Health Center turns online to compete

By Joellen Smith
Mustang Daily

The Cal Poly Health Center is working to offer more with less money after students voted down a health fee increase last year.

Since the Health Center cannot afford to have evening or weekend hours, it posted a self-care handbook on its web site, located at http://www.calpoly.edu/~hps/selfcare.

The handbook offers advice on health and psychological conditions, but is not designed to substitute a trip to the doctor. Staff Physician Norman Brooks Smith hopes some students will be able to avoid unnecessary trips to the health center.

“We are not trying to keep (students) out,” Smith said. “All we are trying to do is make their time more efficient.”

In addition, the handbook provides emergency numbers where students can get help after hours.

“Things happen after we are closed... students may not know if they are sick enough to go into urgent care,” said Martin Bragg, director of health and psychological services. Bragg served as one of the reviewers of the handbook.

The medical staff at Health Services felt there was a need to get medical information out to students.

Smith said, “Students come to school without a lot of self-care knowledge.” Smith said, “Since healthcare involves a certain amount of teaching, we spend a lot of time in our interactions with students teaching them.”

The handbook includes advice on common ills like colds, asthma and stress which students could treat by themselves, said Marie Chew, nurse practitioner at health services.

The advice is similar to what Mom would say, Smith said. More than 5,200 printed self-care handbooks were distributed to dorm residents during Fall Quarter.

“We always had an interest in giving students information that will help them make decisions about healthcare,” Penge said.

The self-care handbook came...
The long kiss goodnight

The long kiss goodnight

By April Charlton
Mustang Daily

It's that number-crunching time of year again — tax season. Cal Poly accounting students are offering free tax assistance to the everyone — students and community members.

Accounting seniors must volunteer their services as the second part of their senior project.

Students services are available Wednesdays from 4:30 p.m. to 8:10 p.m. or Saturdays from 1 to 4 p.m. at the Central Coast Plaza. Students also work Saturdays in the Santa Maria Mall from 1 to 4 p.m. The program runs until March 17 in San Luis Obispo and until March 13 in Santa Maria.

No appointments or reservations are necessary. All students seeking help need to bring a copy of last year's tax return and tax materials for this year including W-2 booklets.

Mary Miley and Gillian Daby, accounting seniors, are two of the students involved in the Volunteer Income Tax Assistance program at Cal Poly.

Polystudents offer tax help to public

WASHINGTON (AP) — Americans are losing tens of billions of dollars in interest each year by keeping their money in traditional bank savings accounts instead of certificates of deposit and credit union accounts, the Consumer Federation of America, told a news conference Tuesday.

Americans have about $1.5 trillion in traditional savings accounts and money-market deposit accounts, which pay on average less than 2 percent annually, Broheck said. Rates on certificates of deposit — also federally insured — usually exceed 4 percent.

In addition, credit unions pay on average more than 1 percentage point above what banks offer on the same kind of accounts, said Broheck.

Savings account customers losing billions in interest, groups say

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In addition, credit unions pay on average more than 1 percentage point above what banks offer on the same kind of accounts, said Broheck.

Dan Mica, president and chief executive officer of the Credit Union National Association. Those figures were based on data compiled by Bank Rate Monitor, an industry trade publication.

Switching to a CD or a credit union is "an opportunity for consumers to save an awful lot of money," quickly and easily, Mica said.

Penalties for early withdrawal from CDs rarely reduce the yield to consumers below that of traditional savings accounts, said Brobeck.

Nancy Nesby, chair of the American Bankers Association, responded to the figures by saying banks offer consumers a wider range of financial products, such as brokerage and trust services.

"Savings accounts are not the whole picture," said Ms. Judy, the group's consumer affairs manager.

For example, she said, banks generally offer lower rates than credit unions on home mortgage loans.
Bonanza attracts hundreds

Mustang Daily

More than 820 people attended the 15th annual Western Bonanza at the Mid-State Fairgrounds in Paso Robles over the weekend. High school students from all over California took home Western Bonanza jackets, duffel bags and leather portfolios.

High school seniors Chad Jorgenson and Dostyn Gilliam won $50 scholarships that they will receive if they attend Cal Poly. Jorgenson also won the beef knowledge bowl Friday evening. Joseph Aurnaud won a three piece silver belt buckle with his Supreme Heifer. Jamie Purdey was the outstanding beef exhibitor and also won a three piece silver belt buckle for her Supreme Steer.

Cal Poly organized the event that originally started from a senior project. Exhibitors showed lambs and cattle at the three-day event.

Forty Cal Poly agricultural students worked to put on the three-day event that showcased sheep and cattle. Exhibitors competed in bred classes, judging the animal, and showmanship classes, judging the exhibitors’ abilities to display the animal.

