Turn the light back on

By Brian Johnson
Daily Staff Writer

If feeling down has become a normal way of life and not just an occasional occurrence, you're probably experiencing depression. According to the National Institute of Mental Health (NIMH), 17 million Americans suffer from depression every year.

This is why Cal Poly is again taking part in the annual National Depression Screening Day on Thursday, Oct. 22, a new event set up in the University Union where all Cal Poly students and employees will be able to take a free, confidential screening. Mental health professionals will also be available to evaluate the tests, discuss the results privately and advise further treatment if necessary.

Video will be shown, and a variety of literature will be available.

This is the third year Cal Poly has joined the national effort to spread awareness of depression.

The program was started seven years ago by Harvard psychiatrist Douglas Jacobs, and now involves about 2,400 sites throughout Canada and the United States.

Depression shouldn't be confused with going through bad times, according to Joe Diaz, a psychiatrist with Psychological Services. Diaz said it's when the sadness doesn't stop that it may be time to seek help.

"You can be sad over the loss of a girlfriend or sad because you failed an examination. But if you don't snap out of it, you need to come in and talk. What's keeping you sad or depressed?" he asked.

Jim Aiken, head of Psychological Services, said some of the symptoms of depression are feelings of sadness, a decrease in activities, a want to be isolated, a desire to sleep excessively (10 to 15 hours a day) and a loss of energy and appetite.

Though the symptoms may seem grave, once depression is diagnosed there is definite hope for improvement.

According to the American Psychiatric Association, almost everyone who seeks help experiences at least some relief. And according to Jacobs, 80 percent respond "exceptionally well" to treatment.


Eat cheaply without compromising nutrition

Peer team offers advice for healthy eating on a limited budget

By Caroline Sparke
Daily Staff Writer

The choices for dinner are limited. Will it be bright orange macaroni and cheese from a box or Top Ramen?

Most students on a tight budget believe they can only afford to eat microwave dinners. But Peer Health Educator Amy Potterter said finances should not limit one to a boring routine of poor nutrition.

"Some of the healthiest diets are also some of the cheapest," said Potterter. "The foundation of a healthy diet is the base of the food guide pyramid: breads, cereals, pasta and rice. Next in line are fruits and vegetables."

The food guide pyramid is a visual aid used by nutritionists to physically represent various foods and their importance in a healthy diet. The base of the pyramid represents the healthiest foods while the top portion represents fats, oils and sweets which should be the smallest percentage of food eaten.

Potterter, along with Kate Tuggle, co-leads the nutrition education team located in the lower level of the Health Center. The team offers individual consultations with students as well as workshops both on and off campus. It is staffed by 11 upper-division nutrition students who have completed a rigorous training program and have committed themselves to spending one year advising students.

Consultations are free and are available both on a walk-in basis and through appointments. Students don't need to have a specific health problem to take advantage of the available information.

Counselors help with menu planning and shopping tips and also advise athletes on foods they can eat to maximize performance. Some students simply may have questions about how much calcium or other nutrients they should be getting, while others either want to gain or lose a few pounds.

Often students are asked to keep a diary for a few days in which they record the foods they eat. The information is analyzed for nutritional content by a computer program called Nutritionist 4 and recommendations are made based on the student's general health and lifestyle. The food analysis is usually used to pinpoint nutritional deficiencies or overloads.

Health educator Rupen Dangare says one of the biggest nutritional problems students face is getting used to planning what they're going to eat. "Many times, students are just used to eating when they're hungry," Dangare said. "Planning means everything from shopping to remembering to thaw out meat or cheap vegetables." Students determined to eat healthy can:

See FOOD page 3

Poly general number gives runaround

By Kelly V. Tucker

Cal Poly's main information line, 756-1111, has been giving some students and staff the runaround.

This telephone number used to connect the caller with an operator who would easily direct calls to almost any telephone on campus. Lately it hasn't always been so easy.

Since campus telephone numbers have changed over to a new digital system, the information line has only been able to handle four calls at a time. Every fifth caller is rerouted through the system, often until the caller hangs up in frustration.

