Colloquium guest speaks on radiation

By Karin Driesen
MUSTANG DAILY STAFF WRITER

The government estimates that a permissible amount of low-dose radiation for one person per year is 100 milligrams, which is equal to about 10 chest X-rays per year. This and other health effects of low-dose radiation were discussed at the weekly physics colloquium Thursday.

Dan Hirsch, from Committee to Bridge the Gap, an environmental group that intervenes in court issues, gave arguments on both sides of the issue, then concluded with his own opinions and a question-and-answer session.

Hirsch explained that low-dose means there are no acute effects such as the ones associated with the bombings of Hiroshima and Nagasaki, but there can be sufficient damage to genetic material, which can cause cancer.

The government’s permissible amount of low-dose radiation could produce one case of cancer per 150 people, and half of those cases would be fatal.

The Environmental Protection Agency regulates radiation exposure on a much stricter risk level of one case per 1 million people, as opposed to the one case per 150 people.

The government’s permissible level for nuclear plant workers is much higher at 5,000 milligrams per year, or 500 chest X-rays.

“A properly functioning nuclear plant,“ Hirsch said.

Contrary to popular belief, household microwaves do not emit low-dose radiation. At the physics colloquium Thursday, an environmentalist spoke of some of the effects of low-dose radiation.

Women can buy student-bachelor to fight blood disorder

By Teresa Wilson
MUSTANG DAILY STAFF WRITER

The men have volunteered their time to be auctioned or to serve as drivers for the bachelors and their dates.

More than 25 local businesses have agreed to contribute prizes and services for the evening, including dinners for two and gift certificates. But Limousine of Lex Odes will provide transportation for some of the newly matched couples to and from restaurants and the final event of the evening, a Valentine’s-themed dance at Tortilla Flats.

There will be a photographer on

see BACHELOR, page 2
Blood vandal confesses

Edds said the student was very apologetic and remorseful.

"The student to genuinely interested in participating and making sure everyone is understanding that there was no grief intended," Edds said.

Edds said he feels the case should be handled as vandalism and does not have enough to warrant credible threat.

There are several avenues the university could take in handling the case. It can either go through Residence Halls Judicial Affairs or the university's Judicial Affairs office.

The student is reportedly in good health, which the investigation primarily focused on.

Team sends careful-love message

By Karin Driesen

MUSTANG DAILY STAFF WRITER

Members of the peer health team at EROS, Educational Resources on Sexual Education, want to provide a caring, humorous and careful-love message to the community.

In honor of Valentine's Day, EROS is sponsoring activities in the University Union that promote safe sex. The program will run today and Monday from 10 a.m. until 1 p.m.

"We want to promote education in a fun way and make people aware," EROS coordinator Christy Mortain said. "We're doing it in a humorous way so that people will be more likely to participate."

Among the activities are games such as guessing how many condoms are in a jar and "a condom race." Participants can also make valentines and pick up condoms for free.

Gift certificates for restaurants, stores, salons and other places are being given away at prizes.

EROS is one of several health programs. Its purpose is to raise awareness about health issues such as AIDS, unwanted pregnancies and sexually transmitted infections (STIs) and sexual assault.

EROS does work with classes, dorms, and fraternity and sorority chapters and provides information about the costs and prevention methods of STIs.

In December, the group did a program for World AIDS Day, and in the future it will work with the Women's Center on Take Back the Night.

Carefully Week is designed to send a positive message to students.

"I see it as better than focusing on the negative things like rape and STD's," said Streah Abdulah, a member of the peer health team. "It's about taking care of people — loving carefully."

"Some fraction of cancer is from natural radioactivity, but you can do something about it," Hirsch said. "The question is how much we should do about it."

There are three main positions on the dangers of low-dose radiation. Hirsch said. The first is that the dose-effect relationship remains linear. When a dose is fractionated, lower effects are produced. Some believe that low doses are less dangerous, and others believe that low doses are more dangerous. However, Hirsch said, there is no reason to presume departure from the linear.

The subtler position says that lower doses are less dangerous because there is a threshold below which the levels of risk are very small or non-existent. Cells are believed to be capable of repair at this low level, and are adaptive to the different radiation levels. Some people even believe that the low dose stimulates repair processes in cells, actually making the radiation a health benefit.

An argument against this position is that the repair may not be perfect, and cancer may be a result when the cancerous cells do not repair correctly.

The superlinear position holds that the response can also increase the number of complex mutations that lead to cancer.

Hirsch concluded by saying that there are not only scientific forces at play in the debate, but economic ones as well. Large amounts of money are being spent in the industrialized countries. Large amounts of money are being spent in the industrialized countries.

BERRY continued from page 1

Berry became serious when speaking about society's fear of differences and the intense need to accept each other.

"It's important to encourage people to have a diversity of ideas and opinions," she said. "You never have a clear understanding that we need diversity to grow."

Berry encouraged audience members to look into their past and learn from the history of their parent's role in society.

For the future, she advised remaining connected within society and "caring more than our backsides out of our inside's, referring to the superficiality that often occurs among people."