Agricultural science senior Colleen Walsh said this was the biggest show ever with the highest attendance ever.

Cal Poly Associated Students Inc.

UU Hour Question of the Week – How much money does ASI spend on student programs and facilities each year?

How much of that comes out of my pocket?

Please stop by the ASI Booth in the University Union every Thursday to respond.
Help Wanted

Classifieds: Help Wanted

Public relations specialist badly needed. Eligible candidates need ability to fix something that has really snowalled. Excellent verbal skills a must because you'll have to talk until you're blue in the face about why in the hell our organization decided to pursue this mess. Above all, candidates must be sincere, otherwise the American people won't believe a word we're trying to blow up their skirts. Interested candidates should contact local Republican party. Only the best bullshiters will be considered.

While many of you get some loving over Valentine's weekend, President Clinton was being shown the love too. Since taking office, the president has admitted to just about everything under the sun—from smoking marijuana to having sexual relations with a White House intern—and has yet to receive any tangible punishment. Sure, he had to go onto television and apologize a few times, and probably has been spending most nights minus the first lady (would that really be so bad though?), but he's still in office and if you've got a problem with that, that is just too damn bad.

Was it wrong for the president to be out there? Was it wrong for him to look around with an intern? You bet. But the president isn't like you or me, and therefore shouldn't be held accountable to the same rules. The guy runs a country, has his finger on the launch button and regularly worries about stuff like, "Should I eat the new handful of legislation bill so gun-makers stay in business or approve it so that little Johnnie can't pack an AK-47 in his lunch box?" With such complex dilemmas on his mind, can't the president just be the president?

There are old men, who always put their desire to be re-elected over the effect by a bunch of over-educated and extremely partisan over Valentine's weekend, President Clinton was being shown the love too. Since taking office, the president has admitted to just about everything under the sun—from smoking marijuana to having sexual relations with a White House intern—and has yet to receive any tangible punishment. Sure, he had to go onto television and apologize a few times, and probably has been spending most nights minus the first lady (would that really be so bad though?), but he's still in office and if you've got a problem with that, that is just too damn bad.

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Editor:

I feel compelled to respond to Jon Wilson’s “Call to action,” specifically the part about El Cord paying a lower advertising rate than Add’s. Campus groups pay $7 per column inch, local businesses pay $8.50 per column inch and non-local groups pay $9.50 per column inch. El Cord pays a lower rate because it is a Cal Poly group not necessarily because it runs a large volume of ads. At the same time, it is not for El Cord’s high volume of advertising, the campus couldn’t benefit from a discounted rate. That’s the truth.

Just a few other things: This newspaper is funded by advertising. It does not get any Instructionally Related Activities subsidy, and in fact, it pays an administrative fee to Cal Poly to the tune of almost $20,000 per year. Sometimes I think, God help us if we ever have to ask the Cal Poly student population for a fee to help fund this paper. I’m sure your right fish would shut us down, and you’d have no place to bitch and moan about the cost of higher education.

A. J. Schuermann is the Mustang Daily business manager.

Prevention should be our focus

Editor:

Both April Carlson and Sara Henrikson make excellent points in their point-counterpoint re: reopening the Kristin Smart case. But I think they’re both missing the big picture. I’m more concerned about the next missing person. Will we stick that case folder right on top of the Rachel Newhouse case, while we search for that culprit just as diligently? We will do everything in our power to keep this from happening again.

As much as I hate to say it, I don’t think we’re ever going to see either one of these women again. We won’t find suspects, and we may even get a conviction, but we’re not going to get the victims back. I sincerely hope I’m wrong.

Last quarter I watched the reward for information in the Newhouse case grow. It got me thinking. Is there really someone out there with information about the case that is holding it out for more money — someone will say something for $10,000 and not for $5,000? I understand that it helps bring publicity to the case. I’m all for anything that will help an investigation, but maybe this money is in the wrong place. Politicians, public figures and various organizations put up this money to try and catch who ever committed this crime. But it’s also a good way to get your name in the paper for a good cause and not actually have to spend a dime. If these people had given the same money a year earlier to upgrade lighting or to increase the number of late night police patrols, maybe we wouldn’t be in this situation. Maybe Rachel Newhouse would still be going to classes with the rest of us, and we wouldn’t give it a second thought. It just seems odd that someone would pay thousands of dollars to bring a person to justice but not a dime to prevent a violent crime.

To those who haven’t given up on either one of these women, I wish you nothing but good luck, and I admire your commitment. To the rest of us, maybe we should start thinking about doing something before we’re making posters with our friends pictures on them.

