Body composition ratio reflects fitness

By Julie Jordan
Staff Writer

Now that nutrition and exercise awareness have become a large part of the "California lifestyle," focus has shifted to the condition of the body, a major concern before and during any fitness program.

The ratio of fat to muscle reflects the condition of the body. For those who want to check their fitness progress, the results of body composition testing can tell them where they rate physically, or motivate them to change their habits.

Debbie Capuchino, the director of the Association for Fitness in Business (AFB) Student Fitness Testing Program, said body composition testing makes people more aware of their health. "It tells how much of the body is fat and how much is muscle," she said.

The normal body fat percentage for men is 13.0 to 16.9, while 20.0 to 23.9 is the normal percentage for women. "The majority of the Cal Poly students tested, however, usually have a lower average because they are athletically-oriented," said Capuchino. "The testing is pretty popular with athletic teams such as track and basketball, and they are very concerned with the results."

Curiosity is another reason that gets people to come in for testing, said Kathy Benson, an AFB tester and physical education major. "A lot of people just want to find out what their body fat percentage is supposed to be," she said.

Don Glidden, a graphic communication major, said he had had a skin-fold test during the summer and he wanted to compare those results with the body composition test. "I also have never experienced hydrostatic weighing and wanted to see what was involved," he said.

The testing process consists of a combination of hydrostatic weighing and computer terminals, said Mary Lou Brady, head of the LR and C Department.

Library department grows

By Gita Virmani
Staff Writer

The Learning Resource and Curriculum Department of the Robert E. Kennedy Library has grown extensively during the past years to provide a wide range of print material, audiovisual equipment and computers for all students to use.

Located on the second floor of the library in Room 216, the department has evolved from having print materials and filmstrips to having an extensive audiovisual collection, a multimedia room and computer terminals, said Mary Lou Brady, head of the LR and C Department.
**It's that time of year again**

*COLUMNIST'S NOTE: Although it's only November, Christmas is already springing up everywhere. Humor columnists, like other small animals, are subjects of their environments and before I knew what was happening I found myself curled up with a cup of eggnog and a Christmas column. Oh well, it's best that we set this holiday out of the way as quickly as possible; after all only 10 more shopping days till my birthday. (Go early and beat the rush.)*

I guess, about this time of year, it's nice to know that we have a choice. Not only is there the Bible (one of the most important pieces of literature in history, if nothing else), but now we also have the modern day rewrite called "The Book." (The moral equivalent of "colorization"). It seems to me that if the powers that be felt a need for updating things, they should have started with Christmas carols. Words like "Deck" and "Here ye" have got to go. Here's an example of what could be done.

On the night before Christmas, through the condominium wall Def Leppard was blasted by 

Lance Kasari, engineering technology junior:
I think it's hypocritical that the Reagan Administration would deal arms to Iran and tell the Europeans not to do so at the same time. It goes against our policy of trying to end the war.

Amy Lacher, dietetics sophomore:
I wonder what else Reagan's Iran deal with Iran? I'm just not informed on foreign affairs that the American people aren't informed about!

Ken Cardosa, electronic engineering senior:
If it was like he said it was, and all those hostage releases were coincidental, then I think it was OK. However, I don't think it would have been all right to buy the hostages with arms.

Createionist/evolutionist debate is scheduled

Editor — The Fellowship of Active Christian Thinkers (FACT) totally agrees with the evolutionists who say that it is time for those who espouse scientific creationism "to put up or shut up." We welcome the opportunity to present the case for a creationist perspective on the question of origins. We feel that this is a unique opportunity for the students of Cal Poly, and the editorial board of the Daily in particular, to enhance their educations through exposure to ideas that are seldom given a complete hearing in their classrooms.

A debate/forum titled "The Origin of the Universe/The Origin of Man: Creator or No-Creator" has been scheduled for 7 p.m. Monday, Nov. 24, in the Cal Poly Theatre. The evening will consist of two parts. In the first hour, evolutionary and creationist views toward the origins of the universe and man will be debated. In the second hour, a panel of Cal Poly professors and students will question the debaters on the substance of their presentations.

Hopefully, the evening will produce an opening of eyes, as well as minds, by everyone involved.

BRENT MURDOCK

Diversity of religions should be cherished

Editor — Want some laughable fun? Go down to the University Union just about any day and hang with the missionaries. Everybody there is sure they are right, and the only way is theirs. One guy even insisted I was spiritually dead.

