**New evaluation site helps students choose professors**

By Scott Oakley

The Professor and Course Evaluation system, sponsored by Associated Students Inc., is the latest online tool to help better match Cal Poly students with professors. PACE is a system that collects student feedback on professors and courses and makes that information available to other students. PACE helps students find professors that match their learning styles.

"ACE has been involved in the concept of having professor/course evaluations since probably about the 1970s and before that," Samuel Aborne, chair of last year's PACE committee, said.

More than 30 questions, ranging from overall feedback on selected courses and professors to evaluations of teaching styles, were created by the committee to help students make the best decisions on which professors will likely meet their needs. Evaluations are obtained anonymously but are made available for all to see.

"The goal of PACE is to give understandable means by which students could understand which professor to select based on individual needs," Aborne said.

PACE does not allow commentary on the professor and the class unlike Polyratings, a professor-evaluation Web site created by two Cal Poly students last year. PACE only enables students to answer questions and avoid "flaming," Aborne said.

Students can evaluate professors only from the eighth week of the quarter that they're taking a class through the eighth week of the following quarter. Polyratings' co-director Forrest Lanning said he is unhappy about PACE because he was not consulted.

"I believe we could have contributed a lot," Lanning said. Lanning thinks PACE does have benefits but believes commentary is really important for students.

"I think when people review evaluations, they look at the written comments the most," Lanning said.

Cal Poly students seem optimistic about using this new program. They like PACE because the material is spelled out for them.

"I would be much more likely to read PACE rather than..."
“Community colleges do a better job at teaching those who need remedial training at less cost to the student.”

Charles B. Reed
CSU Chancellor

The greatest satisfaction, Farfan said, is seeing his project go from the conceptual stage to seeing people actually using it.

“To see what works and what doesn’t is a real learning experience, especially for someone who hasn’t graduated yet,” he said. “I think I’ve learned more by working on actual projects than I would have in books.”

But Farfan’s learning began long before Cal Poly. His dad was one time worked as a landscape architect and taught his son how to draw.

“Like I told him, the techniques of how people could express themselves with artistic ability,” Farfan said. “I used to go to the mall and sit and draw the interior because I liked to draw.”

The message Kamm feels is most important for college students to hear is “Love what you’re doing.”

“Love what you’re doing,” he said. “The motto is ‘Learn by doing,’ but you have to love the process too.”
Milk does a student body good

By Melissa McFarland

Osteoporosis may seem like a far-off concern for college students, but health professionals urge college-age females to build up their bone density before age 30 to prevent developing the bone disease later.

Calcium supplies primarily to harden the body's bones and teeth. The rest remains in soft tissues and blood, allowing muscles to contract, blood to clot, and the nervous system to work properly.

The National Institutes of Health suggests that young adults of ages 11 to 24 consume 1,200 to 1,500 mg of calcium per day. Erika Wolf, a Cal Poly peer health educator, said students probably get enough calcium from their diet to forgo calcium supplements.

“IT’s amazing how much calcium you get through food,” Wolf said. “But if you think your diet is really low in calcium or you’re lactose intolerant, then you might try a multi-vitamin that has calcium in it. Also, a lot of foods, like orange juice, are now fortified with calcium.”

The rest remains in soft tissues and blood, allowing muscles to contract, blood to clot, and the nervous system to work properly.

Most health officials insist that milk is the best and easiest source of calcium. An 8-ounce glass of nonfat milk provides 10 percent of daily needed calcium, 25 percent of vitamin D, 9 grams of protein and only 80 calories. However, some just can’t drink it. According to David Page, a researcher at John Hopkins University, two-thirds of the world’s adults are lactose intolerant, they lack the enzyme needed to digest milk.

Those who find lactose-reduced milk too expensive can fill their calcium requirement by eating yogurt, cheese, broccoli, collards, salmon or tofu. For example, an 8-ounce serving of low-fat fruit yogurt offers 345 mg of calcium. A 1-ounce serving of grated Parmesan cheese has 390 mg.

