Going the distance to class

Many Cal Poly students and faculty commute to campus from as far north as Atascadero and as far south as the border. Commuters also live south of school in Santa Maria.

Editor's Note: This is the first in a three-part series about the lives of Cal Poly students who tackle certain obstacles to get an education.

By Megan Shearn
MUSTANG DAILY STAFF WRITER

For many Cal Poly commuters, getting to campus via walking, biking or riding the city bus is considered a luxury compared to taking the freeway.

For history junior Chad Router, mornings begin heading north out of Santa Maria at 6:50 a.m. and leaves around 2 p.m. Free time is a major reason Router opts to commute. He lives with his grandparents at no extra cost. But for this Los Angeles native, the 40-minute commute isn't as bad as it sounds.

"I enjoy the scenery. There isn't a visibility of none because of smog and billboards," Router said.

As a matter of fact, Router had more commuting pros than cons.

"Driving is personal time; you don't have to do any homework," he said. "When I get home, I can relax."

KCPR accepts highest bidder to keep frequency

By Jillian Wieda
MUSTANG DAILY STAFF WRITER

Cal Poly radio opened the phone lines Monday for its high-energy on-air auction, where students, faculty and the community bid for local merchandise and help keep college radio on the air.

A guest-host spot on the "Shaken, Not Stirred" lounge music show, an hour-long massage, and two 10-pound bars of chocolate are just a few of the donations being auctioned at the annual weeklong KCPR event.

"The money raised by the auction keeps us on the air because if anything were to break and we went off the air, we wouldn't come back," said KCPR general manager and computer engineering senior Alan Low.

KCPR receives funds from the state once a year for equipment maintenance, phone bills and to train new disc jockeys. The station needs to raise additional money to purchase new equipment and buy music and promotional items like T-shirts.

At the end of fall quarter, the station had to buy a new mixing console to replace the old console, which was 15 years old and frequently broke down. The total cost of the mixing board, which is the main control panel for the station, exceeded the amount of money given to KCPR by the state for an entire year.

Juan said in order to expand the station, the staff has to raise money.

"The station's goal this year is to raise $5,000 to cover the cost of the mixing board and to have something left over for station upkeep, projects and events.

We want the auction to build a relationship between the station, the campus and the community," said KCPR marketing director Corieolo Clifton. "The idea is to get students to turn on KCPR in the dorms, then car or ask for it in the University Union and the gym."

The auction is supported by local businesses like Woodstock's Pizza, Thomas Everett Salon, Trader Joe's and Cold Stone Creamery. The businesses donate goods and the student disc jockeys put together packages.

see KCPR, page 7

Agriculture leaders from Alaska to Florida converge at Cal Poly

By Adam Jarman
MUSTANG DAILY STAFF WRITER

Agriculture students from all corners of the nation gathered at Cal Poly Friday and Saturday for the fifth annual Agriculture Ambassador Conference.

Students and faculty traveled from as far as the University of Alaska, University of Florida and University of Delaware.

"This is an opportunity to get a new perspective on the future of agriculture," said Trent Osso, conference chair and agribusiness marketing senior.

Osso said this is the only national conference of its kind with the purpose of exchanging recruitment ideas and enhancing leadership skills.

Agriculture Ambassadors are students who visit community colleges and high schools on behalf of their universities to promote agriculture and higher education.

Joe Sabel, Agriculture Ambassadors adviser and director of outreach services for the College of Agriculture, said this year's conference improved in four main areas.

More colleges than ever held workshops, he said. Cal Poly improved personal contacts with visiting students prior to the conference. Forty-six alumni attended the event, and an industry panel discussed fields outside agriculture.

see CONFERENCE, page 2
Rail line surfs Central Coast with new trains

By Carolyn Ficara
Herald Daily Staff Writer

A shiny new train will roll into San Luis Obispo about 11:45 p.m. April 1 to whisk travelers down the coast of California at nearly 90 mph.

The San Diegan, California’s most popular rail line, serves 1.5 million customers annually. It will have eight new trains and a new name, the Pacific Surfliner.

California and Amtrak have invested more than $500 million in the last 10 years upgrading the rail line that runs from San Luis Obispo to San Diego. The money helps to buy trains, repair track damaged during El Nino, renumber a number of stations and offer new computer ticket services. The goal is to increase ridership by offering faster, more reliable and convenient service. There will be 11 trips daily between Los Angeles and San Diego.

The rail line’s purpose is to provide an answer to the state’s gridlocked highways.

Investing in improved rail service is an investment in California’s future, Gov. Gray Davis said. A future vision is for people to use trains for almost all travel and shipping.

Other states, including Virginia, Pennsylvania, Wisconsin, Illinois and Michigan are also investing with Amtrak in corridor development to help deal with highway congestion. Under new management, Amtrak plans to enhance its services and improve equipment. Amtrak officials hope people will consider the trains a good alternative to automobile travel.

The new trains, powered by General Motors Electro-Motive locomotives, will replace California’s 30-year-old engines. They have the capacity to travel at 125 mph, but because the rail line is crossed by traffic all along the route, they will only go 79 mph.

“We’re not trying to provide a bullet service with lightning-quick trains,” said Peter Rogers, transportation planner for San Luis Obispo. 

Right now, there is only one daily train south from San Luis Obispo, but local transportation officials hope the service will be used and more trains will be added.

Winter storm pummels Sierra with heavy snow

RENO, Nev. (AP) — Winter whipped the Sierra Nevada on Monday with a sustained fury that left more than 2 feet of snow at the highest elevations with a promise of more soon.

“It’s been snowing heavy all morning,” Monte Bandrowski, spokesman for Heavenly Ski Resort on the south shore at Lake Tahoe, said around noon.