Missionary persuasion towards people who have no religion may be an inspiration. However, to pursue proselytism on people who have a different set of peaceful beliefs is destructive, naive and builds walls between religions.

The world's people and religions are wonderfully and intriguingly different. What is good for me may not always be good for you. There's no way to convince others that their beliefs are the only way to have the stimulus for great animosity between people. When will people accept other religions and see the unity in diversity?

Luckily, missionaries are in the minority. Most people can understand that in order to see a rainbow you must see all the colors. You cannot see a rainbow by only looking at one color.

TOBIAS H. GOLDMAN

**FOOD FOR THOUGHT**

Kenneth Dintzer

freaks down the hall.

The windows were locked, on the front door a chain.
For I feared the wicked and criminally insane.
My kids had both left to go to a party

Enjoying the season with Coke and Rennard.
My wife was asleep with the T.V. aglow.
But I stayed awake for the Letterman show.
Then from the porch there arose such a noise.
Must be more damage from neighborhood boys.
I jumped out of bed, on my feet I then sprung
When I heard one yell to the rest of the gang.
"On Dancer on Prancer" I heard the voice plea,
Was I being robbed by a ballet company?
I picked up my gun and ran past my spouse.

Well that's all for now. Next week, when we do Shakespeare, Romeo will say "Yo Juliet, baby. What's shakin' sexy mama?"

**letters to the editor**

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TOBIAS H. GOLDMAN
Newsbriefs
Tuesday, November 18, 1986

US, Soviets set tentative talks
WASHINGTON (AP) — The United States and the Soviet Union have reached a tentative agreement to have their senior arms control negotiators meet early next month in Geneva over the stalemate in nuclear weapons reductions, an administration official said Monday.

The special talks were requested by Moscow and represent a "de facto" extension of the negotiating round that ended last week in the Swiss city without an agreement, the official, who demanded anonymity, said.

Ambassador Max M. Kampelman and the two other U.S. negotiators, Ron Lehman and Maynard Glitman, will represent the United States at the Dec. 2-5 session. The Soviet delegation is expected to be headed by Viktor P. Karpofov, the chief Soviet negotiator.

Renault head reported murdered
PARIS (AP) — Georges Besse, president of the state-run Renault automobile company, was shot to death Monday night near his home in Paris, the French news agency, Agence France-Presse reported.

According to first reports, the 58-year-old Besse was felled by several gunshots about 8:25 p.m. on Boulevard Edgar Quinet, almost in front of his home, the news agency said.

The reports said Besse was shot by a man and a woman passing by in a car.

CLASS ENCOUNTERS

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Weinberger to NATO: no ‘Star Wars’ trade

WASHINGTON (AP) — Defense Secretary Caspar W. Weinberger said Monday the United States would never trade “Star Wars” or balanced conventional strength in Europe for a new arms control accord with the Soviet Union.

In an address prepared for delivery to a symposium here on the North Atlantic Treaty Organization, Weinberger said the United States and its European allies desired deep reductions in offensive ballistic nuclear missiles.

But regardless of whether such an accord is negotiated, he continued, the Western alliance must continue improving its conventional strength.

“In any event, we can never leave the equation of deterrence unbalanced by taking out some effective deterrents without replacing them with other deterrents,” Weinberger declared.

The defense secretary appeared before a symposium on NATO, which was sponsored by the institute for Foreign Policy Analysis. A text of his speech was released in advance at the Pentagon.

Weinberger spoke just a few hours after meeting West German Defense Minister Manfred Woerner, who is in Washington for consultations with American officials. Woerner told reporters after his meeting with Weinberger that the Western allies could not match Soviet-bloc conventional strength if all nuclear weapons were eliminated.

“The more we limit and restrain nuclear possibilities the more important it becomes also to correct that conventional imbalance, preferably by arms control and disarmament,” Woerner said.

Weinberger, following the lead of other administration officials, said Monday that President Reagan had focused his talks with Soviet leader Mikhail Gorbachev during the recent Iceland summit on the goal of eliminating intercontinental ballistic missiles.

“It is these weapons, with their lightning speed and unspeakable power, that should be at the core of arms reductions agreements,” Weinberger said.

“Certainly all nuclear weapons threaten massive destruction, but only ballistic missiles threaten to overwhelm us in the blink of an eye.”
Ladies and gentlemen, start your engines!