The run-around begins when someone dials 756-1111. From there, an automated voice is able to direct the caller to different areas of information. After listing all the options, the automated voice directs the caller to push "9" for operator assistance.

Lately, when a caller dials "9," only rarely has the operator answered. Instead, the calls are often backed around to the original recording that lists extensions for each administrative office, including financial aid, the records office and evaluations.

Dr. Nick Brown, part-time lecturer for the physics department, had trouble with this number several times.

"I first noticed the problem three weeks ago when I was off campus and did not have a telephone book," said Brown. "Last week the same thing happened again and I found myself stuck. Both times I had to call the apartment number I know and have them direct me." Brown, a student at Cal Poly, told him the operator could not respond to all of the calls coming in, though they knew the calls were for him.

"We got a few callers trying to get information," said Nancy Villisko, who works in administration and finance. "We always get a few of these calls because we are at the top of the telephone list.""
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BOOKSTORE

Food from page 1

To the concept of preparing quick, nutritious and cheap meals will need to learn to love the grocery store. Learning to compare shop by checking different store prices on the same goods and becoming aware of the differences between name brands and generic products is neither difficult nor time consuming. Dominguez said Lucky's market on Foothill Boulevard is particularly student-friendly.

Potter said in order to make dollars stretch, students should watch local newspapers for sales, but look for products that are healthful and packaged in the quantities that will actually be used. She also cautioned against impulse buying.

"Start out with a plan and a list and stick to it. Also, eat before you go shopping," she said. "People don't all of a sudden get a craving for something like broccoli. It's usually something sweet that attracts us."

Many students don't know the Health Center offers free nutrition counseling and think they eat a reasonably varied diet. However, all the students surveyed for this article confessed to occasionally overeating sweets.

Sulf science junior Jennifer Flores said she has a weakness for chocolate chip cookies but generally eats healthy.

"It helps that I like a lot of things that are good for you," Flores said. "I think I've always eaten pretty healthy and I try to be careful but it's easy to pig out."

Animal science senior Terry Wilkins said he has more control over his eating habits since he moved off campus.

"I lost eight pounds and feel better since I moved," Wilkins said.

Wilkins said he doesn't mind cooking his own food but doesn't particularly like shopping or cleaning up.

Once a decision is made to eat healthier, it won't be long to notice a difference in the way you look and feel. Also, the only bulge you'll notice in your jeans will be that extra wad of cash in your pocket.

Dominguez said to make sure snacks are healthy. Often people make the mistake of thinking vegetables are the healthiest source of food. However, vegetables most of the time are fried or marinated in fattening oils.

"Fresh produce is the healthiest food that you can eat," Dominguez said. "It is also the most expensive but I also think it's the best." She also said that eating a balanced diet is easier when you buy fresh produce.

Dominguez said Lucky's market downtown San Luis Obispo, is a good source for fresh fruits and vegetables. Most of the products are locally grown and many are organic. The prices seem to vary. So, at times, one can find the same products and are usually cheaper than at a chain store.

Tuggle said one way to eat less expensively is to use protein sources that are cheaper than meat. Beans, eggs, cheese and milk are all excellent protein sources.

"A lot of students were complaining, especially at the beginning of the quarter," Sansani said.

"It helps that I like a lot of fast food now," Wilkins said.

Once a decision is made to eat healthier, it won't take long to notice a difference in the way you look and feel. Also, the only bulge you'll notice in your jeans will be that extra wad of cash in your pocket.
Raccoon scratching at the door

By Dawn Pillsbury

Have you ever seen that drawing that looks like either an old or a young woman, depending on how you look at it? Generally, you struggle with it at first, seeing one or the other, but finally you see both and thereafter cannot help but see both. That is rather like the experience of having something which should be blindingly obvious explained to you. A couple of weeks ago, I asked someone why she thought all these Armed Forces airplanes kept crashing. I was rather mystified by the whole thing and was thinking of conspiracy, curse or worse. She said that it was because Clinton had kept cutting the military budget until they did not have enough money for training, testing and maintenance. Boom-paradigm shift. Makes a lot more sense than curses, anyway. Unless you mean the curse of a silly electorate.