Lyle J. Stone is a civil engineering sophomore.
By Courtney Harris
Mustang Daily

Cali Poly's first yearbook in almost 10 years is nearing its final deadline. "Basically, we're down to the last two weeks," said Ben Krutiman, managing editor of the Mustang Daily.

"It's definitely hard to be a first-year publication," Krutiman said. "We've had to restructure our goals, but it's been a lot of fun." He said the paper will publish next year as well.

"We've had to restructure our goals, but it's been a lot of fun," Beck said. "She will probably work on next year's book in the same role.

Business junior Mike Rea acted as advertising director and described the experience as a learning process. "It's definitely hard to be a first-year publication," Rea said. He said some companies would ask him to produce a yearbook before buying ads.

"The best way to try to raise our advertising is to support our sponsor," Rea said. "We've got a lot of support from people who are CS Poly alumni.""
Dartmouth students support single-sex fraternities and sororities

(FEBRUARY 17, 1999) Eighty-three percent of the students who responded to a survey conducted by The Dartmouth yesterday said they favor the continuation of the single-sex Greek system at the College.

Of the 4,106 students polled by The Dartmouth via e-mail last term, 40 percent responded to the survey, and 1,680 of them said they support the single-sex system. Fifteen percent of the respondents said the single-sex system should not be continued, and two percent were undecided.

Fifty-five percent of the students who said the single-sex system is continued are not affiliated with a fraternity or sorority.

Betsy Beck '00, who is unaffiliated, said single-sex Greek houses should remain on campus.

She said there are plenty of places in which men and women can have healthy social interactions, but single-sex houses are "a necessary part of the college experience." She continued, "That's the most popular social avenue, and I just think that forcing them to combine social space in such a popular avenue would just completely revamp the whole social atmosphere at Dartmouth," she said.

Members of the Class of 2002 expressed the most support for the single-sex Greek system.

Six hundred and sixteen — or 41 percent — of the respondents to the survey said yes. Twenty-four percent were neutral, and 25 percent were opposed.

Of the freshmen who responded, 522 supported the continuation of the single-sex system — 32 percent of the total number of students from all classes who supported its continuation.

Jon Morgan '02 said she doubts she would rush a sorority in the fall, but she appreciates the "tradition" generated by the Greek system.

"I feel like they're taking something away that they don't have the right to take away — no matter who they're taking it away from," Louis Freidheim '02 said he is bothered that "the opportunities you might not be there, just because I had a passing interest in it. I probably would have rushed, but I don't know if I would have pledged."

He said he would have rushed "just to see what the experience was like." Of those who opposed the continuation of the single-sex Greek system, many were unaffiliated upperclassmen.

"I think it's a good idea, but I'm an 18-year-old, and I'm not going to be here during the transition," said Jing Wang, who is not affiliated with a Greek house.

"In the long run, it's going to make Dartmouth a better place," Wang added. "It's going to be a rough transition period, but you'll have to wait 20 years to see that." Wang said there are some positive aspects of the Greek system, and some of the good things will have to go out with the bad. Christine Einsiedler '03, who is also unaffiliated, referred to the "ghost" parties held by Alpha Xi Delta sorority and Chi Gamma Epsilon last term when explaining why she is against the continuation of the single-sex system.

"In light of everything that happened this fall, I had to come to a conclusion that Dartmouth could do without fraternities and sororities. I was trying to figure out what the institution did to Dartmouth as a whole — what it added," she said.

Part of the time, I couldn't think of anything." "It was just this year that I came to this idea," she added.

Sixty-seven percent of the students who responded to the survey said the five-point plan established by the Board of Trustees would not improve overall social and residential life at the college.

"I feel like they're taking something away that they don't have the time-tracking system in place and quizzes after every section to make sure people are really reading, not just skimming, the information." The 520 program requires a perfect score to pass each quiz and 80 percent or better to pass the final exam, but Solids said the open-note format and the ability to review and retake the evaluation make this relatively simple.

"Our new site, scheduled to come out in March, will be more sophisticated," he said. "It will have revolving questions, so you don't get the same ones if you retake a section, and a better tracking system. The courts want to make sure people take the time to actually work through it."

Solids said students will benefit the most from the flexibility of the program, which allows them to fit it into their already packed schedules.

Taryn Lefebt, a Cal Poly Poly arts freshman, said she wished the program had been available in Orange County where she attended traffic school for speeding.

"It was pretty boring," she said. "I figured as long as I could stay awake, I could get through it. It was supposed to be a comedy traffic school, but I didn't see any comedy." "Our instructor had a real attitude, but he probably didn't want to be there any more than we did," Lefebt added.

"I think this is a great idea. I'd probably use it if I had to; it would really make you learn the material, especially if you had to pass a test," she said.