From Porsches to pickups, all types of cars could be seen at the Cal Poly sports car club’s autocross held Sunday in the Robert E. Kennedy Library parking lot. Competitors in 14 classes tried to out-maneuver each other through the course marked by cones.

The club sponsors three autocrosses per quarter and allows the first 50 people who sign-up to participate. The entry fee, $5 for members and $7 for non-members, goes to pay for trophies and dash plaques.

Entrants are divided into classes based upon the degree a car is modified, engine size and car maneuverability, among other things, so owners of standard stock cars can participate as well. With such factors taken into consideration, an MG Midget can be in the same class as an eight-cylinder Mustang.

Keith Hearn, secretary of the club, said he’s seen some amusing entries, from the guy who drove his aunt’s Maverick to the guy who navigated his 1971 Cadillac around the course.

Scott Fabel, president of the sports-car club, said it’s not necessary to own a car to be in the club because members without cars act as navigators to help drivers unravel the clues they are given during rallies.

Fabel said the autocrosses and rallies are fun and help people know their car and learn their own limits at the same time.

— By Pamela Varma

Photos by Doug Naschke
Crop growers seek non-chemical pesticides

By Ron Nielsen
Staff Writer

As the agricultural industry wrestles with changes imposed by recent passage of Proposition 65, alternatives to chemical pest control are in the spotlight. The concept of Integrated Pest Management (IPM) is one alternative that has slowly grown and developed in conjunction with increasing public outcry against contamination of drinking water and pesticide residues on food.

In modern agriculture, the diversity of the natural ecosystem is replaced by large expanses of one or two crops which serve as ideal invitations for pests to feast on the succulent plants. When chemical insecticides are sprayed to combat the pest invasion, the beneficial species that feed on the pests are killed as well.

Over time, hardy survivors of the pest species become resistant to the sprays and continue to flourish at the expense of farmers. More powerful chemicals are brought into the battle and the pests continue to evolve resistance or, as the natural balance is further disturbed, other pests flourish to harass the producer. The grower is trapped on the "pesticide treadmill" of ever-increasing dosages and toxicity.

IPM systems attempt to return some of the balance present in the natural ecosystem and employ chemicals only when pest populations have reached a predetermined threshold of economic damage to the yield or quality of the crop. Before that point is reached, Shelton said, the IPM adviser would recommend a number of approaches to keep pests in check.

The primary goal is to mimic nature by maintaining an abundant supply of three components of the ecosystem: predators that feed on target species, parasites that interrupt the pest's life cycle and prevent it from reproducing in large numbers, and antagonists that crowd out the pest in the food chain of the agro-ecosystem that man has created.

Other forms of biological control include: releasing pest-specific disease organisms and pathogens that attack the damaging species without being toxic to man or leaving harmful residues, and planting varieties that are genetically pre-disposed to resisting pest and disease attack. In conjunction with these scientific approaches, the ancient practices of crop rotation to interrupt the pest's life cycle and sanitation by burying crop residues to remove the insect's winter home are recommended by the pest control advisor.

Many farmers find leaving strips of weeds or other native vegetation and planting a diverse range of crops to be beneficial, because pests are provided places to complete their life cycles. As a result, if insects are not sprayed, the good bugs can combat successfully with the bad bugs to keep them in check. Organic farmers report that healthy soil with large microbial populations and balanced nutrition levels is the first and best defense against pest attack.

IPM systems, which have been developed for virtually every major crop grown in California, use trapping programs to monitor insect populations in a field or grove. Populations of the cotton boll weevil, for example, are monitored by reproducing the sexual attractant (pheromones) produced by the males to lure any nearby females into a sticky trap. When the levels are too high, the final tool is to use trapping programs to monitor insect populations in a field or grove.

There's nothing grandparents like better than a call from a grandchild in college. But if you do accidentally happen to interrupt Lawrence, you ought to have something worth telling them. For example, you could mention that you called using AT&T Long Distance Service because you can depend on AT&T's high quality service and exceptional value.

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Finally, of course, you should quickly reassure them that you're eating enough, then let them hurry back to the TV to catch the rest of the Lennon Sisters Blue Oyster Cult medley.

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PESTS

From page 6

of the IPM program is employed and an insecticide is sprayed.

Computer models are being developed to predict pest life cycles based on the amount of heat that accumulates in a field in conjunction with the growth stage of the plant.

