Campus Dining wants to hear complaints from finicky eaters

By Alexis Garbeff

A student clad in brown corduroys and a Led Zeppelin T-shirt looks emaciated. He stares at the neon lights illuminating each isle of junk food at Vista Grande Cafe. What should he eat for dinner? He eats a slice of leftover pizza for breakfast and a Snickers bar out of the Santa Lucia dorm vending machine for lunch. He picks frozen burritos and a green apple to satisfy his appetite.

"This food IS lame, but it's a hell of a lot better than anything; the food can be part of a committee that tries to improve the Campus Dining facilities. Cushman also tries to get student opinion on the food through surveys. Cushman knows that many of the 7,000 students and faculty who have Campus Dining accounts complain about the food at either Lighthouse, Vista Grande, Sandwich Factory, Avenue or Campus Market. "I don't profess to take care of every freshman's needs, only the general needs of the students," Cushman said.

Cushman is the head of a student committee that tries to determine what food needs help and why some students don't like the food that is served. "They (students on the committee) are my tenants," Cushman said. "I can't be at the Lighthouse everyday, so they help me to get feedback. I hear from students that the food sucks, and I ask the committee, 'Does the food need more salt? Is it not hot enough?'"

Members of Cushman's student committee are called secret shoppers. These shoppers are given a Plus account which is a charge account enabling them to dine at any of the campus restaurants. Before the secret shoppers leave to eat, Cushman gives them a detailed evaluation sheet to fill out as they eat. Not only do the students judge food content and flavor, they also note the service and the conditions of the dining room.

Besides the student committee, Cushman also tries to reach out to dorm residents themselves in order to reverse the known skepticism that is the immunoation is only 85 percent effective against four of the five subgroups of the disease. The vaccine doesn't guard against subtype B, which accounts for 30 percent of the cases at Cal Poly.

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 than college students overall to contract the disease. Health officials believe this is due to crowded living conditions.

In one study, smoking cigarettes, drinking more than 15 alcoholic beverages per week, sharing 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 indirect 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 these ones really is a very minute disease (and the vaccine the disease)."

Students can receive the immunization for $65.25 at the Health Center on a walk-in basis.

Festival mixes clam diggers, kayakers, beauty queens

By Cynthia Neff

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 But, an economics junior at Cal Poly.
CAMPUS FOOD
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fact that most dorm residents can't
stand campus food.
"We have a computer that tells us
who is not eating their meals. If a
student has the 17-meal plan and
they have 16 meals left at the end of
the week, then we know there is a
problem," Cushman said.
Cushman will either contact the
student or talk to the student's resi-
dent adviser about the student's eat-
ing habits.
"We talk to students. It could be
that they don't like the food or
worker was not accommodating to
them. If it is the food, then we can
work with them and set them up
with a whole quarter's supply of
Sandwich Factory sack lunches," Cushman
said.
Beyond the fact that students just
might not like the food or don't like
eating in a cafeteria atmosphere,
Cushman has also established a
Quality Assurance Committee
which focuses on the early stages of
the dining experience.
The committee studies how food
is purchased, how it is stored at
Cal Poly's warehouse and how it
is prepared.
"A rampant rumor among fresh-
men is the meat served at
Lighthouse is the same grade as the
meat found in dog food and the
same meat that is served to pris-
ons. We only buy the more flavorful
and fatty choice meat, a grade above
the common select meat, which is
what the prisoners eat," Cushman said.
Most importantly, Cushman tries
to add variety to the meals served on
campus so most appetites can be sat-
sated.
At Lighthouse, each of the four
food windows is on a five-week
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
entrée 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
said. "We need to know if students
don't like the food. They are paying
$10 a day for everything. The food
makes up 10 percent of that, every-
thing else, like the cost of cleaning
up, the dishes and electricity are fac-
tured 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 sandcastle masterpieces.
Others wandered through the food
and craft booths in the pier parking
lot. Some watched a one-man jug-
gling show on the pier and some
enjoyed an excuse to visit the beach.