TRAFFIC

continued from page 1

drops and drunk driving I've ever seen.

Solids said the entire course can be taken at one hour to two-hour sitting or it can be broken up so the student's convenience.

"If you want to take it half hour a day, you can," he said. "It is available 24 hours a day, seven days a week — I've even heard of people taking it from a laptop in Europe."

To date, about 60 California courts have approved the school, which has passed thousands of students, according to Solids.

"The courts wanted safeguards in place to keep people from doing it in 20 minutes," he said. "Now we have a time-tracking system in place and quizzes after every section to make sure people are really reading, not just skimming, the information."

The $50 program requires a perfect score to pass each quiz and 80 percent or better to pass the final exam, but Solids said the open-note format and the ability to review and retake the
Thursday, February 18
10 am - 3 pm
Chumash Auditorium*

Workshops: Effective Networking
Through the Career Symposium

Thursday, February 11, 1999, 11am – Noon
Career Services, Building 124, Room 224

Tuesday, February 16, 1999, 1pm – 2pm
Career Services, Building 124, Room 224

For more information, refer to the Career Services homepage: www.careerservices.calpoly.edu

**Check for jobs on Web Walk Up button on homepage!**
You want to make your voice heard? Well, we're listening. We want to know your No. 1 choice for the Best of Cal Poly, San Luis Obispo — from the Best place to dance to the Best place to check your email. Fill in the blank and submit your entry to the Mustang Daily, Graphic Arts Building 26, Room 226. An entry also enters you in the grand-prize contest. Spread the word — additional forms are available in the Mustang Daily office.

**Categories**

Best cup of coffee
Best coffee shop
Best local wine
Best burger
Best burger joint
Best Mexican food
Best pizza place
Best Italian food
Best deli sandwich
Best ice cream shop
Best frozen yogurt shop
Best grocery store
Best bagel
Best margarita
Best smoothie
Best donut shop
Best place to eat on campus
Best place for a steak
Best local bar
Best winery
Best happy hour

Best gas station
Best place to surf
Best surf shop
Best late night dining place/after bar hangout
Best place to be alone
Best place to dance
Best parking lot on campus
Best parking lot downtown
Best beach
Best music store
Best knock-knock shop
Best clothing store
Best bookstore
Best movie theater
Best park
Best place to watch the sunset
Best place to walk your dog or iguana
Best place to workout
Best place to buy lingerie
Best video rental store
Best place to hike
Best winery
Best happy hour
Best place to mountain bike
Best place to check email
Best TV station
Best local bar
Best surf shop
Best place to be alone
Best place to dance
Best parking lot on campus
Best parking lot downtown
Best beach
Best gas station
Best place to surf
Best surf shop
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Best knock-knock shop
Best clothing store
Best bookstore
Best movie theater
Best park
Best place to watch the sunset
Best place to walk your dog or iguana
Best place to workout
Best place to buy lingerie
Best video rental store
Best place to hike

*Submissions are due by Wednesday, Feb. 17.*
Household cleaners, dust can harm health

By Jayme Fulford
Mustang Daily

A quarter of a million new chemical substances are created each year and 15 percent of the U.S. population experiences illness due to toxic chemicals.

Everyday household materials, such as pilot lights, paint cans, aerosol containers, animal litter boxes, bleach, pesticides, auto supplies and many other items can be extremely harmful to residents' health.

Are students safer from chemical substances inside the house or out? Research has shown that most people's daily exposure to these materials proves far greater indoors than outdoors.

The origins are not as obvious as people might think. We breathe in hazardous chemicals like formaldehyde from all sorts of household items. Some consist of building boards, wood and carpeting adhesives, furniture, insulation and bedding.

The National Academy of Science expects that 60 percent of the population will be subjected to illness due to toxins by the year 2010. Many homes in San Luis Obispo contain hazardous materials that can cause problems. Although everyone is exposed to these substances on a regular basis, many things can be done to make homes and buildings safer.

Dust is a major source of problems. Always take shoes off and leave them at the door. Dust floors are better than carpets, which end up trapping a lot of dust. Open doors and windows when vacuuming and avoid indoor pesticides.

Improving ventilation also makes houses safer. House plants in each room can absorb many toxic gases. Improving the ventilation in kitchens, bathrooms with showers and the laundry room will help the problem.

A third way to avoid toxins is getting rid of plastics. Never heat food wrapped in plastic in a microwave, replace plastic shower curtains with cloth and find natural replacements for plastic products.

