

English Major Mixes Brain with Brawn

By James Barnes
Staff Writer

Cal State Hayward senior Kevin Hiatt spends his days learning the finer points of the English language and his evenings grappling with techniques used to invigorate a crowd. Hiatt has attended classes at the All Pro Wrestling Boot Camp (APW) in Hayward, since November 2002. His professional wrestling debut will be at the Hayward Zucchini Festival. "I played basketball and volleyball in high school," said Hiatt, "but in the back of my mind I have always wanted to wrestle." Hiatt felt that his opportunities to compete as a professional basketball or volleyball player were slim. Wrestling had been banned at his school due to an injury suffered by a student, so he was not able to compete in high school. He saw the professional wrestling school as the path to a possible career. "I like entertaining people," he said. "I love to see and hear their reaction. There is honesty

involved. The fans will let you know if you aren't performing well." "I did not have any amateur experience until I moved up here. They (APW) teach amateur style before they get you into the professional side," said Hiatt. "You need to understand basic wrestling moves before you can perform the professional moves." Hiatt's evenings are filled with three hours of cardio exercise. Class starts with a two-mile run "followed by an endless amount of squats, pushups, sit-ups, and calisthenics," said Hiatt. The second hour consists of going through basic holds, takedowns and counter moves. The group then moves into drops, body slams and hip tosses. "You have to get your body use to absorbing shock," said Hiatt. "The hardest part for me is the impact on my body. I wrestle four to five nights a week. You get ridiculously fatigued." "A lot of people think the ring is like a trampoline. It is not.

Many are surprised by how hard the mat is." The sessions end with sparring matches. Hiatt said that the drop-out rate for classes is very high. Hiatt writes an online diary about his training and matches for two Web sites, www.allprowrestling.com and www.bayareaawrestling.com. He said performances require a lot of quick thinking and a vivid imagination. "A lot of unspoken communication is involved," he said. "Wrestlers will try to know what the other is capable of and not exceed that limit. If you feel that the person you are with is not capable of something then you tone it down. Safety is the top priority." "Most wrestlers can see things in their head. Individuals will have a plan and will try to execute it. Sometimes the two plans may clash and that is when bad things will happen. Usually everyone is on the same page." Although the matches are

planned out in advance by the promoters or bookers, performances are not drawn up move by move. Hiatt said that a general idea will be presented to the wrestlers and it is up to them to strategize how to fulfill it. The wrestlers need to be consistent with their movements in order to avoid injuries. "Once I was dropped on my neck and heard a pop," said Hiatt. "I was really scared. I had only hurt my shoulder. It swelled and looked like a second head. Other than that, I have not hurt anything major." Hiatt likes the aspect of storylines being used by the industry, although he believes that some story lines are too racy. "The market has shifted from kids in the 1980s towards the more racy matches of the '90s. The independent promoters do not want to offend anyone, so most steer away from those stories and cater to family entertainment." He points out that the promot-

ers he works for stay with family-rated storylines. Hiatt has thought of relying on his English degree to become a scriptwriter or professional wrestling magazine writer. He sees his current career in wrestling as a hobby and obtaining his education as his current goal. "You have to have a good mind and know how to promote yourself. You need to know how to make sense," said Hiatt. "I also like the continuing openness of the industry." "As it grows more open, the athletes are getting more respect and fans are learning more about the real individuals rather than just their characters." Hiatt and other APW wrestlers can be seen in matches Aug. 16 and 17 at the Hayward Zucchini Festival from 1 to 7 p.m. Entrance to the matches is included with admission to the festival. Wrestlers will be available for autographs and to answer questions.



Kevin Hiatt: Strikes a pose. Photo/Courtesy

Efforts To Can Spam E-mail

By Stephen Jung
Staff Writer

Over 1 million unsolicited e-mail messages, commonly known as spam, are sent out every day. "Spammers" are paid per e-mail and by percentage of product sold. The odds of a response increase with the num-

ber of e-mails sent out, and it is cost effective to send out mass e-mail solicitations. Consumers have few methods at their disposal to prevent spam from reaching their mailboxes. The tech savvy can insert a firewall into the computer software, or install a filter program. An alternative is

for users to sign up with Internet service providers that offer spam-blocking software. While these programs can reduce spam, they cannot stop all of it. "Hackers can always find a way," said Richard Uhler, information technology consultant for Cal State Hayward's Computer Science Department. "Nothing is ever 100 percent foolproof." "If you get an e-mail from

someone you don't know, just delete it," said Joseph Correia, operating systems analyst for CSUH Horizon e-mail accounts. "Whenever there is encrypting, decrypting is involved, and this can take up to one hour per computer." "Spam must work," Uhler added. "That is why businesses keep sending it to people." Legislators are working on ways to stop the proliferation of spam. Proposed legislation can be viewed at www.spamlaws.com.


Campus Newspaper Wins Award

By James Barnes
Staff Writer

The California Intercollegiate Press Association awarded Cal State Hayward's The Pioneer newspaper an honorable mention for General Excellence in its 2003 awards competition. Given the short notice for this year's competition, general excellence - the top category in the newspaper judging - was the only one The Pioneer had en-

tered. The publication submitted several issues from the 2002-2003 academic year. Competition consisted of other four-year CSU news publications. "This award commends the efforts of The Pioneer staff," said Wil Cabrera, editor-in-chief for 2002-2003. "I am truly honored to have worked with such an astute group."

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