Increased interest in non-chemical solutions to pest problems coincided with the environmental movement of the 1960s, Shelton said. The concept of IPM was coined by two California entomologists, and the federal government funded a successful pilot program to control the cotton boll weevil in Texas, which had become resistant to the insecticides used against it.

Pesticides will continue to be a valuable tool for growers in the battle against pests, Shelton said. "While elimination of pesticide use is not a stated goal or objective of IPM programs, typically there is a reduction in pesticide use on those crops where an IPM approach is taken," he said.

At Cal Poly, Shelton employs an IPM approach in the citrus groves to control scale pests and at the animal units to combat flies. Combinations of fly parasites, poison bait and an insecticide that has low toxicity to mammals are used. "You can't use highly toxic residual pesticides in these areas," he said.

The key to effective IPM programs is trained advisers who are licensed by the state and county and must update their knowledge with 40 hours of classes every two years. Additionally, a minor in plant protection was offered for the first time this fall by the crop science department to train the specialists needed to implement IPM programs.

"The career opportunities are increasing all the time for people with a good background in pest management and an understanding of crop production," Shelton said.

Pest control advisers must be able to communicate to growers the principles of an IPM system as well as use their knowledge to combat economically damaging insects, Shelton said. Growers are accustomed to the quick response of insecticides and many are reluctant to rely on the long-term solutions that an IPM program contains.

"Some growers want to spray at the first sign of an insect," he said. Use of IPM approaches are increasing, but it is easier to market an insecticide than a service, and "grower acceptance is still somewhat slow," he said.

As the provisions of Proposition 65 are finalized in the state Legislature and courts, research to improve IPM programs will continue. "Overall, the impact of Proposition 65 will be negative for crop producers," Shelton said.

IPM is a sound approach, he said, "but it is not a panacea for our insect pest problems."

The passage of the controversial bill will have at least one effect on agriculture, he added. "It is one more impetus for people to find non-pesticide solutions to their pest problems."
Enrusted with the task of conveying faculty and staff opinions and advice to Cal Poly President Warren Baker, the Academic Senate is open to criticism from faculty members who feel the processes within the senate could be streamlined to increase efficiency.

An informal survey of faculty on the senate has found general satisfaction with the administration pays to the senate. However, some faculty members raised concern over the time it takes the senate to accomplish things and the effectiveness of the channels through which issues must travel.

Meeting twice a month for two hours each, time, the Academic Senate approves resolutions which are then sent to Baker for his approval, denial or appropriate comments. Baker has 60 days to respond and no action can be taken without his approval. Baker said that the senate could move more quickly.

An informal survey of faculty participating in the senate, said he doesn't think so. "I definitely don't feel for the size of our campus that we have room for improvement."

Academic Senate Chairman Lloyd Lamouria explained that the senate is a burden with respect to the Academic Senate he created, to make a decision, how can we expect the president to respond any sooner?"

Alan Cooper, a professor of crop science who has proposed a question of whether all resolutions, even those not requiring Baker's signature to be valid, must be approved by the president.

Case in point is a resolution the senate approved Oct. 7 to oppose Proposition 61, the "Fair Pay Initiative." Baker legally cannot use state funds to endorse or oppose a ballot issue, so on Nov. 4, election day, the senate was notified that Baker had acknowledged the resolution, to which Cooper jokingly responded: "What a relief."

"Too many committees" With 15 standing committees and several ad hoc committees examining various questions from curriculum changes to budgetary matters, there are those who will anonymously grumble about too many committees to be effective. But Lamouria, noting that he sits on the committee on committees, said he doesn't think so.

Baker said although the committee structure is important, "We'd all like to see it happen faster," he said. "But when you look at how long it takes us, the Academic Senate, to make a decision, how can we expect the president to respond any sooner?"

Further defending the process, Lewis said, "Those who view the senate as cumbersome, I think, to study every problem. He expressed frustration with the fact that after a resolution goes through the complex maze of being hashed out in the appropriate committees, discussed again in the executive committee, then finally presented to the full senate's recommendation can be altered by someone who was not present at the original committee discussions.

Democratic process "It is a democratic process that no one person on the floor of the senate can override anything," Lamouria said. "We must ask ourselves if we're willing to sacrifice democratic action for autocratic action. For a standing committee's recommendation to be inviolable would be inappropriate in a democratic process." Cooper, however, noted that sometimes a resolution can be returned to the committee that generated it, and it may not resurface for quite some time. He gave the example of a resolution he suggested four years ago to make senior projects optional and instead require students to participate in some sort of culminating activity. The resolution was referred to the instruction committee, and although there are a number of reasons why, there still has not been a new resolution presented to the senate.