“We’re close to 3 feet at this point.”

The biggest storm of the season pushed into the region on Sunday and held the Lake Tahoe region and much of the Sierra in a wetting system that made travel slow and treacherous.

The heavy snow continued Monday. Chains or snow tires were required on all mountain passes, including Interstate 80 over Donner Summit, U.S. 50 over Echo Summit and California State 89 over Carson Pass.

An avalanche Monday afternoon on the Mount Rose Highway partially buried a car, but the driver was able to get out safely and no one was hurt, authorities said.

The slide occurred around 5:30 p.m. about 1.5 miles from the Mount Rose Ski Area near the summit. It covered about 50 yards of roadway and crews worked into the night to clear the road.

A winter storm warning issued by the National Weather Service remained in effect through Tuesday. Forecasters predicted up to another 4 feet of snow could accumulate at the higher reaches of the mountains by Tuesday.

Occasional snow was to remain in the forecast through midweek, forecasters said.

In the valley of western Nevada, Monday’s storm was mixture of snow and rain.

Pre-dawn commuters got a slippery surprise between Reno and Carson City, where wet-snow conditions on U.S. 95 through Washoe Valley made for poor visibility and a slick road surface.

“There’s snow and slush and ice down there,” said Nevada Highway Patrol Trooper Jeff Bowes.

Chains or snow tires were also required on roads leading out of Reno, including Ginger Grade to Virginia City.

Authorities reported numerous spinouts and minor traffic accidents, but no major incidents or injuries were reported.

The storm was the second system of the season to bring much needed snow to the region.

As January began, the Sierra snowpack stood at only a fraction of what is considered normal. Many ski resorts struggled to make their snow to lure skiers to the slopes.

Overall, the Sierra snowpack in early January was 22 percent of normal following the seventh driest December since record keeping began nearly 80 years ago.

CONFERENCE continued from page 1

A conference attracted 373 delegates from 35 colleges, universities and community colleges, including approximately 100 Cal Poly students and alumni. Bill Pauli, president of the California Farm Bureau Federation, kicked off the event Friday morning with an overview of the agriculture industry with tremendous opportunities and challenges.

“You’re only limited by your imagination,” he said, concerning ways students can use their agricultural background. “Take this opportunity (the conference) to learn about different ways to approach challenges,” Pauli added.

An important part of the conference, Ogas said, is the participation of other schools in sharing ideas. Each attending school was given the opportunity to present a workshop of their choice, he said, and this year, 21 did.

Cal Poly Bioresource and agricultural engineering senior Matt Barnes said this participation is what makes the conference what it is. “It’s more than just us trying to promote agriculture in higher education,” he said.

Ogas said the conference began five years ago in order for a few colleges to share their recruitment ideas. Cal Poly alumni Patricia Stever has attended all five and was excited to see how the conference has grown.

“It’s great to see the excitement and motivation of all the people coming to share the common bond to promote agriculture,” Stever said.

Stever said she remembers the first conference as a day trip for some community colleges to visit Cal Poly. “It was a really strong weekend to see friends carrying on the traditions,” she said.

Friday night’s banquet featured State Assemblyman Abel Maldonado (R-San Luis Obispo). Ogas said the semi-formal dinner in Chumash auditorium was her favorite portion of the event. Maldonado’s story of perseverance toward public office was motivating, she said.

Since the beginning of fall quarter, more than 60 students have been coordinating the event, Ogas said. She said it is the corporate support that makes the conference possible. “This year, the strong industry support we received from Novartis, Helena and Western Farm Service has allowed us to keep the cost of registration low,” she said. Registration fees were $25 per person and included the banquet, a barbecue, various refreshments, a T-shirt and all the necessary materials.
Personal trainers teach healthy lifestyles

By Kirsten Orsini-Meinhard
MUSTANG DAILY STAFF WRITER

Getting the energy to work out at the gym or finding the right exercise to fit your needs would be a lot easier if you had someone to tell you what to do. Someone who is qualified at the National Academy of Sports Medicine. Someone who knows interesting dietary information and could instruct you on what sport to try. Someone who is a personal trainer.

To find someone like this at Cal Poly, it’s as easy as going to the Rec Center. "More and more people are learning the value of exercise and they didn’t learn it in high school," said Marcy Maloney, director of the center. "Who’s teaching Americans how to stay fit?"

The role of the personal trainer is a significant one. They not only advise their clients on an athletic routine, but also show exercises to practice.

Bathan explained that each person is completely different, so trainers design workouts tailored to each individual. The advice of the personal trainer weighs heavily on the goals of each client, whether it’s to lose weight, build muscles or become physically stronger. Another factor that helps determine a workout routine is the amount of time one has and his or her current physical ability, he said.

"We give pretty sound advice some nutritional guidelines, things that they can do aerobically, and weight training," Bathan said.

Dietary information is also important, so personal trainers give tips on how to lead a healthier lifestyle. Many people don’t know that eating smaller meals throughout the day increases metabolism and keeps it high, allowing the body to digest food more quickly, Bathan added.

"When I give people advice, they say, ‘I didn’t know that,’ and they change the way they do things. It helps them to get fired up again about being fit," Bathan said.

One of Bathan’s goals as a personal trainer is to help physically challenged children learn the benefits of exercise. He has been working to increase the number of handicapped people using the gym at Cal Poly.

The personal trainer program is just another example of "learning by doing." Students benefit from the advice of another student and the trainers gain professional experience.

People who have specific questions or just want exercising tips can attend a free information session with a trainer. For $15 a session, a personal trainer will plan a specialized program.

"Everybody thinks that the wave of the future is with personal trainers," Maloney said. "They say more and more people are going to be relying on personal trainers for their fitness program."

