Dorm residents face higher Meningitis risk

By Melissa McFarland

Mustang Daily Staff Writer

With a marked increase of cases among college students and recent media coverage, bacterial meningitis continues to receive attention.

Cal Poly’s Health Center provides a vaccination for the disease on the suggestion of the American College Health Association (ACHA). However, the immunization is likely to cause controversy.

“There is merit to both of these (arguments),” said Marina Perez, interim head of nursing services. “Because the vaccine doesn’t cover all the strains, it’s not 100 percent effective. But others say even if it’s not 100 percent, it’s better than nothing.”

Bacterial meningitis is responsible for about 100 deaths each year in the United States. There are between 125 and 175 cases among college students, and 15 to 20 of those result in death.

Up to 10 percent of patients die within days of contracting the disease. Those who live may experience organ or brain damage and loss of limbs.

According to the Centers for Disease Control and Prevention (CDC), cases usually occur among children below age three. However, cases among 15- to 24-year-olds have increased from 310 in 1991 to 602 in 1997.

Bacterial meningitis occurs when the lining covering the brain and spinal cord swell. Bacteria enter the bloodstream, symptoms include an intense headache, a stiff back and a fever and/or rashes.

“From there, the person can really go downhill because there’s a rapid onset and a rapid progression,” Perez said. “People may become comatose or delirious.”

However, not all health organizations suggest vaccinations. Part of the skepticism is that the immunization is only 85 percent effective against four of the five subtypes of the disease. The vaccine doesn’t guard against subtype B, which accounts for 30 percent of the cases.

At greatest risk for contracting meningitis are students living in dorms. A study presented at a recent meeting of ACHA found that dorm residents were more than six times as likely to contract the disease as college students overall to contract the disease. Health officials believe this is due largely to the living conditions.

In one study, smoking cigarettes, drinking more than 15 alcoholic beverages per week, eating utensils and toothbrushes and going to bars were shown to increase new carriers.

A carrier can harbor the bacteria in the nose and throat without showing any symptoms. It can then be transmitted to others through direct or intimate contact.

Usually our immune systems will prevent us from picking up the bacteria, Perez said. For further protection, she advises students to “use simple common sense.”

“Really just use health practices,” she said. “If your immune system is low, you should try to stay away from crowded places. People shouldn’t be sharing glasses and kissing when they’re sick although there really is a very minute chance of contracting the disease.”

Students can receive the immunization for $65.25 at the Health Center or bars were shown to increase new carriers.

Festival mixes clam diggers, kayakers, beauty queens

By Cynthia Neff

Mustang Daily Staff Writer

This past weekend marked the last festival of the century for Pismo Beach. The 53rd Annual Clam Festival, with a “Classic California” theme, was the showcase event for the small seacoast village.

The Pismo Beach Chamber of Commerce, which sponsored the festival, predicted that more than 15,000 people attended the event.

The Clam Festival parade kicked off Saturday’s activities which included this year’s Miss Pismo Beach Nancy Bui, an economics junior at Cal Poly.
CAMPUS FOOD
continued from page 1

fact that most dorm residents can't
stand campus food.
"We have a computer that tells us
who is not eating their meals. It a
student adviser about the student's eat­
ing habits.
Cushman will either contact the
student or talk ro the student's resi­
dent adviser about the student's eating
problem," Cushman said.

they have 16 meals lett at the end of
the cycle, including the specialty bar.
At the end of the cycle, Cushman
and his team conducts a survey to
see what foods the students liked
and disliked.

"We can't ask the cooks which
entree was chosen the most because
students might try the food and then
not like it. So we conduct a survey
about the various dishes and see
what can be improved upon."

Cushman, who regularly eats at
Lighthouse to taste-test the food,
said the student suggestion boxes
located at all campus dining facili­
ties are the best way to gauge stu­
dents' opinions of the food.

"We need to know if students
don't like the food. They are paying
$10 a day for everything. The food makes up 50 percent of that, every­th­ing else, like the cost of cleaning up,
the dishes and electricity are fac­tured in. It all counts, and it is
important for students to eat on
campus," Cushman said.

FESTIVAL
continued from page 1

Competitors were awarded points
by four rotating judges based on
their style and maneuvers, from the
wave selection and take-off position
to the ride length and exit move.
As the competition continued in
the ocean, dozens of people
crouched in the sand to create elab­
orate sand castles. Others wandered through the food
and craft booths in the pier parking
lot. Some watched
the kite-flying demonstration
and the street festival, the music
entertained the crowd while
dogs.