Because carbonated and alcoholic drinks, caffeine, sugar, protein and sodium decrease calcium's effects, people should limit these products in their diets. In addition, smoking cigarettes can cause minerals in bone to deplete.

“I’m drinking milk right now, and I do at least once a day,” kinesiology junior Kim Peringer said. “I have milk with my cereal or I’ll drink a cap in the afternoon, but I don’t drink soda. I drink (milk) more for its nutritional value (than taste), and also to prevent osteoporosis.”

Osteoporosis affects 25 million Americans, 80 percent of whom are women. Men are not as susceptible because their bones are larger and less fragile. Symptoms of the disease usually don’t appear until a complication develops, such as a fractured bone or collapsed vertebrae.

“I drink a lot of milk and try to take calcium supplements,” said Gwen Guzman, a social sciences junior and Cal Poly water polo player. “I think it’s necessary because I’m a woman and an athlete to prevent osteoporosis.”

Four osteoporosis risk factors women should be aware of include family history of the disease, milk allergies, unexplained fractures and the taking of cortisone or digalactan on a regular basis.

According to CNN, recent information indicates that calcium and vitamin D intake, exercise and sex hormones play significant roles in preventing osteoporosis. Bob Cushing, purchaser for Cal Poly’s Campus Market, buys 54 to 63 gallons of low-fat milk, 54 half gallons of nonfat milk and raise half gallons of homogenized milk every week for the market. He also buys quart-sized and one-third-quart cartons for students on the go.

“We didn’t used to have room for quart-sized (cartons), and for a lot of people that’s the best way,” Cushing said. “They can put it in their fridge for students on the go.”

Erin Silva is a nutritional science senior and can be reached at epsilva@calpoly.edu.
A wish to make dateless holidays special

I was sitting at the dinner table during Thanksgiving Day, with my family (my oldest brother with his wife and my nephew, my middle and youngest sisters with their boyfriends and my mom) when I realized that something was missing. You see, I’m single: I’ve been about three years now. So what?” you might say. At any other moment in my life, being single would have bothered me. During the holidays, however, being single, and the 94 days that encompass the four holidays I like to celebrate—Thanksgiving, Christmas, New Year’s, and Valentine’s Day—we are a little less special without someone to share it with.

Here’s what I’m going to do this year. I’m going to put out a personals ad. It’s time to be posted in about three years now. “So what!” you might say. I’ll know. I’m here is what it’s really to say:

New Year’s and Valentine’s Day are just little less special holidays I like to celebrate. Thanksgiving, Christmas, the University holiday, and in every major newspaper I know, there both men and women that are interested in meeting someone for the holiday season. Someone to invite to your family dinner and maybe even take home with you to the mall. You could buy Christmas presents for your family dog. You could hold hands while you stroll through a “Christmas in the Park” exhibit downtown, then share at the outdoor ice rink nearby. You could watch kids wait impatiently in line for Santa at the mall and watch for that twinkle in her eye when she runs across something she really wants for Christmas but doesn’t want to tell you because she thinks it’s too expensive.

And on Christmas Day, when she opens her presents and realizes that you were paying attention to her at the mall and gives you a “thank you hug,” which is what you’ve been working toward since the day after Thanksgiving.

All things said and done, you then have six days left to prepare to party like it’s 1999. With three hours to go, you find yourself at a black-and-white masquerade ball with your closest friends watching New York drop the ball in Times Square. A large cheer in the hallway would be followed by more drinking. You’re not worried because you know where your last kiss of the year, and first kiss of the coming year, is going to come from.

You wake up together with a massive hangover and become your normal self. You find out that they were correct: “thank you hug,” which is what you’ve been working toward since the day after Thanksgiving.

Many parents, government officials, and school leaders view school violence as an epidemic in this country. The shootings at Columbine High School in Colorado left people desperate for solutions. Unfortunately, desperation often causes people and organizations to forget individual rights while searching for a quick fix.

One California school district did just that. Earlier this month, the Val Verde Unified School District Board of Education voted unanimously to post the Ten Commandments in its 12 school offices.