Are you reading this article on an empty stomach? If the answer is yes, you can start tomorrow with a new goal—eating breakfast!

Katy Kinninger

Breakfast is one of the most neglected meals of the day. Many students believe it is not important because they don’t feel hungry or they feel it is an ineffective way of weight control. Lack of time is one of the biggest reasons why breakfast sits on the back burner of all meals.

Why is breakfast one of the most important meals of the day? It is your body’s time to refuel. Going for eight to 12 hours without a meal or a snack, the body needs replenishment of nutrients. It also helps your body burn more calories throughout the day.

If you are a breakfast skpper, do you feel hunger pains around mid-morning? They are a healthy signal, respond to them. When you deny these pains it can lead to irregular eating patterns.

Studies have shown that breakfast is a necessity because you will have a better attitude toward work and school and higher productivity. You also tend to have more strength, endurance, better concentration and problem-solving abilities.

Eating in the morning is also better for weight control because it creates less need to snack later on.

Skip breakfast and you tend to stick to lower-fat foods. Fast and easy breakfast tips include: a morning shake with yogurt, juice and fresh fruit tossed in a blender; yogurt mixed with your favorite dry cereal; muffins; a bagel with peanut butter and jelly; a piece of fruit and a breakfast bar; frozen waffles with fresh fruit on top; or even pizza left over from the night before!

It is helpful to prepare breakfast items the night before so that in the morning you can just grab and go. Try and vary your food choices to avoid breakfast boredom.

Katy Kinninger is a nutritional science senior who writes a weekly column for Your Body.

Start your day off right with a healthy breakfast

www.mustangdaily.calpoly.edu
**Dating issues can be avoided with friendship**

Have you ever been heartbroken by a bad breakup? Have you ever been forced to go beyond your limits in a relationship? Have you ever lost a best friend who neglected you for his/her significant other? Okay, so maybe you haven't experienced all these things, but at the very least, you've probably realized that dating is seriously flawed.

"So what's wrong with dating anyway?" you ask. "Everybody does it. It's part of our culture. I mean, our parents did it!" So what if it? People have only been matched for thousand years in the Western world. Dating is just one of the many things wrong with our culture.

First of all, people often date solely in order to please themselves. I know this for a fact because I am guilty of it. What other motive did you have in mind? Friendship is hard for dating other than fun! I knew I wasn't going to get married at that age. Even in college so many of us don't date in order to find a marriage partner. We often care more about looking cool in front of our friends or satisfying our own desires rather than really caring for and loving our significant other.

Secondly, dating encourages last. Have you ever honestly gone on a date with someone because they had a good body? Probably not, because you didn't even know that person at the time. Usually it's because "He/She's hot!" Oftentimes, we spend more time cuddling, holding hands, kissing our date over than we do talking to him/her. While these aren't necessarily bad things, they distract us from building genuine relationships.

Also, dating leads to premature intimacy. We focus all of our attention on our significant other. But how does this happen without having a date? This is where group dating has potential to come to the rescue, but are we utilizing it? Intimacy with our significant other often makes friends a lesser priority. While I could go on much longer about other problems of dating — emotional stress, lost time and money, etc. — I'm sure you want an answer to the big question: "If you don't date, then what do you do?" The answer is quite simple — friendship! Friendship allows us to get to know the other person personally without being distracted by physical involvement, and it releases us from making commitments we can't keep.

Friendship is so much more natural because we already have so much experience in it.

"Okay, but how do you progress from friendship to marriage?" That's a good question and much harder to answer. While I don't wish to explain in full, suffice it to say that friendship is like dating but has more purpose and less awkwardness.

Now, I know these ideas may be radic to some, while others of you have been living them for years. I tried dating many times throughout the last five years or so, but was never quite satisfied with it. Even after I was finally introduced to this friendship idea, it took me another two months to fully accept it. So please, don't reject these ideas immediately, but give yourself time to think about them. They may change your life more than you think.

Barnaby Hughes is a history junior.

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**Indulge in pleasures of people-watching**

People-watching has always been interesting to me. When I go to a restaurant with certain individuals, we tend to fight over who gets to face the door and who has to back the way to the table. It wasn't until I was wandering about alone.

Martin Luther King, Jr. Day that I realized I could make a hobby of this clan destination activity. It was a cool and dreary day, scattered with just enough light rain to annoy. My original plan was to take a drive, just get away for a couple of hours. I didn't get very far, landing at Pismo Beach. I couldn't believe that the parking lot was nearly full. There was enough activity buzzing about that it could have easily been sunny and 70 degrees. It just amazed me that couples and families strolled along the beach and pier — some with umbrellas, some without — but all emanating an air of unbridled leisure despite the incessant drizzle.

As I watched these people pass by, I studied their faces, their expressions and body language and wondered what brought them out of their homes to the beach on a rainy day. I think it was actually home to one man. He called himself Dream Weaver. Perched on top of a dune, dressed greenack sack with a small bedroll, he played a crude and rattled flute. He asked if I had a request, and I told him to choose. He then asked me to pick a number between one and 2,222. I chose 2,221, and Dream Weaver automatically started in with "Raindrops Keep Falling on my Head."