"This is the third year I've volun­
tered at the Clam Festival," Scatlata said. "It was the first time the band
Glider will be performing at the Clam Festival, Grant and Tyson Leonard,
Sarah Scarlata and Ryan Johnson
combined three years ago to play
original groovy rock 'n' roll," according to Grant.
Scarlata said the band has played
for Cal Poly in the past, including at
Polypalooza.

"We love playing for college kids
because they're not afraid to get into
the music," she said. "We can relate
to a younger audience more."
Glider will be performing at
Mother's Tavern this Thursday
night and during University Union
hour on Nov. 4.
The Clam Festival continued
through Sunday afternoon with a
water/waistess contest, a clam dig
for prizes and the 11th Annual
World's Worst Poetry Contest.

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Goodbye Top Ramen, hello gourmet food

By Carl Ahltern
MUSTANG DAILY CONTRIBUTOR

Top Ramen, mac and cheese, peanut butter and jelly. Sound familiar? Sound too way too familiar?

For many students, college is the first time they are responsible for preparing their own meals. Many move out of the dorms and quickly discover their skills in the culinary arts are severely lacking. With only scarce amounts of time and finances available, making dinner becomes a daunting, right daunting task. But the typical college student’s diet does not have to be so, well, unappealing.

The first step in preparing good-tasting, healthy meals in a flash is to begin with the right ingredients. Before the shopping trip, it helps to plan meals for the week. Make a list of ingredients needed for those meals. This saves time by making your trip to the store more efficient and removes the need for repeated trips to the market for that one ingredient that is missing from the cupboard. Having a plan can also save money by helping to reduce impulse buys.

With a list in hand, it is now time to head to the store.

If it is inspiration or ideas, rather than the need for repeated trips to the market for that one ingredient that is missing from the cupboard, inspiration to the inept chef.

New Frontiers offers a variety of services. Every Tuesday night at 7:00 they host seminars on topics relating to health, including cooking. The price is right — free. Also on the calendar you will find semi-daily money-saving specials. For example, on October 17, rib-eye steaks were the special of the day. Yes, red meat can be part of a healthy diet.

Trader Joe’s also offers a wealth of inspiring ideas and products. They offer daily in-store samples of products and feature a new recipe each week. Besides great ideas, Trader Joe’s has good prices on healthy food.

“There are 99 percent fat-free organic vegetarian burritos and pizza, and they’re good,” Tucker said.

Although they don’t offer an extensive produce department, Trader Joe’s does have good deals on some fruits and vegetables.

“Bagged salads are at good prices. We also have ready-made salads in containers that are good,” Tucker said.

Stores such as New Frontiers and Trader Joe’s can be fun and interesting to visit, but it isn’t necessary to shop there to find healthy food at good prices. luck’s, Scholari’s, Vons. Food 4 Less and Albertsons all offer extensive selections at competitive prices.

Now that the shopping is done, it’s time to cook.

Most students do not have time to prepare full meals three times a day. Aeronautical engineering sophomore John Wepstein said, “When I come home from school, I’m tired. It’s hard to make a good dinner especially when you have midterms to worry about.”

One solution to the midweek time crunch is to cook more food less often. If leftovers are a cinch to heat it up, you can have a great dinner in a matter of minutes.

Homemade soup is a great food to have on hand. It doesn’t require a lot of time or ingredients to prepare, it can be loaded with nutrients and it stores well in the freezer or fridge. There are several types of dry beans mixes with recipes on the backs of packages that are really good. Usually all that is required to make these is to add a few cans of broth or water, some vegetables — such as onions, celery and carrots — and maybe a can of tomatoes. Let it simmer while you study.

The entire meal will probably cost under a dollar a serving and provides a large portion of the daily recommendation for several nutrients. Soup is also great because it is so versatile. Almost any vegetable will work in soup — squash, zucchini, spinach, leeks, potatoes, and bok choy.

However, no matter how many ideas or recipes a person has, it can still be a drag to make a meal and then eat it alone. If the table is usually set for one, consider sharing a meal with a friend.

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Red meat is a necessary part of a healthy diet, which most students tend to overlook when cooking for themselves.

ASI Student Directory
Each year the Associated Students, Inc., publishes a Student Directory which is made available to all students, faculty and staff at Cal Poly.

The ASI Student Directory provides a listing for all students attending Cal Poly. This listing will include Name, Phone, Major, Class Level and E-mail Address for each student on campus. Anyone who does not wish to have personal information included in this Directory should access Mustang Info: www.mustanginfo.calpoly.edu. Student Directory Information Restrictions, to modify information access. Students may also visit the Office of Academic Records, Admin. 222, to complete this process.