The American Civil Liberties Union sued the board on behalf of several parents, referring to the 1980 Supreme Court ruling that posting the list is equal to government promotion of religion.

The board reversed its decision last week, but only to avoid the costs of a lawsuit.

The issue remains in the spotlight. Similar suits are pending in Kentucky, and the House approved a bill this summer that would make it legal for school districts to post the Ten Commandments. Many, even those who do not describe themselves as Christian or Jewish, may see nothing wrong with posting the list of rules in schools. After all, the Ten Commandments gives basic rules, such as honoring one’s parents and not killing, to which almost no one would object.

The problem, though, is that the Ten Commandments is one piece of a whole set of beliefs that fit into the Judeo-Christian category. The story says that they were commanded by a certain god—the god of Jews and Christians. Allowing the list into public schools is direct government recognition of a certain religion.

Requiring a meeting of the board, the Los Angeles Times quoted school board president Bob Gaines as saying he doesn’t recognize the Supreme Court’s laws any more than I recognize city laws. It is the views of the majority of the people that count.

It is not the type of attitude—majority rules—that will hurt, not help, the school environment. There are children of all faiths and beliefs in America’s public schools. Posting the Ten Commandments on the wall because a majority of the children come from Judeo-Christian backgrounds only serves to isolate the minority students. One thing the public schools do not need is more alienation.

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Letters to the editor

Religion isn't the only type of faith in schools

In response to the barrage of "anti-prayer" letters printed on Nov. 22, Dean Wilber's use of scripture was brilliant. I personally do not know whether school prayer should be enforced, so I will not address it. I write to profess my frustration with the popular trend of the "don't force your faith on me" thinkers.

I agree that prayer in school promotes a form of faith. We tend to quickly forget, however, that it is not the only faith threatening our school system. What I am talking about is the subsection of evolution termed macroevolution. Macroevolution is the "belief in evolution to a monkey-in-a-barn" idea that is being taught as fact in the nation's schools. Understand that I do not have a cause or effect that cannot be re-created. Since the origin of the universe cannot be repeated, we move to empirical science.

Empirical science is that which can be observed by the senses: sight, sound, touch, hearing and smell. Now, has anyone ever seen macroevolution? Ever tasted it, touched it, heard it or caught a scent of it? No. It is an inference based upon a handful of evidence, but ultimately taken on faith. Even the prestigious evolutionary biologist, professor L. Harrison Matthews, recognizes that "belief in evolution is thus exactly parallel to belief in special creation — both are concepts which believers know to be true but neither, up to the present, has been capable of proof."

I am an agnostic on the subject of creation versus evolution. I believe each is a free choice, not a matter of fact. I will not address it. I will address macroevolution, which is observable, repeatable and factual. No doubt, my words are being mocked even as you read, but let me explain. As I am no science major, I apologize for the gross simplification of the explanation. But please, do read on.

For anything to be proven scientifically, it must be able to undergo a series of tests. It must be able to be re-created. Since the origin of the universe cannot be repeated, we move to empirical science.

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VOLLEYBALL
continued from page 8
for the first time in 10 years. It definitely shows that the program is moving upward, back to where we were in the '80s — national contenders."

The tournament berth also provides a bit of revenge for the Mustangs after they were snubbed last year, despite their 18-8 record. The team was sporadically ranked within the top 25 this year, but still wasn't assured of the bid.

"We thought that according to NCAA criteria for selection, we had a pretty good shot of getting in," Schlick said.

But come Sunday night, some players were still worried about the impending bid.

"I was confident, but some of the other girls were nervous," Roden added.

The Mustang's have played this season with a youthful lineup: starting freshmen twins Kristen and Carly Chun and freshmen Worthen and Errin Benesli have also seen considerable playing time. The young lineup has been in place for the entire season and with the Mustangs playing in one of the nation's premiere volleyball conferences, they come into the tournament well prepared.

"Lack of experience always effects a player, but our freshmen play with a high level of confidence and having played against Santa Barbara, Long Beach and Pacific prepares us for a match like this," Roden said.