A possible solution to having so many committees may be to reduce the number of committees and increase their individual responsibilities. Lamouria agreed it could be possible but said he believes that would necessarily improve communications.

He compared the faculty's job to having so many committees. He described the faculty's job as having so many committees. He described the faculty's job as having so many committees.

By Pamela Varma, Staff Writer

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**SENATE**

From page 8

Lamouria explained that the current senate's goal "very, very definitely is collegiality which is the hub around which everything rotates on campus." He said some people may want the Academic Senate to draft it's own definition of collegiality but he is comfortable working with the Board of Trustees' September 1985 definition.

The Trustees' statement on collegiality says in part: "Collegiality consists of a shared decision-making process and a set of values which regard the members of various university constituencies as essential for the success of the academic enterprise." The statement goes on to say that faculty recommendations are accepted except in rare instances and for compelling reasons. Determining in which instances the faculty should submit recommendations is part of defining collegiality.

"The idea of shared collegiality is a nebulous term," Crabb agreed, noting that the degree of sharing depends upon the nature of the issue. "We have to take a look at where the senate will have a meaningful impact and where we will just be butting our heads against the wall. By nature some things are just the responsibility of the president, so while he may appreciate advice from the Academic Senate, he may not want their consent."

Baker said that in matters of such as curriculum, faculty promotions or new degrees, he rarely, if ever, would feel comfortable going contrary to the advice of the senate. However, while he said he appreciates getting a sense of faculty feelings on items such as allocation of resources, in some issues, final decision lies with the Administration.

To this end, Lamouria said there must be communication among, and participation of faculty members in the governance process, something that has been achieved. The senate has reached the point where there is competition to serve on the committees. "People say, 'Why didn't you put me on that committee? That's music to my ears.'"

Indeed, even with Cooper's constructive criticisms, he said when his term is up, he will probably seek reelection following the break mandatory after four years on the senate.

"I think it has a positive aspect," he said. "We're such a large campus and so isolated from each other that the senate allows us to interact with others and the Administration. I don't think we should do anything as radical as abolish the senate but I think it could be streamlined."

Nuclear weapons tests bring out demonstrators

(1P) — At least 120 people were arrested Monday at demonstrations against nuclear weapons testing in Washington and at the nation's testing grounds in Nevada, authorities said.

Several hundred protesters blocked entrances to the federal Department of Energy in Washington, and police estimated between 60 and 100 of them were arrested.

At Mercury, Nev., some protesters briefly delayed buses carrying workers onto the sprawling test site by kneeling down in a roadway in front of the vehicles. Others, including actor Martin Sheen, were arrested when they stepped across a white line on the road leading to the test site gate. Police said there were at least 60 arrests there.

Those arrested were placed on a bus and taken to Beatty, Nev.

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Raiders’ Long undergoes surgery

TORRANCE, Calif. (AP) — All-Pro defensive end Howie Long of the Los Angeles Raiders underwent knee surgery Sunday night at Cedars-Sinai Medical Center, it was reported in a newspaper Monday.

A hematoma in Long’s right knee, which encouraged “delayed bleeding” according to his orthopedic surgeon Robert Rosenfeld, was the reason for the surgery, it was reported in the Monday editions of The Daily Breeze.

The operation performed by Rosenfeld came Sunday night after the Raiders’ 27-14 victory over the Cleveland Browns. The surgery was described by several sources as “not major,” although it was open surgery and not via the arthrocope.

Dr. Rosenfeld described Long’s injury, which occurred a week earlier at Dallas, as a deep hematoma in the knee, “which had delayed bleeding.”

Raiders coach Tom Flores, reached by The Daily Breeze late Sunday night, confirmed the operation, but stressed the surgery was “not major, just a superficial cut.”

Raiders officials had previously said Long was being admitted for a simple draining of fluid on the bruised knee.

Long is a virtual certainty to miss the Raiders’ game Thursday night against San Diego, but Flores expressed hope that his knee would heal in time for the Raiders’ game against Philadelphia Nov. 30.

Flores had listed Long as “probable” for the Browns game until Saturday night, thinking Long would be able to play with the pain. Long felt the same way.