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Red meat is a necessary part of a healthy diet, which most students tend to overlook when cooking for themselves.
Keep focused on this life's overall picture

A ttending a recent funeral for one of my former high school teachers opened my eyes to the sanctity of life, and how at any moment in time, my life could end abruptly. Imagine while reading this article, this could be the last breath you take. At any moment in time, your heart could stop beating and you will never get another chance.

Looking back, are you happy with what you've accomplished? Did you spend your life primarily serving your needs, or did you dedicate your life to performing small, but important, acts of selflessness?

With all the recent hype regarding the world population nearing six billion, it makes me wonder about the value of one life. Yet in reality, many European countries are worried about the rapidly decreasing birth-to-death ratio. In Italy, officials predict that by 2050, the population will be half of what it is now. Is that really contrary to the culture, which has had a large influence on the modern world, in being faced with such a powerful threat. With each family that decides not to bear a child, the future of our society becomes more ambiguous.

Sadly, sometimes I hear that it would be a shame to lose one person. I think that it would be a shame to lose one person who were never born, where would you be?

My point: As college students, or even on the most basic level — as human beings — we get caught up in our daily trials and forget about the overall picture. Yes, we may have a lot of work to get done, or maybe we aren't the best looking or most basic level — as human beings — we yet have this kind of influence on the modern world, is that person were never born, where would you be?

It is now. It's amazing that an entire culture, which with all the recent hype regarding the world population nearing six billion, it makes me wonder about the value of one life. Yet in reality, many European countries are worried about the rapidly decreasing birth-to-death ratio. In Italy, officials predict that by 2050, the population will be half of what it is now. Is that really contrary to the culture, which has had a large influence on the modern world, in being faced with such a powerful threat. With each family that decides not to bear a child, the future of our society becomes more ambiguous.

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Letters to the editor

Face it, mistakes happen

Editor,

Let's see if I can make some heads unfounded generalizations along the lines of those penned by Nanette Pietromonte in her shot at NASA and in Mass Climate Orbiter ("Nasa leads the way in costly mistakes," Oct. 15). Obviously, a simple procedure such as inserting a spacecraft into Martian orbit is something that NASA-types should be doing on their pocket calculators while shaving in the morning. How could they possibly slip up in those simple calculations? Maybe we can get a printout of the code, and Nanette can dazzle us with her "Duh, it's that simple" commentary. I'm sure that the copy editor at any newspaper can do a much better job of catching mistakes than the engineers at NASA — though I'm confused as to why you would want to print that little section with the retrac-

Dan Wait is an aeronautical engineering senior who has taken four years already to graduate.

Poly basketball has class

Editor,

I must have recalled the men's basketball team for a losy schedule this year and their subpar performance last year after high expectations, yet I must commend the team on its character.

This past Saturday I went to watch Fresno State's Midnight Madness (as opposed to Midnight Madness). What I saw would make the headline of "$125 million blunder by NASA"! I'm just like print the headline "Editors at Mustang Daily let another typo slip through!"

With all the recent hype regarding the world population nearing six billion, it makes me wonder about the value of one life. Yet in reality, many European countries are worried about the rapidly decreasing birth-to-death ratio. In Italy, officials predict that by 2050, the population will be half of what it is now. Is that really contrary to the culture, which has had a large influence on the modern world, in being faced with such a powerful threat. With each family that decides not to bear a child, the future of our society becomes more ambiguous.

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Poly could learn from School of the Americas

| Mustang Daily | Tuesday, October 19, 1999 |

Maybe you don’t feel as dictatorial as you have in the past. Maybe your quarterly rape and pillage quota is down 63 percent from last year. If you are in a despot mood, the United States Army offers a curriculum that is guarantied to leave you back on the heels of your shins, patent-leather, symmetrical boots in no time.

The School of the Americas, located in Georgia at Fort Benning, caters only to students from Latin American governments. Instructors attempt to ensure stability in regions with tenous political structures by giving students lessons ranging from "Psychological Operations" to the training of "mysterious" disappearances. President Women Baker would be called "El Mari". wear an eye patch and gnaw on a ridiculously large turkey leg while being pulled around campus in a rickshaw. (I’m not sure that last part would have any benefit, but I’d like to see it.) Despite all of these obvious benefits, there are still efforts to end the lessons at Fort Benning.