Schlick doesn't think the team's youth will hurt them.

"I'm not worried," he said. "We've been up and down this season, but it's a growing process. As a team we play as hard as we can, and that's the bottom line."

Cal Poly was placed in a bracket with first-round host Pepperdine (24-5) and Arkansas State (28-6). The Mustangs could face former Cal Poly head coach Craig Cummings' Arkansas State team in the second round.

Collectively, the Mustangs are pleased with where they were bracketed.

"We were happy with our seed," Roden said. "We have a chance to beat Michigan State and go from there."

Schlick agreed, saying he didn't care who they played, just as long as they got a chance to play in the NCAA Tournament.

Wish granted.
Rose launches Internet petition

NEW YORK (AP) — Pete Rose is launching an Internet petition and may sue baseball to end his lifetime ban.

"You can't keep a guy from making a living," he said Monday in an interview with The Associated Press. "It's not the American way."

Following an investigation of his gambling, baseball's career hit leader agreed in August 1989 to a lifetime ban from the sport. He applied for reinstatement in September 1997 and while commissioner Bud Selig has said several times that he has seen no evidence that would make him change his ban, he hasn't formally responded to Rose.

"If you find in your heart you didn't want to give me reinstatement, just write back and say, 'No,'" Rose said. "I know he has stations. I know the mail is delivered in Milwaukee."

Rose claimed baseball's lawyers "blackmailed" witnesses against him during its investigation 10 years ago. When pressed for details, he referred comment to his lawyer, Roger Maloney, who declined comment when contacted at his Ohio office. Those who led the investigation at the time, Fay Vincent and John Dowd, denied Rose's accusation.

"Rose was in New York for Tuesday's launch of sportcut.com, which through Jan. 15 will contain a fan petition calling for Rose's admission to the Hall of Fame. As long as he's barred from baseball for life, Rose is ineligible for the Hall."

"One thing you have to understand is we're not looking for a fight," Rose said. "If that has to be an option, that will be an option. That's last resort. I don't need it. The game doesn't need it."

While baseball's rules allowed Rose to apply to reinstatement after one year, he's waited eight. He didn't want to apply while Vincent was commissioner — Vincent headed the Rose investigation as deputy to commissioner A. Bartlett Giamatti and hired Dowd, who compiled the report on Rose's gambling.

"Fay Vincent wasn't going to give me a chance," Rose said. "I have no respect for John Dowd. He didn't do an impartial investigation. We're sick and tired of him going on the air and talking about all this evidence he has."

Rose also is angry Dowd put his report on the Internet.

"How much is he making on the Dowd report?" Rose said. "If I died tomorrow, we wouldn't hear about John Dowd again until the day he died."
Women's volleyball bound for NCAA Tournament

Team returns to tourney after 10-year drought

By Adam Russo
MUSTANG DAILY SPORTS EDITOR

The Cal Poly women's volleyball team realized one of its goals Sunday night without stepping onto the court.

The Mustangs were selected to an at-large berth into the NCAA Tournament via their 20-8 record and fourth place finish in the Big West Conference.

Cal Poly will face Michigan State (20-12) in the first round Friday at Pepperdine.

"Our major goal was to get into the NCAA tournament, but we also have other goals beyond that," junior outside hitter Jessica Roden said. "We want to win our first match and make it into the second round."

Head coach Steve Schlief echoed those thoughts.

"The NCAA Tournament was one of our major goals for the year. It was our primary goal, and we have already accomplished a great bulk of our goals already.""The Mustangs' NCAA berth breaks a 10-year drought and also marks the 16th time Cal Poly has made the tournament. The Mustangs competed for the national title every year from 1981-89, but hadn't been back on the national level until this season.

"This is a big step for Cal Poly volleyball," Roden said. "This year we've hit some major benchmarks, like beating Santa Barbara for the first time in 10 years. We took a game off of Long Beach for the first time in 10 years. And now we're into the NCAA Tournament again."

see VOLLEYBALL, page 6

National championship game nearly official

(AP) — Texas No. 1 Florida State vs. No. 2 Virginia Tech in the Sugar Bowl on Jan. 4.