Many home-cleaning supplies also have toxic ingredients. Safer and more economical alternatives exist. Borax and baking soda can be used for many cleaning purposes. A metal snake or plunger opposed to Drano should be used for drain cleaning. Water-based paints and de

HIDDEN DANGER: Common household cleaning agents like these are known to cause illness. The National Academy of Science expects that by 2010, 60 percent of the world will be subjected to illness due to toxins.

Defunct scholarship costs three Duke students $40k

(U-WIRE) DURHAM, N.C. — AdamsVision has admitted that the money was never there. Val Adams, who founded the Houston-based company, said he is still trying to procure funding. "I'm very saddened that we're at the point that we are, but at the same time I'm very hopeful that we will get the scholarships started and be able to continue our commitment," he told The Associated Press. Adams could not be reached for comment Monday. According to three Duke students, $40,000 in scholarships were promised them. Students and their parents received official notice last month that the company could not honor the scholarship.
NEWS
Wednesday, February 17, 1999 11

Cal Poly clubs get Pepsi windfall
By Andy Castagnola
Mustang Daily

Pepsi fund grants are pouring into Cal Poly clubs.

Cal Poly Foundation agreed to transfer $10,000 of the $4 million Pepsi grant funds to ASI Program Board, which will hand out $5,000 per year for the length of the seven-year contract.

The seven-student board then reviews the applications, listens to presentations from the clubs, and makes its grant decisions.

Program Board has given $2,803 total to the six clubs which applied so far this year. At least 10 clubs must receive money every year.

Making its grant decisions, the board considers how many students can participate in the club's event, whether the event is free, and how many sponsoring sponsors contributed money.

The grant aims to offset non-Pepsi vending machines. Since the Pepsi deal, clubs can only sell Pepsi products at fixed prices.

Pepsi money has already funded Alpha Kappa Psi's Impact Wrestling Federation event on Feb. 27, and the

Cal Poly Foundation agreed to the club grant before the Pepsi deal closed summer 1997. Then-ASI President Eddy Conroy appealed to President Warren Baker to give clubs a portion of the Pepsi money, according to Don Geis, director of Foundation administration and planning.

Geis said the grant aims to offer income losses by clubs which owned non-Pepsi vending machines. Since the Pepsi deal, clubs can only sell Pepsi products at fixed prices.

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making its grant decisions, the board considers how many students can participate in the club's event, whether the event is free, and how many sponsoring sponsors contributed money.

Caccioli said the more income sources for a club, the better its chances for approval.

"You don't want to put all your eggs in one basket," she said.

On average, Program Board has granted about 60 percent of the money that clubs requested, but the board has no set grant amount.

"What's good about (the money) is that it's not all given to one club," said ASI Events Coordinator Diana Caccioli.

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First lady considers Senate

WASHINGTON (AP) — Hillary Rodham Clinton said Tuesday she would give "careful thought" to running for a U.S. Senate seat from New York. Three confidants said she was talking with supporters about what it would take to run a Senate campaign.

The first lady promised to make her decision later this year. President Clinton said on Monday she would be "terrible in the Senate."

Hillary Clinton's statement drew a quick response from the camp of New York Mayor Rudolph Giuliani, a possible Republican rival. "If Hillary Clinton announces a seat for Senate that would encourage the mayor to consider his candidacy for the Senate as well," Giuliani spokesman said.

Newly elected Democratic Sen. Charles Schumer sounded a note of caution for the first lady. "I think she would be an extremely formidable candidate. I guess she'd have to be the favorite, but favorites don't always win," Schumer said at a news conference in Albany, N.Y.

Hillary Clinton said on Monday she was deeply gratified by "the large number of people who have encouraged me to consider running for the Senate seat being opened by the retirement of Democratic Sen. Daniel Patrick Moynihan in 2000."

Just four days after the end of her 14-month-impeachment ordeal, Hillary Clinton said she had not been able to give much thought to a potential candidacy but would be able to focus on it "in the near future," she said at a news conference later this year.

"In the meantime," she said in a prepared statement, "I intend to continue to focus my attention on the issues central to the president's agenda and on which we have worked together."

"I can't be more specific than that because she doesn't know. She's going to talk to people, those who want her to do it and some who don't, and hear them out," Clinton aide Little said.

Clinton, speaking to Giuliani, said in response to Hillary Clinton's statement, "We are told that her candidacy would be the singular biggest unifying force in the Republican party."

Giuliani has made it clear he has ambitions beyond City Hall and has not ruled out a run for the Senate. He has a strong base, a solid fund-raiser and would be a formidable opponent.

Study finds tomato-based food products may lower cancer risk

WASHINGTON (AP) — Spaghetti sauce and ketchup can be good for you, says a study confirming a long-suspected view — that eating lots of fresh and processed tomatoes can lower the risk of some kinds of cancer.