The training might even work here in San Luis Obi.spo. Cal Poly administrators would benefit from a comprehensive military education. Students, fearing for their lives and families, would graduate more quickly. Class size would decrease because of "mysterious" disappearances. President Women Baker would be called "El Mari," wear an eye patch and gnaw on a ridiculously large turkey leg while being pulled around campus in a rickshaw. (I’m not sure that last part would have any benefit, but I’d like to see it.) Despite all of these obvious benefits, there are still efforts to end the lessons at Fort Benning.

Congress determines the budget of the School of the Americas, and there are attempts being made to halt any more money into the venture. While there are other places the money could go, the fragility of politics south of the American border means money put into the school is well spent. Courses not only focus on domestic politics, but stopping terrorism and the flow of drugs into our country. The ultimate goal should be the opening of classes to any interested group. Besides, I’ve been practicing my rickshaw technique.

Brent Marcus is a journalism senior and a Mustang Daily staff writer.

Death penalty is not justice we need

Two young women, Rachel Newhouse and Andrea Crawford, are gone from our midst; they lie in their graves. Our hearts are rent with sorrow for the loss of these young lives. In pursuit of justice, San Luis Obi.spo County prosecutors will ask the jury to sentence Rex Allan Krebs to death if he is found guilty of their murders.

Deterrence, retribution, justice and the safety of the community are motives I have heard many times to justify the penalty of death. In hoping to stop such grievous murders as these, Californians have resurrected the executioner.

The executioner is the will of the community and brings forth his sword at the community’s angry and fearful outcry. He wears the mantle of perceived justice.

Brought into our midst to destroy the demoner. He is as old as the history of mankind and roams the world over. With motives of safety and peace, he slays both the innocent and the guilty, the pure and impure, the abhored and the prince. His devoted devotees whole races of people.

Today in our culture we testify that we use the death penalty as a tool of social justice. Closer examination reveals otherwise. History’s record shows the scope of punishable crimes broadens, and the intensity of punishment increases as fear and separation grow within a community. The return of the death penalty is a signal to a community that it needs healing more than it needs more effective methods of punishment.

I believe we should not have the option of exercising capital punishment. We should simply obey the law — "Thou shalt not kill" — until we understand and believe that peace and safety cannot be attained by death and destruction. We are not yet a race that knows all the consequences of love and service. Perhaps in a stumbling and halting way, we are headed in that direction, but using the death penalty proves we have a long way to go.

I only hope we will continue to strive for a world governed by humanity and not by the weapon.

Carolyn Ficara is a journalism senior and a Mustang Daily staff writer.

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SCHLICK continued from page 8

success to his predecessor, Craig Cummings. "Craig did a really good job recruiting a number of quality athletes, and it was just a matter of those athletes getting better skill-wise," Schlick said. "He, along with (top assistant coach since '95, said Schlick's"

"It was just a matter of those athletes working hard and don't take things for

One of those players the don't take for granted is their coach's commitment to the team. "He is so dedicated to this program, it's unbelievable," said senior middle hitter Kari DeSoto. "He's a big part of why we've gotten better - the time he spends and getting good

recruits. He's put so much of his life into the team, and I'm just glad I've gotten to be a part of it."

Junior outside hitter Melanie Hartway commended Schlick for both his coaching ability and his car­

nature. "He's a really good listener, and he'll take the time to hear what you have to say," she said. "He helped me in almost every facet of my game just through his philosophies."

One of these philosophies is focus­ing on daily team improvements. "I guess up and down occur, but the biggest thing we can try to pursue is winning in the small things every day and trying to accomplish as much as we

can," Schlick said. "If we do that, then the rest of the season the positives and the negatives will take care of themselves."

This attitude could be one reason for the team's current success, which includes a recent triumph over then No. 7 UC Santa Barbara. Cal Poly hadn't beaten the Gauchos since 1989.

"The biggest thing is (beating UCSB) enables the team to play with a higher level of confidence," said Schlick. "This was a real confidence booster for all the players, including the starters."

"It helps that Jepson is playing solid football, and they have a big-time receiver in Adam Herzing."

But no more excuses, Welsh is getting the job done. Joe Nolan gets the job done every Tuesday. E-mail him at jololan@polymail.calpoly.edu

Last season the Mustangs narrowly missed going to the NCAA tourna­

ment. While the team hopes to reverse that this year, Schlick said his approach hasn't shifted.

"I don't see our focus changing from what we've done up until this point," Schlick said. "We've had two groups of people that we're trying to impress — the returnees and the new people. The new people continue to get better as we go along. We'll just continue to do what we've done up until this point."