In what will become a perfect ending to a perfect regular season, Virginia Tech is certain to hold off Nebraska in the Big 12 Conference.

Virginia Tech beat Nebraska 10-1 in the first round Friday at Pepperdine.

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"The NCAA Tournament was one of our major goals for the year. It was our primary goal, and we have already accomplished a great bulk of our goals already."”

The成果 increased their second-place lead over the Huskers from 6-9 points to 1-54 points in the best BCS standings released Monday.

The final BCS standings, which determine the teams that will play in their title game, will be released Dec. 5.

The advantage, according to one computer expert, is all but impossible to overcome — even if Nebraska rolls Texas in Saturday's Big 12 Conference title game in San Antonio.

"There's no suspense," Chicago-based computer expert Jerry Palm said. "If Nebraska wins 55-0, I'm not sure that could override Virginia Tech."

From the start of the Hokies-Huskers points battle, Virginia Tech coach Frank Beamer has been confident the top teams would end up in the national title game. But until the final results are in, he's not taking anything for granted.

"There's too much invested in the BCS so that the two best teams will play," Beamer said. "I personally think one of the teams has to be Virginia Tech."

"With all the hard work by our coaches and all the hard work by our players, I would be devastated if we did not make it."

The BCS standings are based on a formula that considers The Associated Press media poll and the USA Today/ESPN coaches' poll, eight computer rankings, strength of schedule and losses.

Florida State and Virginia Tech are 1-2 in the AP poll and the coaches poll.

Nebraska (10-1) has 16-16 points — 2 for poll average, 2.86 for computer rank average, 0.84 for strength of schedule, and 1 for losses. Last week, the Huskers had 7.41 points.

Tech gained the upper hand in the eight computer rankings — the BCS uses seven, and discards the lowest rating. A week ago, Virginia Tech was second in six computers; third in one and fifth in the other. This week, the Hokies are second in seven and third in the other.

Nebraska was third in six computers, including The Doolittle Index which had the Huskers first last week, second in one and fourth in the other.

Women's volleyball bound for NCAA Tournament

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The results lowered the Hokies' computer average and raised the Huskers' average. Tech's strength of schedule went from 66th toughest to 54th.

Florida State (11-0), which locked up first place two weeks ago with a 30-23 win over Florida, has 2.24 points — 1 for poll average, 1 for computer rank average, 0.24 for strength of schedule, and zero for losses.

Virginia Tech has 6.16 points — 2 for poll average, 2 for computer rank average, 2.16 for strength of schedule, and zero for losses. Last week, the Hokies totaled 6.78 points.

Sports Trivia

Yesterday's Answer:
Derrick Thomas holds the NFL record for quarterback sacks in a game with 7.

Congrats Scott Umbarger!

Today's Question:
Which former Cleveland Indian was the first major league pitcher to hit 50 home runs and 50 doubles in the same season?

Please submit sports trivia answer to sports@mustangdaily.calpoly.edu.

Please include your name. The first correct answer received via e-mail will be printed in the next issue of the paper.

Chargers' Leaf returns, apologizes

SAN DIEGO (AP) — Ryan Leaf returned Monday to the San Diego Chargers, apologized to general manager and Cal Poly grad Bobby Beathard and his teammates for the outburst that got him suspended Nov. 2 for four weeks without pay, and lost his starting job.

"Concerning the reason for suspension, the incident, it was something that you can't do," the second-year quarterback said at a news conference. "You just cannot speak to your boss in that type of manner. I don't disagree with the way they went about it. I regret doing that."

"Right now, I just want to play football. I just want to contribute any way I can."

Leaf was suspended Nov. 2 for four weeks without pay, and fined an additional week's salary. The previous day, he refused to do a weight workout, then cursed Beathard and strength coach John Hastings.

The Chargers have heard similar apologies during Leaf's short, troubled NFL career, but believe he means it this time.

Colin Nicolla/MUSTANG DAILY