The summary study in the journal of the National Cancer Institute found there is now enough data to show convincingly "that high consumers of tomatoes and tomato products are at substantially decreased risk of numerous cancers, although probably not all cancers."

The study, to be published Wednesday, analyzed 272 past studies that had examined the link between tomato consumption and the consumption of tomatoes and tomato-based products. Some of the studies also examined the blood levels of lycopene, a compound principally found in tomatoes that powerfully protects cells from oxidants that have been linked to cancer.

In all, 57 of the 72 studies linked tomato intake with a reduced risk of cancer, said Dr. Edward Giovannucci of Harvard Medical School, author of the report. In 13 of those studies, he said, the connection was strong enough to be "statistically significant," while in another 29 studies, the link was inadequate or only "slight."

The data are most compelling for reductions of the prostate gland, breast and stomach, Giovannucci said. The findings also suggest links between lower levels of several other cancers, including pancreatic, colorectal, esophageal, oral, breast and cervical cancers.

Dr. Clark Helen, executive director of the Functional Foods for Health Program at the University of Illinois, called Giovannucci's work the most comprehensive to date on the issue.

"It shows that people who eat a large amount of tomato have a reduced risk for a number of types of cancers," she said.

Overall, the study shows, "It is good to eat tomatoes as a part of a diet that is rich in vegetables, fruits, legumes, grains and legume products," said Dr. Moshe Shike, director of the Cancer Prevention and Weigh Management Program at Sloan-Kettering Cancer Center in New York.

Individual studies Giovannucci examined included tomatoes in many forms, including raw ketchup, spaghetti sauce, tomato paste, soup and salsa. Benefits were found from all those forms, the study showed. "In addition, processed tomatoes did not diminish the effect."

However, more processed foods containing tomatoes also contain fat and sugars that are not healthful.

Eating out, nutritional concerns are on the rise

WASHINGTON (AP) — Americans eat out twice as often as they did in the late 1970s, putting their nutrition at risk because the meals they get away from home contain more fats and less fiber, iron and calcium, a government survey finds.

Health-conscious Americans do a good job making sure their meals are high in fiber, iron and other nutrients when they cook at home, according to the report released Tuesday by the Agriculture Department.

The proportion of meals eaten away from home has nearly doubled, from 16 percent in 1977-78 to 29 percent in 1995 — an upward trend that will likely continue, the government said.

And meals eaten away from home haven't kept pace with the nutritional improvements in home-cooked foods, the report said.

Instead, food made outside the home contains more things that Americans tend to eat too much of — like fat and saturated fat.

And foods eaten away from home contain fewer of the nutrients that people don't get enough of — like calcium, fiber and iron.

Dr. Thomas D. Davenport, a nutritionist at the University of Illinois, called the findings "very disturbing."

"In all, 72 of the 72 studies linked tomato intake with a reduced risk of cancer," she said.

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SOFTBALL continued from page 16

Cal Poly junior Carrie Jasper pitched all nine innings, allowing only six hits including the critical home run. The Mustangs played tough defense behind Jasper but couldn't put any runs on the board, reverting to last year's offensive woes leaving 11 runners stranded on base.

"We had opportunities to score, but we just didn't take advantage of them," Poet said. "Our offense couldn't adjust to their pitching and they ended up scoring five." Jasper said words couldn't describe the feeling of pitching against one of the top teams in the nation, let alone the defending national champions.

"It was an exciting, very intense game," Jasper said. "We did pretty well for our first games of the season." Cal Poly didn't fare so well in the second half of the doubleheader. The game was called due to the intensity over into the second half of the doubleheader.

Cal Poly lost the opener 8-1 but came back with a strong 5-3 win in the second game.

Cal Poly junior Jennifer Lee pitched all seven innings for the victory, giving up three runs on five hits and striking out six. Offensively, senior catcher Kelly Duncan went 3-4 and scored two of the team's five runs. Outfielder Sara Stockton had two of the Mustangs' seven hits.

In their 8-1 loss, Cal Poly was held to only three hits by Aztec pitcher Sandra Duran, who went the distance for the win.

Cal Poly's defense was adequate versus San Diego State University. The Mustangs practice today and will spend Thursday driving to Las Vegas for a tournament against some tough teams.

"We have really good competition in this tournament," Poet said. "The better caliber of teams we play, the better we play against them." The better we play against them, the better production at the plate.

"The better we play against them, the better we play against them," Poet said. "The better caliber of teams we play, the better production at the plate.

"We miss the tree throw and we'd go to take any shots. I basically told Jason not to guard him. That's the better zone we used against them, but we were better shots than he has been taking.