The ambiance was set, for the most part, involved in their companions or their activities. I saw a couple of fishermen at various points along the pier. A middle-aged woman, arm-in-arm with an elderly woman, strolled along as the distinct, guttural sounds of their conversation in German filled the air. A small boy and girl stalked pigeons and gulls, and an elderly couple spoke quietly between themselves, occasionally pointing at the surfers waiting below for just the right wave to sweep them toward the shore. A teenage boy sat on his mountain bike at the end of the pier and stared pensively out at the horizon. It wasn't raining hard, but it was the typical scene that conjures up visions of being curled up with a good book and a cup of hot cocoa as the sound of the rain hails you into a sweet afternoon nap. Instead, here I was, among dozens of total strangers, finding amazement in just watching them — older couples arm-in-arm, younger couples kissing, kids running about in a frenzy, and all of them seemed to be without a care in the world. I didn't have to talk with these people to get a sense of their peace and pleasure. In fact, I didn't want to talk with them. I just let my imagination write their stories: The surfers were absorbing the movement of the water surrounding them as a religious experience, a sort of meditation with wet suits protecting them from the Pacific chill. There were first dates happening and a reconciliation of a long-term relationship. Somebody was there on first visit to the West Coast, maybe to an ocean, and a little rainfall was hardly going to spoil the trip. A fisherman was catching dinner, and Dream Weaver is actually a successful man from the Bay area with a P.H.D. on sabbatical.

I'm probably doing a major injustice to some, but for others, I'm being the optimist that they may not be.

None of it may matter because we are all going back to our homes or our hovels to begin another day.

But from my visit, as an outside observer of a piece of these people's lives, I found a little bit of pleasure that "Must-See TV" can't deliver.

And let's face it: There is a little voyeur in all of us.

Teresa Wilson is a journalism senior and a Mustang Daily staff writer.

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**Letter policy**

Columns, cartoons and letters reflect the views of their authors and do not necessarily reflect those of Mustang Daily.

Mustang Daily reserves the right to edit letters for grammar, profanities and length. Please limit length to 350 words.

Mustang Daily encourages contributions on editorial policy and university affairs. Letters should be typewritten and signed with major and class standing. Preference is given to e-mailed letters. They can be mailed, faxed, delivered or e-mailed to opinion@mustangdaily.calpoly.edu.
Letters to the editor

Better to err on the side of life than murder

Editor,

This letter is in regards to Carolyn Ficara's arguments for abortion rights in her essay titled "Pro-choice doesn't mean pro-death" (Feb. 21). It is quite obvious that logic and sound reasoning were not priorities in her essay. The first two paragraphs talk about her grandmother who died because of self-induced abortion. I sympathize with her that she 'wants' given adequate healthcare to preserve her own life, but this doesn't change the fact that this is obviously an appeal to pity.

Ms. Ficara should realize that the end never justifies the means. Just because her grandmother didn't want the child doesn't mean that she had the right to kill it. I believe Ms. Ficara's response to this argument would be found in the third paragraph where she wrote, "I believe a 2-week-old fetus is alive, but I do not believe it is a baby. It is on this argument the abortion issue pivots."

"Quite right indeed Ms. Ficara; many times in the past people have committed outrageous atrocities just because they were legal. Examples abound when you look at Hitler and the jews or black slavery in America. These were perfectly legal things that people didn't feel guilty about because they were legal. Could this be happening in America today in regards to abortion?

America isn't so "tolerant" as it claims to be, especially when we examine the biases we have against the unborn purely based upon their location of being inside or outside of the womb. I beg to differ when you write, "We must trust the decision a woman makes.

Lastly, in your seventh paragraph you claim, "Creating neat categories is an easy place for people to hide when they don't want to think about the issue for themselves." I must point out that you are proof for your own argument. You put some fetuses/babies in a category that makes it all right to kill them, then at some point, a new category emerges where it is wrong to kill them. Explain to me the logic in this.

In closing, I urge fellow Cal Poly intellectuals to use sound reasoning and logic in our continual pursuit of truth.

Dylan Gonsalves is a civil engineering sophomore.

Advice for city campers

Editor,

Here's a little advice to the author Jason Schaller of the Jan. 21 column titled "Costs of campgrounds outrage outdoor buffs." He whined about how his camping experience was a "disaster," about the awful asphalt road around camp and that $17 to stay one night was lunacy.

First of all, if he and his comrades were real outdoor buffs, he would not have made the mistake in the first place to camp somewhere that was "no more natural than his back yard." Then Schaller mounned how it cost him and his buddies $17 for a site. Well, how is the park supposed to operate without some income? It's not a bad deal if he had split the cost with his pals.

If anyone thinks paying for a state or federal campsite is unacceptable, then I would advise him or her to vote for legislation that would increase the budget to allocate more to our public lands. The budget has dwindled for years now and nobody is concerned until they have to foot the bill at the front gate. Crying about it isn't going to change a thing.

Lastly, if Schaller and the gang want a little adventure and remote camping, the asphalt drive is a good indication that the campground is for family outings or where grandma and gramps like to park the RV for the night. On the Central Coast there are several designated wilderness areas to camp where no vehicles are allowed and where only your legs can carry you to enjoy some solitude and make bonding.

If you don't know where to get the information, call the U.S. Forest Service — or just come over to the Ag side of campus and ask faculty or forestry and natural resources students. We'd be glad to assist you in finding your dream camping trip.

Oh, and don't worry, we won't bite!

Jim Rutherford is a forestry and natural resources junior.

Gore is a poly-tic

Editor,

It is commonly said that in politics, poly means many and a tick is a blood-sucking insect. Usually, the tick that bites first and bites the hardest wins the election.

Al Gore has shown throughout his political career that there are no rules in his political operation manual. Winning for Gore is all that matters, even if it means winning ugly.

In the Democratic primary, Gore has distanced himself from Bill Bradley by showing that he (Gore) is the most ruthless politician in modern presidential history.

Gore first tried to scare democratic voters into thinking Bradley's health care proposal will spend the entire budget surplus and destroy our economic prosperity. Gore's health care plans, however, essentially create the same government systems and spend the same amount of money.