Berry urged women to get involved and begin to work together, instead of against each other.

English senior Rachel Raymond, a member of the Women's Center Board, was influential in asking Berry to speak.

"We wanted to have an African-American speaker to represent women's issues, but also because February is Black History Month. Berry's credentials are astronomical," she said. As part of the month, a panel discussion, titled "Choices, Challenges, Changes," was held on Tuesday and a women's quitting session was held Thursday.
It's like a fish out of water; a small, freshwater lake sitting only a few hundred yards from giant sand dunes and the Pacific Ocean.

Oso Flaco Lake, three miles south of Pismo Beach, off Highway 1, is a peaceful respite for busy students. About 11,500 people visited Oso Flaco Lake Natural Area last year to fish, hike, sight-see and snap a few photos.

The mile-long hike from the parking area to the beach is an exploration into diverse ecosystems. The trail starts in a dense, wooded area. Don't be fooled by the cool, shaded walk through the riparian forest, though. A left-hand turn after a few hundred yards leads walkers to a wooden bridge directly over the middle of the lake. Keep an eye out for active bird life in the willows and cattails around the lake.

Once across the lake, the trail wanders through low-lying dune scrub unique to the Central Coast. Six miles, the scrub becomes sparse, leaving smooth, windblown sand. Birds such as Western snowy plovers and California least terns make the dunes their home. Eventually, the trail opens up to the beach, and walkers can follow the coastline in both directions.

The 200-acre area is part of Oceano Dunes State Vehicular Recreation Area, however, no vehicles are allowed on this protected portion of the dunes. Currently, the U.S. Fish and Wildlife Service is proposing converting the dunes south of Oso Flaco into a national wildlife refuge. The Mobil Coastal Preserve, which begins about one mile south of Oso Flaco, contains about 2,500 acres and several federally protected species, including the snowy plover and least tern.

The Nature Conservancy, which now operates the Guadalupe-Nipomo Dunes south of Oso Flaco, offers decent lead walks in the area several times per month. Visitors can call 929-3647 for information.

To access Oso Flaco Lake, take Oso Flaco Lake Road off of Highway 1 and follow it into the parking lot and trailhead. Day use fees are $4 per vehicle, and camping fees are $6 per night. May through September, Oso Flaco Natural Area is open 10 a.m. to 5 p.m.

I heard a drinking story yesterday. It was no different from the last, or any other, that I had heard before. Drink less, do stupid things.

But it led me to consider more deeply a conversation I had had during the long ride to the Sierra eastside.

"My father," a friend confided, "is having a hard time getting older. He can't handle the fact that he can't do the things that he used to." Father, like son, is a climber. Father is an adventurer who is coming to the end of his adventures.

A stark realization hit us just then: Youth doesn't last forever, and when it's gone, what is left? Only memories of adventures past. That is why I could never spend my weekends going to the same parties, drinking the same beer and telling the same stories each Monday morning. What memories would I have when the twilight of my life set in? Where would I have been? What would I have done? No, this is not for adventure now. The time to see the world is now. The time to live is now.

With that, I changed the weekend. Hot springs, ice climbing, bouldering, rock climbing, more hot springs we did it all in two days. Yeah, it was a long drive, a tad expensive and perhaps the home week suffered a little, but in the end I gained experiences that can never be taken from me.

I may not be an accumulator of wine, women or wealth, but when I reflect back on the sunsets on my life, at least I'll be able to say that I experienced the world in its full splendor. Will you? Thanks, Jason O., for the insight.

Jason Schaller, chemistry junior, writes a weekly column for Get Out.

Poly Escapes presents Kavu film festival

Kimberly Tahsuda
MUSTANG DAILY STAFF WRITER

Kavu Day 2000, a festival of outdoor films presented by Poly Escapes, premieres Tuesday Feb. 15 in Chumash Auditorium.

"The festival is a good diversion for students," program advisor Danie Corner said. "It will give students a break from studying."

Kavu is a Seattle-based apparel company that created the festival to provide a series of amateur films to be viewed by college students. The festival is modeled after the Bunk Festival of Mountain films, an amateur film contest. The winners of the Bunk Festival tour the world with the winning films.

The festival consists of four films: a 45-minute back country skiing documentary, through Russia; 30 minutes of extreme kayaking through Washington, Montana, Mexico and Canada; a 20-minute mountain bike shift through San Francisco and North Shore British Columbia; and a 10-minute film called "The Realm."

The event is a fundraiser for Poly Escapes, and the profits will be used to buy tents, skis and backpacks.

"The purpose of the festival is to support amateur filmmakers who show their passion for the outdoors through films," Corner said.

Free popcorn will be available at the festival as well as free giveaways of outdoor apparel from Kavu.

"These are great films," Corner said. "The kayaking film shows some amazing feats."

The films will show at 7 p.m. and 10 p.m. on Tuesday in Chumash Auditorium. Pre-sale tickets are available in the Escape Route (room 112 of the University Union). Tickets will also be sold at the door.