"Teams are just guarding Woz so hard. Their whole emphasis is to stop Mike Wozniak so Mike gets frustrated and takes some shots that maybe he shouldn't take," Schneider said. "I told Woz you're going to get more shots playing the team game and turning down some shots. I thought Woz took great shots.”

The better caliber of teams we play, the better we play against them."

Sophomore first baseman Melissa Haley said as long as they play as a team, then they would fare very well in the tournament.

"If we continue to play as a team, we will spend Thursday driving to Las Vegas for a tournament against some tough teams."

"The better caliber of teams we play, the better production at the plate."

"The better we play against them, the better production at the plate."
AVILA (AP) — The NLA's 14th season drew to a close Sunday as Houston or Los Angeles met in the city that lost a franchise this decade.

Commissioner Paul Tagliabue said Tuesday the 11 owners seem in agreement on the plan and will vote on a new one next month in Phoenix.

The team, which would be the NFL fourth expansion club this decade and play in 2002, would begin play in 2002.

"I think people are getting to the point where they understand that, you go into the 21st century, we're not going to get to have a 32-team league," Tagliabue said after a four-hour meeting with the expansion committee at an airport hotel.

He said the L.A. and Houston markets have fan interest, large populations and television appeal.

The main difference is there would only be one franchise based in Houston, and in Houston, it has a plan for a new retractable-roof stadium.

Two rival groups in Los Angeles are bidding for the expansion franchise, each with its own stadium plan.

Hollywood mogul Michael Ovitz has lined up an all-star roster of investors, including Tom Cruise and Kevin Costner, to build a combination stadium and shopping center in Carson. It is 15 miles south of downtown. Developer Ed Roski Jr. and billionaire Eli Broad are proposing a new Los Angeles Coliseum.

Los Angeles has been without a franchise since the Raiders returned to Oakland and the Rams moved to St. Louis before the 1995 season. The Houston Oilers left for Tennessee in 1997.

Tagliabue said the league may assist in the funding of the Los Angeles stadium, but the money would go toward one of the plans already proposed.

He would not say if the league is committed to picking one of the two ownership groups, indicating there is some trepidation among the owners about the bidding war.

"We've got two different ownership groups and two different stadium plans," he said. "That's something we've got to work through."

The expansion decision likely will spark a whole new set of issues, with renegotiation at the head of the list.

Tagliabue said the expansion committee discussed various scenarios Tuesday, using both Los Angeles and Houston.

Realignment is a hot-button issue in a league where Arizona and Jacksonville, two expansion clubs of the NFC East, Atlanta and Carolina are members of the NFC West, and the three teams in Florida are spread over three separate divisions in both conferences.

There were also prize drawings at each participation of ceramic inscription and 25 pounds of clay to work with in the Craft Center. "I haven't done (pottery) before," Carolus said. "It sounds like fun."

Looking for a vase in the Craft Center windows, as Carlson says that is what she plans to make. "I think it will be fun," Carlson said. "I think I'll enjoy the free use of text books for a quarter, from El Corral.

Other prizes were a free Julian's mug and coffee, a free American Youth Hostel Membership from Travel Time.

Overall, the Treasure Days event was done very well, and a free American Youth Hostel Membership from Travel Time. If you want to continue to benefit from the drawing, just make friends with the winners — maybe they'll let you participate in their winnings.
Wednesday, February 17, 1999

SPORTS

TOUGH COMPETITION: The Mustangs lost two matches this weekend, but they were going up against both of the best teams in the country, Cal State Bakersfield and the University of Oklahoma.

"I was pumped up for the match," Gartz said. "I was really nervous about having people come in and wanting to watch us. It's my first match in 157-pound weight class.

"There's such thing as a moral victory, this was one," Cowell said. "I was really proud that we continued from page 16..."

Mustang Daily

WRESTLING

continued from page 16

aspects," Cowell said. "I was really proud of how we wrestled. (Bakersfield) is a real good team, and if there's such thing as a moral victory, this was one.

Unfortunately for the Mustangs, they lost a preci- cious six points to a forfeit in the 157-pound weight class.

The Roadrunners jumped ahead early Friday night, taking the first three matches with a 15-2 decision. Cal Poly then turned things around, winning by David Wells (174 lbs.), Joey Hart (184 lbs.), and Mike French (197 lbs.) that brought the Mustangs within two points of the Roadrunners. At 157 lbs. Wells pinned Ian Melms in 1:40, and Hart beat No. 9-ranked Lionel Hale in 8:32.

This rare match was a win for the Mustangs, since Cal State Bakersfield's heavyweight Stephen Neal pinned Ginz McGee in 55 seconds bringing the score to 21-13 in the Roadrunner's favor.

Neal is ranked No. 1 in the heavyweight divi sion, and is running national champion.