See LONG, page 11

SCOREBOARD

Football

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Saturday’s games

Southern Utah 43, Cal Poly 33
UC Davis 28, Sacramento 6

SCOREBOARD

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Saturday’s games

Southern Utah 43, Cal Poly 33
UC Davis 28, Sacramento 6

Tuesday, November 18, 1986
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Bodnar said, "L.U.C. is an A-division team, which is the top division in the nation (no exceptions). We play to 10 other teams in our league plus other teams around the country." Bodnar explained how her team's name, called "Champions at France Feminin," and that L.U.C. is ranked No. 3 around France. She also praised another team in the league, Racing C.F., which includes two former California players — Berkeley's Terri Donahue and UCLA's Katrice McGarvey.

"Right now, Racing C.F. is ranked No. 2, but they have a great chance to be No. 1! The Racing team has four players from the France National Team," said Bodnar. "A player on my team quit the National Team because L.U.C.'s practices fit her schedule better.

Bodnar and her team practice only three days a week, because most of the players have children or work. When Bodnar is not testing the French hitters at the net, she can be found at home with her second family, teaching bowling or at work.

"I live in a house with a doctor and a nurse, and I never say no to treat me very special. I also teach aerobics for some women here since I taught aerobics in San Luis, and I work with a man and woman putting up wallpaper and painting to help us fix up their beautiful new house," said Bodnar.

In her minimal spare time, Bodnar said she participates in many events and attends many special dinners with people who are associated with volleyball because her team president is on the board which oversees and deals with volleyball in France. Bodnar recently saw the World Champions Paris Olympique when the USA Men's Team defeated the Soviet Union, and said her coach loves to watch other countries play in order to learn new techniques.

"The changes in the experience in a foreign land, Bodnar said she has quickly adjusted her diet and cooking habits. She has also gotten used to the scheduling of European meals.

"I'm eating a lot of different foods, especially cheese, because they eat cheese with every meal. They also eat very late dinners, around 8 or 9 p.m.,” said Bodnar. "The thing I miss most about the U.S. is diet drinks and good sugarless gum." Diet Coke and Trident are the only things Bodnar misses, because the Mission Viejo native has also realized how important her family is.

Bodnar said, "I do miss my family, yet being here has brought me closer to them. For example, my brother sent me a cassette tape and he talked to me and played music on it for me — it was special." With a new language, new friends and a new team in France, Bodnar has expanded a number of horizons on and off the court because of the risks of leaving the comforts of home. Bodnar has passed the first big step — adjustments.

"Now that I'm in France, I realize that it is difficult to leave a place you're so comfortable with like Cal Poly and come to a place where I don't speak the language," said Bodnar. "I do love it here, because I do love volleyball even though it's difficult to communicate."

When she and her family decide to return to her old college campus after her international fling of volleyball, her friends, coaches and teachers around here will have to get used to calling her Mademoiselle Bodnar.

L.A. Times Daily Tuesday, November 18, 1986

MUSTANG DAILY

LONG

From page 10

Long, 26, has been a consensus All-Pac-10 player the past seasons. He had never missed a game in his five-plus NFL seasons until he hamstringing pull sidelined him Oct. 28 at Houston.

He returned the following week at Dallas, but was hit on the right knee by a Cowboys' players' helmet, an injury originally diagnosed as a bruise. He was listed as probable for Sunday's 27-14 Raiders' win over the Chargers, but did not even dress for the game.
The library is a hub for learning and research, offering a multitude of resources to support education and development. The encyclopedia is a fundamental collection, containing extensive information on a broad spectrum of subjects, from history and science to literature and the arts. It is designed to cater to various levels of education, making it an indispensable tool for students, researchers, and lifelong learners alike.

The Multi-Media Room is another highlight, equipped with a variety of media equipment to facilitate diverse learning and research needs. This includes filmstrip projectors, slide projectors, and video cassette recorders, each playing a crucial role in presenting information in different formats. The room also features a five-volume master index listing the 2,217 filmed units alphabetically by subject matter, ensuring that users can easily locate the information they seek.

The center opened in May this year, and since then, it has been a source of excitement and productivity for the students. The LR and C Department has been at the forefront of these developments, managing the logistical aspects and ensuring smooth operations. The CMC, consisting of eight computers, three dot matrix printers, and two letter quality printers, has been instrumental in providing students with the tools they need to create high-quality documents, presentations, and assignments.

In conclusion, the library and Multi-Media Room offer a wealth of resources and equipment to support learning and research. They exemplify the commitment to fostering an environment conducive to knowledge acquisition and personal growth.