Cal Poly students began to appear
midmorning. Agricultural business
junior Mike Budelli came to the fes-
tival with his family.
"We wanted to check out the
music and food and get out of San
Luis Obispo for awhile," he said.
Scott Fraser, also an agricultural
business junior, came to Pismo to go
to the beach. "I honestly didn't
know the festival was here," he said.
"But now I'm going to stay and
check it out.
Business senior Matt McKenzie
came for a different reason.
"This is the third year I've volun-
tered at the Clam Festival," McKenzie
said. "I've been setting up
booths in the pier parking lot since
5 a.m.
"We love playing for college kids
because they're not afraid to get into
the music," she said. "We can rela-
tion 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/waitress contest, a clam dig
for prizes and the 11th Annual
World's Worst Poetry Contest.
Goodbye Top Ramen, hello gourmet food

By Cari Ahlem
MUSTANG DAILY CONTRIBUTOR

Top Ramen, mac and cheese, peanut butter and jelly. Sound familiar? Sound too easy to make? 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 that skills in the culinary arts are severely lacking. With only scarce amounts of time and finances available, making dinner becomes a daunting task. But the typical college student's diet does not have to be so, well, unappealing.

The first step in preparing gourmet, 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 to repeatedly run to the market for 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. It is inspiration or ideas, rather than organization, that are lacking when it comes to meal time. There are several resources available in town that offer guidance, assistance and inspiration to the new 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.

Bargains are at good prices. We also have ready-made meals 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. Lucky, Safeway, 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 Wegsteen 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 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 bean 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 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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Keep focused on this life's overall picture

At tending 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 what it is like to reflect on this fact. This could be the last breath you take. At any moment in time, your heart could stop beating and you will never get another.

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. It's interesting that coffee, which has had a large influence on the modern world, is being faced with such a powerful threat. With each family that decides not to have a child, the future of their society becomes more ambiguous.

Sadly, sometimes I hear that it would be a shame to bring a child into today's society, due to the strife we must face.

Yet at the same time, how can we afford not to? I think about a friend who has impacted me — if that person 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 the smartest, but what's important is that we're healthy and full of life.

Too often, I hear the bitching and moaning of friends who don't stop to see what they do have. The temperature may be hot, but at least you were healthy and full of life.

The Mustang Daily

Letters to the editor

Face it, mistakes happen

Editor,

I wish I could make the men's basketball team for a lossy 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 Midday Madness (as opposed to Midnight Madness). What I saw would make any intelligent human cringe. I got to see firsthand how "athletic universities" operate. Their basketball team consists of some of the most immature and cocky athletes I have ever seen. As they went through their scrimmages and contests, one thing became apparent: They were concerned with their image and nothing else. I saw absolutely no teamwork. Individual egos dominated. Players berked amongst themselves. Ducks dances were the norm after every dunk or three-pointer.

What does this say about a university? Athletes are supposed to represent their academic institutions. This is part of the problem. Most of Fresno State's players have no intention of doing well in school or finishing. They're simply using college basketball as a stepping stone to the pros. As much as I have put down our team for other reasons, our players are first STUDENT athletes. We are a respected academic institution, and our athletic programs in a consistent manner. I've never seen our basketball team behave the way the Fresno State team did, and I haven't heard about any players being suspended for subpar grades.

I know most people only look for athletic success when they watch Cal Poly sports, but there are some things that are far more important than winning every game. Our players have character and are at an outstanding academic school because they came to college for the right reasons: to get an education.

Brian Selvy is an aeronautical engineering sophomore.

Letter policy

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Monday, October 19, 1999

Opinion

Focus on the mid-term crisis

Editor,

I wish I had the opportunity to see another sunrise. But now I'm faced with such a powerful threat. With each family that decides not to have a child, the future of their society becomes more ambiguous.

Sad, sometimes I hear that it would be a shame to bring a child into today's society, due to the strife we must face.

Yet at the same time, how can we afford not to? I think about a friend who has impacted me — if that person 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 the smartest, but what's important is that we're healthy and full of life.

Too often, I hear the bitching and moaning of friends who don't stop to see what they do have. The temperature may be hot, but at least you were healthy and full of life.

The Mustang Daily
Poly could learn from School of the Americas

Mustang Daily

Georgia at Fort Benning, caters only to utilisable benefits here in the United States. While they may not currently graduate in 50 years of operation have returned to their homes to commit a wide range of "mysterious" disappearances. President Warren Baker would be called "El Muerte," 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 Amanda 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 Obispo 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 its sword at the community's angry and fearful outcry. He wears the mantle of perceived justice.