Gore also attacks Bradley for wanting to end Medicaid. Gore attacked his proposal saying it will unfavourably replace Medicaid with $150 medical vouchers. The truth is, Bradley doesn't offer medical vouchers at all. Gore essentially realizes that "vouchers" leave a negative association in the minds of the voters.

Finally, Gore has attacked Bradley for not supporting our troops in Bosnia. Again, the fact is in 1995 Bradley voted in favor of dispatching troops to bring peace to the troubled region.

Even Gore's first campaign commercial says that he saw his father, a high-ranking former senator, defeat for voting for the 1964 civil rights act.

Actually, Al Gore Sr. voted against the civil rights act of 1964.

Gore's bitter campaign strategy is creating a wedge in his own party. A former Democratic presidential aid told the Chicago Sun-Times that he wishes he could have his $1,200 campaign contribution back that he gave to Gore.

Gore has even made the outra­geous statements that he invented the Internet and he was the inspira­tion to the movie Love Story — just to name a few.

Apparently Gore is taking the advice of one of his campaign consultants, Naomi Wolf, and is trying to act more like an alpha male.

America doesn't need an alpha-male president. We need another president that wants America to win.

Scott Knik is a history senior.
On Campus Dining Guide

Students Find Treasures at Julian’s

Located downstairs in the U.U., Julian’s is a great place for busy Cal Poly students, faculty and staff to grab a quick gourmet coffee drink or pastry. Julian’s offers espresso drinks, ice cream, Upper Crust biscotti, five varieties of gourmet coffee daily, SLO Baked and Enchanted Bakery pastries, and more than 20 blends of ground-to-order coffee beans (by the pound or half-pound).

Julian’s began as an ice cream parlor and started offering gourmet coffee and espresso drinks about ten years ago—increasing its daily service from 300 customers when the store opened to 1,500 customers per day currently. Today, when you stop by Julian’s pick up a treasure map and search for clues in participating U.U. businesses like BackStage Pizza, El Corral Bookstore, the Craft Center, McPhee’s, Traveltime, and of course Julian’s. When you visit each location, have your map stamped.

When it is complete, turn it in at the last location you visit. You will be entered in a drawing to win a treasure chest of prizes such as $50 deposited to your Campus Express Club account, a backpack full of school supplies, a bowling ball and free bowling at McPhee’s and more!

Along with the treasure hunt, take advantage of the 25% off discount on most items at El Corral Bookstore on Wednesday, January 26th. Join in the Pirate Blend Coffee tasting at Julian’s on Wednesday, 1/26 from 9:00-11:00 a.m. Also on Wednesday, try some Pirate Pizza for just $1 a slice at BackStage Pizza, and listen to a free performance by the Opie Dudes. The show starts at noon and will last for about two hours.

Don’t forget to use the coupon attached to the treasure map to get a discount on a Java Blast, Espresso, or other treat at Julian’s, or something at El Corral or BackStage Pizza.

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Students,

If you are like most of your fellow students, you probably have concerns about where to take your car when you need service or repair. This is due in part to the simple fact that most students, not firm in the local area, are at a distinct disadvantage when it comes to selecting an appropriate shop to meet their needs.

Students may have concerns about being unfairly charged: whether work is completed correctly and in a timely manner, or if the work was not done at all, as was the case at one of the local, prominent dealerships who was charging students for services never rendered. These concerns prompted the development of a student-owned and operated repair facility called College Auto Clinic.

College Auto Clinic, founded in 1996, understands the demands that academic life places on students, financially and physically, and caters to those needs. We understand that you don’t have the resources to find a shop through the costly, time-consuming process of elimination.

Simply put, College Auto is here for you, the student. We’re here not only to provide service and repair at affordable rates but to empower and educate you in the local industry of auto repair.

In addition to providing service and repair to practically all makes and models of cars, we also offer state-of-the-art diagnostic equipment, employ ASE certified mechanics, as well as the convenience of free shuttle service to and from your destination.

Remember, we’re here for you. We look forward to your calls and inquiries.

Sincerely,
College Auto Clinic Staff

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Computers

Preplayed Sony PlayStation or Nintendo 64 games ..... $1.00 OFF

not valid with any other offer

Computers

Preplayed Sony PlayStation or Nintendo 64 games ..... $1.00 OFF

not valid with any other offer

Cal Poly Spirit Shop

Special

all JACKETS .... 30% OFF

offer good 02.01.00 - 02.29.00

not valid with any other offer

General Books

Special

all COMPUTER BOOKS .... 40% OFF

offer good 02.01.00 - 02.29.00

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School Supplies

Special

all LAMPS .... 20% OFF

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New!
Italian Orginals
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Buffalo Wings
10 piece $3.99
20 piece $6.99
Choose from: Hot & Spicy, BBQ or Plain
Double Cheesybread $2.99
Breadsticks $2.49
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Includes Choice of Dipping Sauce or Dressing.

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We accept Cash, Visa, Master Card, Discover and American Express.
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Buffalo Wings
10 piece $3.99
20 piece $6.99
Choose from: Hot & Spicy, BBQ or Plain
Double Cheesybread $2.99
Breadsticks $2.49
Fresh Garden Salad $2.49
Includes Choice of Dipping Sauce or Dressing.

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EXPIRES 2-25-00

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#4 2 medium 2 topping pizzas 2 orders
Breadsticks $15.99
EXPIRES 2-25-00

#5 Large 2 Topping Pizza
$8.99
EXPIRES 2-25-00

#6 Carry out Special Large 1 Topping Pizza
$7.99
EXPIRES 2-25-00
News

Tuesday, January 25, 2000

KCPR
continued from page 1

often with themes. One of this year’s "date" packages contains roses and gift certificates to Giuseppe’s Italian Restaurant.

