defensive side.

"I want to be able to get a good blocking record," Duke said. "My coaches have always just wanted me to succeed in offense, but now I want to strive to be more consistent on defense. I don't just want to have a game where my kills were good but my blocks weren't. Being more consistent of being a blocker and defense as well are my goals for the year."

Duke mentioned that the practices are very competitive, and coming into the season, her teammates have shared both long term and short term goals with one another. For this season, winning the conference title is one of their biggest goals, but another point of emphasis for the roster is the mental side of the sport.

"If you are able to be mentally prepared and mentally ready to play a game, it's just as important," Duke said. "My teammates and coaches have helped me be smarter when knowing when to go all out on a swing or when to tip a ball



Daisy Duke gets ready to serve.

COURTESY OF DAISY DUKE

in certain situations."

Majoring in criminology, Duke took a lot of time to find balance between being a student and being an athlete.

"It was definitely a struggle at first for me academically and being a volleyball player," Duke said. "It took time, and took a lot of my free time away as well, like when I was a freshman and sophomore."

Through the pandemic, being secure in a major she enjoyed, Duke was able to manage her time best as a student athlete.

"After COVID, I had a better grip of controlling my academics, and once I figured out what major

I liked, it definitely helped push towards my academic goals. I have been able to deal with the stress and impact a lot better now," Duke said.

In 2021, Duke won the CCAA volleyball player of the week three times to go along with All-CCAA First Team, AVCA All-West Region First Team, AVCA All-America Third Team and a CCAA All-Tournament Selection.

In her freshman season, Duke mentioned that head coach Traci Dahl pushed her to see the bigger picture and motivated her to work on her defensive side.

"She helped pushed me because she saw me as an

all-rotation player and I always wanted to be all rotation," Duke said. "She wanted me to be All-American and helped me set that goal, and I thought it would be cool and ended up winning it. This year, she wants me to go for player of the year."

Staying on the same page and keeping up the same level of competitiveness at practice is something Duke mentioned is important for her and her teammates if they want to keep up this level of success.

"We could all just keep working hard at practice and stay competitive,"

Duke said. "It feels like we are playing other teams at practice. To have that drive to be better each and every day at practice is what's going to get us to keep winning and not letting our foot off that gas pedal for the next two months."

Currently on top of the standings in the conference, the Broncos remain undefeated against conference opponents and are on a 12-game winning streak. Duke and her teammates hope to continue their winning ways throughout the season with the national title as the goal.

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## CPP women's soccer leave with high hopes after winning their first in-season game

By JOSEPH MCVEY  
Staff Writer

The Cal Poly Pomona women's soccer team started the in-game season strong with a physical and aggressive game against Cal State Dominguez Hills, pulling off a 1-0 victory against the Toros.

This hard-fought battle saw the Broncos play outstanding defense, keeping the ball away from CSU Dominguez Hills for the majority of the game.

Head coach Jay Mason was very happy with the team's performance and improvements since the preseason.

"I'm proud of them. We got the shutout and the first win of the conference so we're starting out on the right foot," said Mason. "I think we struggled to find the back of the net, but for them, I know they're happy, and hopefully, they can carry that into their next game on Sunday."

The first and only goal of the match came late in the first half in the 38th minute. Scoring for the Broncos was defender Liberty Ortiz, sending in a free kick from outside of the box. The score gave the Broncos the upper hand ahead of a physical second half.

As the first half came to a close, forward Julia Lucero headed the ball into the goal in what would have been a 2-0 Bronco lead going into half. This effort came in vain as Lucero was caught offside, negating the score.

Ortiz played a hard-fought game with many touches and three more attempts to score, two of which were free kicks that narrowly missed in the 45th and 50th minutes.

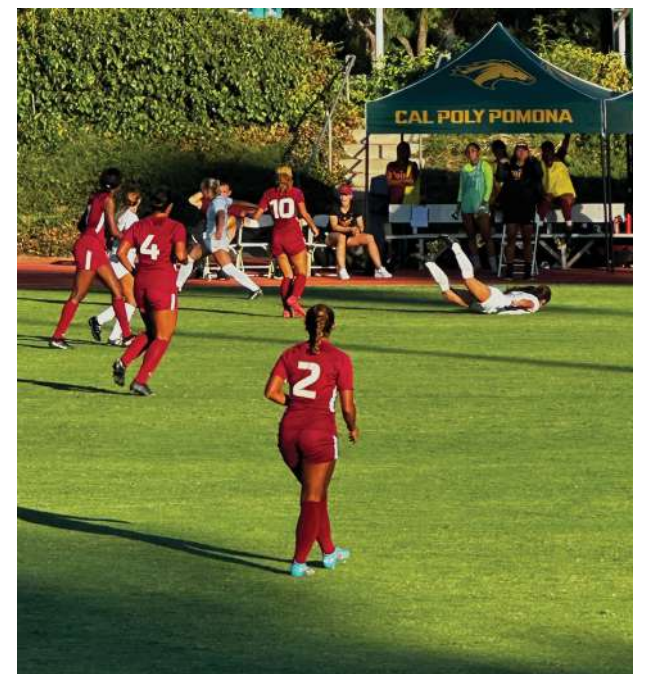
Ortiz did such while playing a position she had not played since childhood.

"I haven't played center back since I was little, but I think I did a great job stepping up to the adversity of it and I had a lot of fun playing the position," said Ortiz.

Both midfielder Marisa Salazar and forward Allyssa Larkin also played great offense, each



The Broncos' synergy was on full display with many crisp passes.



The physical match resulted in many fouls.

attempting two shots on goal but were unable to find the back of the net.

Though the Bronco offense had challenges scoring, there was a good synergy among the team with great passes and communication from all players involved, demonstrating their teamwork.

The first score of the in-game season was heavily complimented by the physicality and power of their defense, allowing the opposing team five shot attempts to CPP's 12. This stronghold of the backline led to CPP holding possession for most of the game.

Leading this defense was goalie Audrey Brown, keeping the Toros out of net to secure the Broncos' second win of the season.

"I always want to do better. I think in the moment when I needed to step up, I was able to. I am pleased having got the shut out, but I also want to keep improving so I can help my team," said Brown.

With the physical nature of the match, the intensity was met with many fouls from both teams. CPP had six fouls while CSUDH had nearly double at 11. Two of these fouls were shown yellow cards from the Toros that resulted in two CPP players unfortunately being injured.

One specific challenge

in the 58th minute left Bronco midfielder Jessica Llamas on the grass in pain. Thankfully, she was able to continue playing after recovering from the foul.

When asked about how his players were feeling after the game, coach Mason noted that injuries are part of the sport.

"We will probably have a clearer picture tomorrow. There were moments in the game that got out of control, but these things are going to happen, and we just have to manage them," said Mason.

Although their preseason didn't go as they had hoped with a record of 1-4-1, the CPP women's soccer team has their heads up high as they prepare for their next game.

Being 1-0 and claiming their first home win in conference, the Broncos will continue to work hard and improve as the season unfolds, looking to clinch a spot in the California Collegiate Athletic Association tournament later this season.

CPP will carry this momentum into their next match at Chico State this Friday, Sept. 30. This game will stream live at 4:30 p.m. on the Bronco Athletics or CCAA websites.

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