"He's a stud. That's a guy's match," McGee said. "He'll be an Olympic champion one day. We can't go out and make one little mistake and you're done."

Despite wins by Cal Poly's Alberto Gartz (113 lbs.) and James Gross (141 lbs.) in the last two matches, the Mustangs could not recover. Close bouts Jonathan Archuleta (ranked 16th in the Pac-12) lost to bring the final score to 25-19.

"We could easily have won," Hart said. "It was close; there were matches that should have gone our way. But it shows that we can actually go head-to-head with such good teams like Bakersfield and Oklahoma.

On Sunday, the Mustangs were defeated by the University of Oklahoma, 31-8, but Cowell said there was more to the match than the score might show.

"It was a competitive match," Cowell said. "A lot more competitive than the score indicated."

Cowell said the headlining match for the Mustangs in Alberto Gartz, wrestling first for Cal Poly at the 133-pound level. Gartz eked out a win over Shane Valdez, 9-5, scoring the winning point off a caution call against Valdez.
Washington leads Poly to victory

By Joe Nolan
Mustang Daily

Led by Jahbar Washington's hot hand, the Mustangs snatched perhaps their biggest victory of the year. Saturday, 87-79, over the visiting Long Beach State 49ers.

The Mustangs victory improved them to 5-7 in the Big West. Cal Poly remains in fifth place, one game behind Cal State Fullerton for the fourth and final playoff spot.

"(The win) means a lot," Washington said. "We gained a lot of confidence from that. To come back like that and rebound, I think we were down 14 at one point."

Washington scored 16 of his team-high 17 points in the final 10:55, including 11 points during the Mustangs' 24-4 second-half run that turned a 10-point deficit into a 10-point lead. Washington made four of six 3-pointers and added five rebounds, five assists and four steals.

"I think (Jahbar) hit one from like three or four feet behind the arc and I knew every time I came down I had to look for him," said freshman point guard Jason King, who played a career-high 37 minutes and made two clutch free throws down the stretch.

The 5-foot-6-inch King, playing in place of injured point guard Ben Larson, had 15 points and five assists. His speed and ball handling created several easy shots during the Mustangs' comeback.

"I thought Jason King played tremendous," head coach Jeff Schneider said. "I'll probably end up starting Jason at the point. He got us a lot of easy shots in the second half."

In the first half, the Mustangs shot well but struggled on defense. The 49ers shot 70 percent in the first half and made six of eight 3-pointers. They were led by sophomore Daniel "Rock" Lloyd, who had 13 points on six of nine shooting.

"I thought Long Beach got off to a phenomenal start," Schneider said. "But I told my players that they're shooting 70 percent and we're only down by seven."

see COMEBACK, page 13

Softball loses to defending national champion Sunday

By Adam Russo
Mustang Daily

The Cal Poly softball team opened its season 1-1 this weekend, including losses to defending national champion Fresno State.

The Mustangs nearly pulled out a major upset against the Bulldogs Sunday, taking the scoreless game into extra innings. The Mustangs lost the game 3-0 after Fresno State outfielder Becky Witt hit a three-run home run inside-the-park home run.

"We outplayed them," sophomore second baseman Kasey Evert said. "We should have won that game."

see SOFTBALL page 13

Baseball drops series

By Trisha Thorn
Mustang Daily

What happened!

That is the question players and fans alike who were at this weekend's three game series against San Jose State were left asking. The Mustangs had a strong showing Friday, but the defense and hitting falted as the weekend wore on, leaving them 1-2 for the weekend.

A fantastic pitching performance by Mike Zirelli and a solid offense led the Mustangs to an 8-2 victory over the Spartans on Friday.

Zirelli pitched a complete game, allowing four hits and striking out six.

The Mustang success was limited to Friday, however, as the defense struggled during Sunday's game. The Mustangs committed four errors in the 3-1 loss.

Head coach Ritch Price was disappointed with the defense.

"That's the poorest we've played in the five games so far this year," he said.

According to shortstop Craig Ritter, the team has a shortage of confidence.

"We need confidence," Ritter said. "That's the biggest thing. If we start making plays, it will come along."

see BASEBALL, page 14

Wrestlers fall to two ranked teams

By Jen Stevenson
Mustang Daily

The Cal Poly wrestling team was defeated on the board, but not in spirit this weekend after suffering a double loss to California State University at Bakersfield, 25-19, and the University of Oklahoma, 31-8.

The Mustangs lost to No. 11 Cal State Bakersfield Friday night, in what head coach Dennis Cudell called a moral victory, even if it wasn't a technical one.

"We basically outscored Bakersfield in all

see WRESTLING, page 15