Last year’s big item was a donated Volkswagen bus that went for $500. Local optometrist Dr. David Schults has been donating to the auction for 10 years.

"KCPR is in desperate need of funds for new equipment and it is certainly a worthwhile cause," Schults said.

COMUTERS
continued from page 1

back to my own setting and relax."

"It's really convenient and a real bargain. I pay $25 a month instead of $300, " she said. "You're not part of the solution if you're driving alone."

"I really love the people in the van. The van makes the commute fun," Ruffner said. "They're a real upbeat crowd."

To make the time pass by, the van plays Jeopardy on Fridays, she said.

Djinn Ruffner

special programs coordinator for Extended Education

Atascadero by 6:55 a.m., picks up people in Santa Margarita after 7 a.m., and arrives promptly on campus by 7:30 a.m. Christensen thinks vanpooling is the only way to go.

"It's really convenient and a real bargain. I pay $25 a month instead of $100," she said.

For Djinn Ruffner, her van ride with Christensen is only part of her commute. Ruffner commutes from Paso Robles to Atascadero to meet the vanpool. Ruffner chooses to live in Paso Robles because she needs the land for her horses. Plus she likes living in the country.

"I really love the people in the van. The van makes the commute fun," she said. "They're a real upbeat crowd."

To make the time pass by, the van plays Jeopardy on Fridays, she said.

KCPR is a non-profit radio station, so disc jockeys and staff members are not paid and no advertising is allowed. Christensen said the station is not subject to advertising pressures and can therefore provide higher quality programming and play more under-represented music for students.

"KCPR is the students’ last haven for uncommercialized new music that we don’t hear anywhere else," Juan said.

The live auction is on 91.3 FM every day until Friday from 10 a.m. to 5 p.m. KCPR disc jockeys running the show and taking bids from callers.

UCLA study reports freshmen stresses

(U-WIRE) LOS ANGELES — A record-high percentage of today's college freshmen are feeling increasingly stressed-out and overwhelmed by what they have to do, according to a study released today by the Higher Education Research Institute at the UCLA Graduate School of Education and Information Studies.

The annual American Freshman Survey, in its 34th year and conducted at UCLA since 1971, is the nation's longest-standing assessment of student attitudes and plans.

"The world is an increasingly more complex place and trends like this among students are big indications that we're all really nagged," Pruett said, adding that "there seems to be an emphasis on wanting to do more and having to do more without taking the time to relax and do things more simply."

Broken down by gender, 38.8 percent of women reported feeling frequently overwhelmed, compared to 20 percent of men.

According to the study, women, when compared to men, "spend significantly more time studying, performing volunteer work and participating in student club activities."

Men, on the other hand, tend to spend more time exercising, playing sports, partying, playing video games and other activities that are stress-relieving and may provide a recreational outlet for stress, the report continued.

Pruett suggested some reasons for the gender disparity.

"I think women are in a much more conflicting situation in trying to be competitive and successful because there is always a cultural, societal notion that they should be caretakers and raise families," he said.

Pruett also noted that women may also be more willing to admit to certain things than men are; for example, acknowledging their stress, whereas "men often feel like they're not supposed to have any."

Come see why Apple blows the competition away

Airport Wireless Technology Demo

for macs and pc's

January 27, 2000

5pm

Veranda Cafe

(in the corner)

Sponsored by El Corral & Apple
Work at a software start-up.
Find affordable housing near San Francisco.
Get over irrational fear of Clowns.
Allen back in top form with 'Sweet'

By Danielle Samaniego

Whether or not you are a Woody Allen fan, it’s hard to resist "Sweet and Lowdown." Starring Sean Penn in one of his more eccentric roles, Allen creates the fictional story of Emmet Ray, the second greatest jazz guitarist in the world (right behind real-life legend Django Reinhardt).

He is also an egotistical, ill-man­
ered kleptomaniac who dabbles in part-time pimping gigs. The story plays out in a documentary format, which looks into Emmet’s wild days of women, liquor, pool and extraordinary music. Rose of Cairo) as opposed to the pre-

real'lite legend Django Reinhardt).

Emmet Ray, the second j^reatest jazz

"Sweet and Lowdown." Starrin}» Sean Penn

Lowdown/The film is currently playing at the Palm Theatre.

By Kirsten Orsini-Meinhard

Barnett is no stranger to the film industry and had always hoped to

produce his own television show at

Cal Poly. When he met another producer

for the first five episodes of his show, Barnett

was inspired to create a show of his

own. Barnett described "SLO Motion Presents" as an outlet for all talent­

students, including those interested in film, television, and music.

The half-hour show, airing

Wednesday on Channel 6 at 8:30 p.m., is produced entirely by

students. His name is Josh Barnett, and he's a computer science junior. He seems to be in the wrong major, though. Not only is Barnett president of the film

club, he's active in Cal Poly theater and is a member of the improvmentation troupe, "Smile and

Nod."

The idea started out as "Dawson's

Creek" meets "Felicity" and quickly

changed into a student's

"Masterpiece Theater."

But there will be no old man sit­
ing by a fireplace and smoking a cigar in this show. Instead, "SLO Motion Presents," a new television show sponsored by the Cal Poly Film Club and CPTV, will bring Cal Poly filmmakers into the public eye.

The half-hour show, airing

Wednesday on Channel 6 at 8:30 p.m., is produced entirely by

students. According to Burnell, students

were recruited from the film club, theater club and other productions that he's been previously involved

with. Putting together all of the

ingredients that make a television show with little time could equal a stressful situation. Luckily, Barnett

had some help.