We've been having a problem recently with a raccoon. It keeps coming in a side door to my house, which is much better at opening the door than it is much better at closing it. In and out. And that raccoon kept the door closed. And people believe, until after the West restored the Jewish homeland to them (My, aren't we generous with other people's property! I wonder why there's no one campaigning for Canaanite rights to that particular chunk of Godforsaken desert). The answer seems blindingly obvious, once you see it. Give the Jews another holy land. There are big chunks of Montana that no one seems to be using. The land is much more rich there, anyway. (This observation, by the way, drives Christians crazy. But it's the holy land! So they cry. The Salisbury Plain in England is holy to me, but I don't insist on living there, for Goddess's sake.) But it's a lot easier to say, 'Keep the door closed' than it is to do it. Cats need to go in and out. Brothers need to go in and out. And that raccoon is much better at opening the door than we are at closing it. And Congress is a lot better at voting money into pork barrel projects than on making sure they stay free to spend other people's money on things they would never dream of spending it on themselves. That's why we have a government, after all. Pardon me, I hear the raccoon scratching to be let in.

Dawn Pillsbury is a journalism senior and is still writing from her brother's bedside in Santa Barbara.

Danger may lurk at the bars

Editor,

As Cuesta and Cal Poly students return to campus, the Rape Crisis Center (RCC) wants to alert students about date rape drugs. Over the past year, RCC received numerous calls from people who suspected they had been drugged while at some local bars, restaurant, and parties.

Date rape drugs such as Rohypnol or GHB, also called Ruffles or Forget Pills and Liquid X or Easy Lay, are especially dangerous when combined with alcohol. These drugs are fast-acting, potent sedatives that are colorless and odorless and can produce amnesia. These drugs act as a depressant to the central nervous system. They produce drowsiness, confusion, impaired motor skills, reduced levels of consciousness, dizziness, nausea, vomiting, seizures, respiratory depression, difficulty breathing, unconsciousness and coma.

A person may look and act like someone who is drunk, when they actually haven't consumed much alcohol. When combined with alcohol, the consequences are life-threatening. These drugs disappear from the body within a few hours.

Marilyn Hamilton is the executive director of the Rape Crisis Center.

Some signs to watch for are:

• If you feel a lot more intoxicated than usual.
• If you wake up very hung-over and have a memory lapse.
• If you remember having a drink but can't recall what happened after consuming the drink.
• If you feel like someone had sex with you but can't remember the incident.

What you can do is:

• Get to a safe place.
• Get help immediately.
• Get medical care. Ask to be tested ASAP.
• Call the police.
• Call the Rape Crisis Center at 545-8888 for information and support.

Mustang Daily welcomes and highly encourages contributions from readers. Letters should be submitted with name, major or department and telephone number. We reserve the right to edit for grammar and spelling errors, without changing the meaning of anything written. Letters can be sent via e-mail to jborasi@polymail.calpoly.edu, faxed to 756-6784, or dropped by the Graphic Arts Bldg. 26, Suite 226.
Letters

More room for bikes!

By Megan Long

Even a stopped clock is right twice a day. --Anonymous

Promise Keepers out to reclaim leadership from wives

Editor,

In response to the article about the lack of bicyc­
laces as I hurry to lock my bike before class.

Public Safety should be proactive and put racks where needed.

Joseph Baranek of University Police pointed out "I've never seen the racks near the sta­
dium by the business and education building or architec­ture building com­pletely full." I ask, why then do they not just move these racks to the areas where needed, espe­cially the front of Engineer Bldg. 13 and the side of the Business Building next to the commu­nication lab? I hope it is not just to create the view impounding bikes as a revenue opportu­nity. I know if they straightened the racks there in an organiza­tion there would be plenty of room to accommodate the extra rack.

Wouldn't this solu­tion be easier and more productive than having to "retune the old peo­ple"?

Even if for some in­conceivable rea­son it is easier to ticket and impound these bikes instead of trying to accom­modate them, isn't it in everyone's best interest to try to accommodate them anyway? Who would argue that bikes are not one of the greatest forms of trans­portation and the problems of the cars we are so attached to?