But regardless of Schlick's continu­
ed success with the Mustangs, it's unlikely he will take credit.
Coach won't take credit for team's success

By Melissa McFarland
MUSTANG DAILY STAFF WRITER

The women's volleyball team has been one of the more dominant Cal Poly athletic teams the past few seasons. Head coach Steve Schlick says he has little to do with it.

Schlick has led the women's volleyball team to a 14-4, 6-2 record this year. He's also guided last year's team to the best finish since '92. And he has one of the most competitive volleyball teams in the West, ranked No. 20 by Volleyball magazine.

But Schlick won't take credit for any of it.

"(Steve Schlick) is so dedicated to this program, it's unbelievable. He's a big part of why we've gotten better."

Kari DeSoto middle hitter

Teams win, he says, not individuals.

"I think in any team situation, the team is pretty much the group who generates the wins," he said. "We are a resource portion of the program, but they're the ones who do the work."

Once mighty 49ers looking rather ordinary

SANTA CLARA (AP) — After two decades of NFL dominance, the San Francisco 49ers aren't just failing to meet their lofty standards. They are now falling into the ranks of the ordinary.

Certainly, their record (3-3) indicates they are no better than over-the-ordinary. And with quarterback Steve Young's future uncertain because of his concussion problems, injuries to other key personnel and the constraints of the salary cap, there are no prospects for a quick fix for the 49ers.

"We're like a K of other teams right now that are just trying to find their way," coach Steve Mariucci said Monday. "I think the upside is we have a chance to become a better team.

"I think they are no better than over-the-ordinary."

Mariucci said they are no better than over-the-ordinary. "We have to find a way to stay in a relationship with her," Schlick said. "So she was a great motivation to learn.

Leach did. During Schlick's four-year stay at Arizona State, the Sun Devils made two NCAA Tournament appearances. He had continued success at Notre Dame, where he raked up a 143-37 record as an assistant, including a Big East Conference title during his last year. 1996 was Schlick's first season with the Mustangs. It was also Cal Poly's first time back in the Big West since 1989. He ended up leading the team to the conference tournament.

Still, attributes much of the

see SCHLICK, page 7

Joe Nolan
No excuses, Welsh gets the job done

Most of the time a losing 2-4 record isn't a good resource to draw positive conclusions. There are, however, exceptions to every rule.

Larry Welsh has gone through a lot in his two-plus years as the head football coach.

His first year was a spectacular 10-1 season. The Mustangs took their small, Central Coast home to the national level, nearly missing a postseason berth. The schedule was criticized and the offensive weapons, Kamil Loud, Alli Abrew, Antonio Warren and Craig Young, were given most of the credit. The rest of it went to former head coach Andre Patterson, who recruited the talented athletes.

Meanwhile, Welsh stood in the shadows. Partly by choice, but equally because nobody wanted to give a former Artscado High School coach with no college coaching experience credit for such a turnaround.

With unattainable expectations placed on him, Welsh was expected to follow up his inaugural success with a trip to the Division I-AA postseason.

Most coaches would have backed away from the pressure. Welsh could have made excuses, and there certainly were many to choose from:

- A difficult schedule.
- No passing game after Abrew and Loud's departure.
- Inexperience at quarterback.

Andy Jepson had talent, but it was his first year at the Division I-AA level.

see NOLAN, page 7

Sports

Yesterday's Answer:

Gene Stallings led Alabama to a football national championship in 1982.

Congrats Adam Eng!

Today's Question:

Which former Los Angeles Lakers was used in making the NBA logo?

Scores

MEN'S SOCCER

Portland 1
Cal Poly 2
Torrance Vaughn scored the winner in the second overtime period.

WOMEN'S SOCCER

Cal Poly 3
Santa Barbara 1
Goals scored by Katie Kasius, Leah Bennett and Andrea Sievers.

Briefs

Long Beach State suspends basketball player

LONG BEACH (AP) — Forward Cesar Sanchez has been suspended indefinitely from the Long Beach State basketball team for what coach Wayne Morgan called "behavior inconsistent with team protocol."

Sanchez, a junior, transferred to Long Beach State from Garden City Junior College in Kansas, where he averaged 12.3 points and 6.3 rebounds per game.

Cal Poly plays at Long Beach Jan. 27 and in Mott Gym March 4.

Scrimmage

FRIDAY

- Women's volleyball vs. Utah State
  - at Mott Gym
  - 7 p.m.

- Men's soccer vs. Air Force
  - at Mustang Stadium
  - 7 p.m.

- Women's soccer vs. Long Beach State
  - at Long Beach
  - 3 p.m.

SATURDAY

- Football vs. UC Davis
  - at Davis
  - 1:30 p.m.