Ben Sheragy, an industrial techn­

ology senior, was in charge of
directing the opening credits of

"SLO Motion Presents."

"We're putting so much work into the opening credits because it's the first 45 seconds anyone's going to see, and we want it to just hit like a ton of bricks," Barnett said.

At least 10 hours went into pre­
production, and approximately 35 hours were spent on the actual shooting of the credits, Sheragy said. The film cost almost nothing,
save tape expenses.

Barnett said that one of the hard­
est parts of the production was finding

places to film the different scenes. In the end, the film was shot entirely on location, without the luxur­
y of a studio.

Kevin Sites, CPTV adviser and journalism professor, supervised "SLO Motion Presents," although he did not play an active role in the production.

He thinks the show will be a good addition to CPTV.

"We'd like CPTV to expand and not do just newscasts," Sites said. "I think the show is a great idea, and it has a lot of merit."

"I'd just like to get notice for the

filmmakers in the city," Barnett said.

"Because this is an engineering school and we have (few) film clas­
courses on campus, a lot of people who have been in the industry may have never had a place to put their ener­
gy."

Now they will. Every two weeks, "SLO Motion Presents" will feature different filmmakers, beginning with art major Rob Hauer and his

two short films, "Waiting for Route Five" and "Ten Ton News."

As the show’s host, producer and director, Barnett has his work cut out for him. Since the middle of fall quarter, much of Barnett’s free time has consisted of writing scripts, organizing shoots and coordinating student actors, all of whom are as busy as he is.

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At least 10 hours went into pre­
production, and approximately 35 hours were spent on the actual shooting of the credits, Sheragy said. The film cost almost nothing,
save tape expenses.

Barnett said that one of the hard­
est parts of the production was finding

places to film the different scenes. In the end, the film was shot entirely on location, without the luxur­
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Sports

**Chiefs star facing paralysis**

LIBERTY, Mo. (AP) — Derrick Thomas, one of the most feared pass rushers in NFL history, has a broken neck and back and might never walk again.

The star linebacker of the Kansas City Chiefs has paralyzed legs following a car crash on an icy road in which his friend was killed.

Thomas and Mike Tellis, 49, a third man in the car who was wearing his seat belt was treated and released.

Thomas was driving with two friends to Kansas City International Airport on Sunday headed for an NFL Championship game in St. Louis.

He lost control of his car on a snowy highway and it flipped several times. Thomas and Mike Tellis, 49, of Kansas City, Kan., were not wearing seat belts and were thrown from the car, police said. Tellis was killed instantly.

A third man in the car who was wearing his seat belt was treated and released.

The crash happened about 10 miles from another highway pileup in which 10 people died.

Thomas, a nine-time Pro Bowl player, holds the NFL one-game record of seven sacks and ranks ninth all-time with 126.5 career sacks.

The seven-sack game came against Seattle in 1990 near Veterans Day. He dedicated his effort to his father, an Air Force pilot who was killed in Vietnam in Operation Linebacker II.

With one of the quickest first moves of any defender in the league, Thomas became known for his "sack and strip" move in which he would close fast on a quarterback's blind side and back at his arm to knock the ball out of his hand.

The 6-foot-3, 255-pounder holds career records for forced fumbles (45) and fumble recoveries (19). He starred at Alabama and was named to the Pro Bowl his first nine seasons.

He has been active in the Kansas City area with his "Third and Long" literacy program.

"God willing, all the initial reports will be off and I'll be OK," Chiefs center Tim Grunhard said. "Right now, I'm not concerned with how Derrick Thomas the football player is doing. I'm worried about Derrick Thomas the person."

**Jets name assistant as Parcells’ replacement**

HEMFSTEAD, N.Y. (AP) — Al Groh was waiting for the question.

With Bill Parcells watching his every move, how does he go about being the coach of the New York Jets?

"Obviously, I've thought about it," he said Monday. "It's something to be dealt with," he said. "I think the best chance to replace Bill Parcells is to be a Parcells protégé." Groh is exactly that. The 55-year-old New Yorker who grew up 15 minutes from Jets camp has served with Parcells at five stops — two in college and three as an NFL assistant with the Giants, Parcells and Jets.

Now, after following one of the NFL's best coaches around for more than 30 years, Groh follows Parcells as the leader of the Jets.

"This staff and this team will be my staff and my team," Groh said. "I do not want to be the continuity candidate or the stability candidate. We're dealing with the future."

Tired of listening to Joe Nolan, Adam Russo and Matt Sterling spout off about their sports knowledge? Write back with your own comments and insight.

Send letters to sports@mustangdaily.calpoly.edu or stop by Building 26, Room 226.
Sports

Tuesday, January 25, 2000

NOTE: The paragraphs below have been numbered and reorganized for clarity and conciseness.

1. Every move by the NCAA over the last five years has been away from the sponsorship of beer companies or alcoholic beverages. I think there is no bad move, but Polity is probably reasonable. It's very contained and very controlled. It's not wide open and in an unhealthy atmosphere. It's a difficult issue on campus and it goes beyond athletics. In an athletic environment, the challenge is real. The biggest number of kids you allow to give is 63 and giving them that opportunity will be somewhere between 50 and 55. A lot of that money, as you said, we've been able to get in the last couple seasons. So it's in the low hundreds and a big piece of last year's roster were redshirts and football's most of a number game. It takes awhile before young people can become a contributing member of a football team, so it takes some time before those scholarship dollars can make an impact. But I think we're making progress, especially with the schedule.