Therefore, we should try to make the bikes work for this by mak­ing use of bicycles' ability to be parked so close to one's des­ti­nation to encour­age people to leave their cars at home and live a healthier lifestyle.

Think Globally, Act Locally.

Joe Lambert is a mechanical engineering senior.

Promise Keepers out to reclaim leadership from wives

Editor,

Mark Armstrong is way off the mark about the goal of the Promise Keepers, thus he is way off about the reaction by NOW.

Mark makes the claim that the Promise Keepers "stressed the importance of a man's role in the family -- not necessarily as the leader, but as an active participant."

If Mark had done his home­work he would have found out that Promise Keepers not only believe that they should be the leaders of their families, but have been urged, according to the Oct. 13 Newsweek, to "reclaim" leadership from their wives!

The founder of the group, Bill McCartney said in an interview quoted on NPR this weekend, that biblically it is the role of the man to be the head of the house.

The other thing that Mark left out of his article is that the group has declared that homo­sexuality is a sin. This alone is worth a protest.

Mark makes the claim that NOW protests "anything that doesn't involve women".

NOW was protesting because they did not want the danger­ous rhetoric of this religious group to go unchecked and unchallenged. They were protesting the message sent out by Promise Keepers which not only entrenches patriarchy, but also spreads a homophobic, anti-family (not all families are man-woman) message.

Mark goes on to claim that NOW seems "paranoid and reac­tive." I would argue that Mark's rhetoric makes them sound so bad, but a closer look at the facts reveals that Promise Keepers are not about "a nice, warm foot bath," and that arti­cles like Mark's, articles which omit the facts, are what in fact end up alienating people who support NOW.

Kristen Hamilton is a speech communica­tion junior and NOW supporter.

Commentary

It's high time we get our act together

By Megan Long

Over the course of my seven quarters here at Poly, I've heard many professors complain about inadequate classroom equipment. One day last spring quarter my French professor couldn't find an overhead projector that worked. She tried the two that were in the room and also retrieved another from a nearby room, but none worked.

Needless to say, we did without the transparen­cies that day. In another class, a political science professor lamented the fact that the classroom— one that's used for many social science courses— didn't have any maps. I know that maps aren't considered technology, but how good does it look if Poly's grade can make a computer program spit out the pH of an acid via electric probes but can't find Bossia-Hertzogewina on a map?

When I con­sider these instances, I realize that accidents during courses that are within the depart­ments of the College of Liberal Arts, and in classrooms which are often used for those "fuzzy" (as opposed to "techic") fields. What's going on here? Just because we don't use multi-million dollar lab classrooms doesn't mean we don't need to be able to tell time.

Now we're in the middle of the third week of class and, while the clocks in my classrooms still aren't fixed, I peeked into a science building classroom the other day and guess what? The clock was right on time.

Megan Long is a Daily staff writer and perpetually late jour­nalism junior.
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ATTACK POSSIBLE ON THE NATION’S COMPUTER NETWORK

By Donald Rothberg
Associated Press

BALTIMORE — Neither government nor industry has the means to protect the nation against computer attacks that could shut down communications and power grids, the chairman of a presidential commission studying the problem said Tuesday.

"While a catastrophic cyber attack has not occurred, we have enough isolated incidents to know that the potential for disaster is real and the time to act is now," said Robert T. Marsh, chairman of the Commission on Critical Infrastructure Protection.

In a speech to the National Information Systems Security Conference, Marsh said that several government and academic sites that prided themselves on tight security were targets of a recent e-mail attack.

"A flood of e-mail messages originating in Australia and Estonia — and routed through the White House computer system — virtually shut down Langley air base's e-mail for hours," he said.

In another case, someone in England routing messages through Latvia, Colombia and Chile and commercial Internet service providers gained access to computers at Rome Laboratory at Griffis Air Force Base in Rome, N.Y. and "launched attacks against a wide array of defense and government computer systems," said Marsh.

In an interview before his speech, the retired Air Force general said that "the tools are available, the knowledge is available to do serious harm." Marsh said the commission is scheduled to give its report to President Clinton next week.