Brought into my midst to do the destruction. He is as old as the history of mankind and roams the world over. With motives of safety and peace, he slays the innocent and the guilty, the pure and impure, the abhorrer and the prince. His appetite devours 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 plausible crimes broader, 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.

Carolyn Ficara is a journalism senior and a Mustang Daily staff writer.
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success to his predecessor, Craig
Cummings.
"Craig did a really good job recruit­
ning 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) Marlon Sano, really helped lay
the groundwork in pulling quality
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
Hartmann commended Schlick for
both his coaching ability and his cur­
ning nature.
"He's a really good listener, and
he'll take the time to hear what you
have to say," she said. "He's helped
me in almost every facet of my game
just through his philosophies."

One attribute that Schlick's
modesty is just one attribute that
helps the team reach the next level.
"He doesn't emphasize himself," Sano said. "He understands that you
could succeed as a team, meaning
that everyone has to contribute —  the
players, the staff, the support staff...His
personality really reflects the
teacher of the team. (The players)
work hard and don't take things for
granted."

One of those players who don't
take for granted is their coach's
commitment to the team.
"He is so dedicated to this pro­
gram, 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

PHOTO BY CHRISTIAN MARTINEZ

students..."

NOLAN continued from page 8

But Welsh chose none of the
above. No excuses. And because
of that, Welsh became the excuse
for last year's 3-8 nightmare.
A group of seniors decided it
was Welsh's fault and went public
with their reproach. While Welsh
surely shared a portion of the
blame, it was a minor role.

Welsh has changed his players
publicly, spreading the
criticism among the entire team
but he took the professional
approach. He absorbed it all and
was quoted simply in a Mustang
Daily exclusive, "If there is some­
thing I can learn than so be it. My
doctorate is always open."

Welsh closed the door on that
issue and went back to business.
He continued to take the high
road this year when he put togeth­
er an even tougher schedule than
the 1998 campaign.

But no more excuses, Welsh is
getting the job done.

Joe Nolan gets the job done
every Tuesday. E-mail him at
jnooan@polymail.calpoly.edu
The women's volleyball team has been one of the more dominant Cal Poly athletes this year. But 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."

Certainly, their record (11-3) indicates they are better than average. And with quarterback Steve Young, running back Garrison Hearst, center Chris Berman, and receiver Terrell Owens, the 49ers are one of the most dominant NFL teams in the world. San Francisco has a great defense, excellent special teams, and a strong running game. But they're also good at playing the option, and they have a great quarterback in Steve Young.

Once mighty 49ers looking rather ordinary

By Melissa McFarland

The San Francisco 49ers are a team that is used to winning. They have won three Super Bowl championships and have been in the playoffs every year since 1981. But this year, the 49ers have struggled to get off to a good start. They are now 3-3, which is not good enough for a team that is used to being in the Super Bowl.

"I think the real key to the 49ers' success has been the quarterback," says Steve Mariucci, the head coach of the 49ers. "Steve Young is one of the greatest quarterbacks in NFL history. He has a great arm, and he's always been able to make big plays when it matters most."

Steve Young has been a key factor in the 49ers' success. He has thrown for over 4,000 yards in each of his first three seasons, and he has led the 49ers to three Super Bowl victories. But this year, Young has not been as good. He has thrown for only 1,500 yards so far, and the 49ers have lost three games.

"The 49ers are not a one-man show," says Mariucci. "We have a great running game, and we have a lot of good receivers. But we need to play better on defense if we want to win games."

The 49ers have struggled on defense this year. They have allowed over 300 yards per game in each of their last three games. But they have also played well in some games. In their most recent game, they held the New Orleans Saints to just 17 points.

The 49ers have a tough schedule coming up. They will play the New England Patriots, the San Diego Chargers, and the Oakland Raiders in their next three games. But if they can play better on defense, they should be able to win some games.

"We know we have to play better on defense," says Young. "We need to stop the run and get more pressure on the quarterback. If we can do that, we should be able to win some games."

The 49ers are one of the most talented teams in the NFL. They have a great quarterback, a strong running game, and a lot of good receivers. But they need to play better on defense if they want to win games. If they can do that, they should be able to make a run at the playoffs.