2. What are your thoughts on this regarding coaches? MJ: 'I usually say it the public is hearing in the papers it's a bad thing. If they're seeing athletes and coaches not using their brains, it's a bad thing. The coaches are made of paper, then it's good. It's just happy working with these young kids. I really hope usually means we're doing all right. But the most difficult thing is personal decisions. You hope every coach

3. North Carolina drops out of AP poll

It's the powder blues these days at North Carolina, as the Tar Heels fell out of the Associated Press Top 25 poll on Monday.
The Tar Heels (11-8), ranked as high as No. 2 earlier in the season, fell out of the Associated Press Top 25 poll for the first time in a decade Monday. "We have never been concerned about national rankings, whether we were ranked high or not," North Carolina coach Butch Davis said. "I just had the worst thought. If the Rams are headed to the Super Bowl, does that mean the Sacramento Kings could win an NBA Championship? You never know, the year 2006 is just around the corner.

Joe Nolan is the Mustang Daily managing editor and is predicting a Colts-Bucs Super Bowl championship.

4. How many times will your grandfa- ther ask, "Wait. Where are the Terps from?"

Everyone talked about Mike Ditka taking all his draft picks for Ricky Williams. But how about the Rams? They traded a fifth-round pick for a Super Bowl berth (a.k.a.: Marshall Faulk). I just had the worst thought. If the Rams are headed to the Super Bowl, does that mean the Sacramento Kings could win an NBA Championship? You never know, the year 2006 is just around the corner.

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5. North Carolina enters No. 22 Maryland Wednesday night, hoping to avoid its first five-game skid since the final five games of the 1992 season.

"If there was any magic solution, I'd like to find one," Gathridge said. "We've had good practices. There are just going to have to get over this losing streak and start winning again. We're a good team. We're not a great team."

Meanwhile, Connecticut remained a runaway No. 1 in the bidding.

The Bearcats (18-1), who easily beat Memphis and Marquette last weekend, won their sixth straight and after the third straight week and eighth straight season, receiving 67 of 72 first-place votes from a national media panel.

6. Mustang Daily Classified Advertising

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The state of Poly athletics

An in-depth discussion with Cal Poly's athletic director, John McCutcheon, looks at the ups, downs and future of Mustang sports.

John McCutcheon is in his seventh year as the athletic director of 18 Division I sports.

JN: Women's soccer and women's volleyball both made it to the NCAA Tournament this year. Talk about what that does for establishing Cal Poly's athletic reputation.

JM: It was no easy step, especially with the competition we have. But I think it was a huge step for the programs. It's been a lot of work, especially with those coaches (Alex Critzer and Steve Schlick), and I think we have some other programs that are on the verge of being similarly positioned. And I think, hopefully, that we've gotten there in the right way. We've got good student athletes who are here for the right reason.

JN: To many, the perception of this campus is that it doesn't really rally behind athletics here. Do you think that can change, and if so, how do you go about getting more support?

JM: Well, we do receive fairly good support. I think if you look nationally, we're not that bad. There has been a trend, unfortunately, in terms of student participation declining. And yet I think ours has grown in the last two years. Support goes along with your success. But I think the pressure we've made developing conference realities helps significantly. But realities are just that; they come with time, they come with experience, they come with history. So that's a big part of it. Also, if we can solidify the Big West as a California league it will put us against schools that our student body can identify with.

JN: What's the future of the Big West?

JM: I think it would be premature to comment right now, but I think the comments that have been made lately (about becoming a primarily California-based league) I think are fairly accurate. We would have significant cost savings regarding this new alignment, and we all, for the most part, have programs that are very similar to each other: baseball, softball, volleyball. Our intent by getting that kind of alignment is to focus on men's and women's basketball and upgraded them to a more competitive level. One of the things that has really compromised our ability to do that is all the 1-A football decisions made by the Big West, which have really impacted basketball.

JN: Talk about coaching. Every coach has a different philosophy. You've got Jeff Schneider (basketball) who's a Keller and very emotional, and then there's Larry Welsh (football) who shows away from the spotlight and is more reserved. What are the characteristics you look for in your ideal coach?

JM: Well, I try not to have an ideal coach because of just the reasons you mentioned. People are different. People have their strengths and they have areas where they need to improve. You try to find a person who fits your situation at that particular time.

JN: The academic standards are higher at Cal Poly than the basic NCAA guidelines. How do those standards help or hurt Cal Poly athletics?

JM: I think it really helps us. If you talk to our coaches, and ask them, "What's the first thing you see McCUTCHEON, page 11"

The ramblings of a confused sports writer

Here's what I remember: I'm sitting in the Sports Book in Harvey's Lake Tahoe in late August. Jets are 7-1 to win the Super Bowl," I heard and thought, "Solid bet." But they're going to have to get by the Broncos and Jaguars, and even if they get to the Super Bowl, the Falcons or Vikings will be a tough game.

Then, from what I've been told from witnesses, I walked outside, someone dropped a brick from the top floor. The projectile knocked me out and forced me to miss most of the 1999-2000 NFL season. Fortunately, I woke just in time to catch the Super Bowl.

The problem is, I believe I'm having a relapse. I mean, the Rams and the Titans. What? Even Nostrofickdamas had the Falcons and Jaguars.

But I guess I should feel fortunate. I'll just have to see the most-watched television event of the year, and all it will cost me is my sanity. So please bear with me. My ramblings are not those of a man in his right mind.

But don't get me wrong, I'm definitely going to enjoy the game. For my Super Bowl party I'm making my world-famous Dick Vermeil onion dip. The reason is so potent you'll cry more than he does at his daily press conference.

"Paging Trent Green, paging Trent Green. Please pick up the white courtesy phone. Trent Diller is on the line."

I was wondering, if the Philadelphia Eagles came up with a stupid endzone dance next year, could they be the third straight perennial NFC loser to advance to the Super Bowl?

see NOLAN, page 11