He said it would recommend far greater cooperation and sharing of information between government and private industry, accelerated research and a nationwide program to educate people on the scope of the problem.

In the interview, Marsh conceded that there will be a need to break down reluctance within industry and government to share sensitive information.

He said there is a need to "devise the means by which the private sector can in fact be willing to share its information and not fear that it will leak." The government "is going to have to recognize that in this new era, it's the private sector that needs some of this threat information and this warning information."

Marsh said the threat comes from a broad spectrum of what he called "bad actors," including recreational hackers, organized criminals and terrorists.

"We have found no smoking keyboard," he said, "no evidence of anybody wanting to try a debilitating attack on our critical infra-structure."

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from page 8
National Anthem during a game.
"It hurt the most that they attacked my character, when they didn't even know what was really going on," Abdul-Rauf said. "I just wish they had given me a public forum in which to state my side of the story."

Watching Abdul-Rauf and the Kings practice, it was obvious why he is considered one of the purest shooters in the NBA, because he never misses. For those wanting a preview of what the Kings will look like in the 1997 season, there will be a free exhibition scrimmage open to the public today in Moti Gym beginning at 6 p.m.

The Kings donated $5,000 to Cal Poly Athletics for the use of the facilities.

After Cal Poly, Hill said he is interested in playing for the Roadrunners, a San Luis Obispo-based amateur team. "I want to see if I can go far," he said. "I want to go as far as God takes me and even then I'll probably coach." Hill said Cal Poly's soccer team could be playing better. At 3-7, he said it is a frustrating situation. But since he was five years old, Hill has had the drive and motivation to continue doing what he has to do. "Basically, the way I feel right now is I'm going to keep playing until someone tells me I can't," Hill said.

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Sacramento Kings prepare for season at Cal Poly

By Jeffrey Varner
Daily Call Writer

The Sacramento Kings, who paid $5,000 to use Cal Poly's facilities, will have an open practice session tonight at 6 p.m.

Tuesday's Answer: Kolleen Kossi holds the record with 15 goals in 1992.

Congrats to Kevin Desrosiers!

Today's Question: Which Cal Poly team was the first to qualify for the NCAA playoffs since Cal Poly moved up to college basketball, to being a rookie in a league with the best players in the world. He now plays against superstars he used to watch, but says it's something that he doesn't really let go to his head.

"It is indeed on honor and a privilege to play against athletes like Michael Jordan, but at this level we play against so many super talented athletes that we just have to take it one game at a time," Williamson said.

Contrary to popular belief, Williamson says that he doesn't have to live the life of exclusion that's associated with every sports star.

"I love it here in California," he said. "Sacramento reminds me of Little Rock, Arkansas," he added.

The week has enabled many possibilities for Williamson, who said he wouldn't mind eventually having his own brand of shoes, branching off into music, or maybe even starring in his own film.

"I am open to playing anywhere the future holds, but for now my concentration is on helping the ball club win in any way that I know how," Williamson said.

Along with the positive attributes of being a public figure come the negative. Just ask the Kings' three-point specialist, Mahmoud Abdul-Rauf, who was the target of endless negative publicity for not standing up for the national anthem.

The man who has the Mustangs at 5-0, and poised to go 6-0 after the weekend, remains a mystery in my book.

"We come down here for a change of scenery and to get the players focused on the upcoming season," said Travis Stanley, head of public relations for the Kings.

"It has always been a dream of mine, but I don't feel that it has changed me," said William Hill, who has been practicing in Cal Poly's Mott gym for the past three years.

"In short, we have come to Cal Poly in order to escape the pressures of big-city life for a while," Hill said.

I could be wrong, but isn't the skill level, opponents and pressure change a major difference between the two levels?" Welsh did reveal some secrets about himself when he got down to the nuts and bolts of football.

"We have a chance to prove ourselves," he said.

That will be parent's weekend," he said. 

"I love it here," he said. "You don't teach yourself football, you learn it here in California."

"I am not saying that I can't go out on the field and live the life of seclusion that's associated with every sports star," he said.

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