"These films will not be able to be seen everywhere else," Corner said. "Amateur films are not mass market. They have a grassroots quality to them."

WANTED

Polytechnics columnist

Mustang Daily needs a student, staff or faculty member to write a weekly column about his or her wanderings around the World Wide Web. Contact Nanette Pietroforte, Features Editor, at 756-1796 or features@mustangdaily.calpoly.edu.

Sports loud mouths

Mustang Daily needs your opinions about the world of sports for the new Sports Forum. Letters can address Cal Poly sports or any other professional or collegiate sport. Drop them by bldg. 266 room 226 or send to sports@mustangdaily.calpoly.edu.
Opinion

The issue: Valentine’s Day romance

It’s a wonderful holiday

Valentine’s Day is not a holiday made up by greeting card companies to make money in between “real holidays.” The holiday actually has a romantic and factual history to it. And it’s a great day.

I was once a skeptic of Feb. 14, but now that I’ve found true love after a long time of disbelief, I believe that Valentine’s Day is a very special holiday.

Some may say that you don’t need a holiday to celebrate your love for someone. True, you can celebrate your love every day, but Valentine’s Day is an excuse to go overboard with reminding (or even telling someone for the first time) just how special they are to you.

People who believe the holiday is “fake” may have never experienced love and therefore are not compelled to celebrate it. Others may have been hurt by love and despise any mention of Valentine’s Day. Some may be sad that they don’t have someone special to be with on the holiday.

Even if you don’t have a Valentine, the day can celebrate friendship, too. Last year my best friend and I didn’t have Valentines, so we used it as an excuse to meet back in our hometown and catch up on old times.

Whatever the case, we can probably agree that love is a popular feeling recognized by people all over the world. Love is everywhere in songs, on television, in books—even animals experience love. Love creates knots in our stomachs, and it’s our natural instinct within us.

For those reasons, Valentine’s Day is a valid holiday because people are celebrating such a special, powerful and permanent emotion.

Remember the days back in elementary school when we were given an entire afternoon to sweep in innocent Valentine cards with our classmates? And remember when you got that special one from your crush? Well, maybe it was a tiny arrow with a cartoon-character card that said “Gee, you’re swell ...” but in any case, it was probably a great feeling. So why shun a holiday we’ve known since we were children?

Valentine’s Day, more formally known as St. Valentine’s Day, has backgrounds in both Christian and ancient Roman cultures. The main legend holds that Valentine was a priest from third-century Rome who secretly married young couples, even though Emperor Claudius II outlawed it for young soldiers. Claudius thought that young soldiers would make better soldiers if they didn’t have time or energy to have relationships, but in any case, it was probably a great feeling. So why shun a holiday we’ve known since we were children?

Valentine’s Day only succeeds in perpetuating the American stereotype of superficiality. Love should not be turned into a Hallmark card or tacky gifts.

In a world full of stress and insecurity, the last thing we need is this “holiday” to make us feel worse about ourselves. People don’t need to be made to feel even more insecure about their love lives.

For anyone who thinks that Valentine’s Day is come, I have one thing to say: Don’t be so stubborn. Love is worthwhile if you only accept what it has to offer.

For example, my friend—we’ll call him Chuck—decided to protest Valentine’s Day by asking a girl out to protest the holiday with him. Hmm ... I may be wrong, but in some sense, isn’t being Valentine’s Day an excuse to ask her out? Sure, Chuck, you’re not fooling me! I’ve been on both sides of the arguments involving Valentine’s Day. However, I’ve come to realize that the holiday is here whether we like it or not, it’s more fun to enjoy it than fight it.

Besides, love can be hidden in many ways, and Valentine’s Day is an opportunity to single it out and have a little extra fun. It’s the power of love.

Kelly Hendricks journalism junior and a Mustang Daily staff writer.

‘ Forced love’ is overrated

Right now, at least half of the Cal Poly population is stressing out, and it’s not because of midterms. There are people wandering the aisles of Hallmark, crying over the sappy cards and heart-shaped flowers.

Students are wandering campus in a state of near-sickness, watching other couples kiss or hold hands, knowing that they will be alone on Valentine’s Day.

Students who have found that special someone are frantically checking their bank accounts, calculating the amount of money needed to buy “meaningful” gifts.

It’s arrived. America’s only holiday that takes the essence of love and commercializes it into an ideal that is impossible to achieve. Valentine’s Day is essentially a day that forces you to love someone.

Although I hate to admit it, I too believed in the meaning of the holiday. Just as I do now. I dreaded Feb. 14, but I assumed my hatred of this heart-smartened day was the result of my love life. I knew that if I fell in love, I would have to buy chocolates and flowers or a walk on the beach, perhaps. I was wrong.

Last year, I finally had a boyfriend. While my friends moped about and complained about boys, I planned for a day of love and romance. I speculated on the surprises that my boyfriend would most certainly bestow on me. When he came over Valentine’s Day evening, he carried with him a handmade frame with a picture of the two of us—and no plans. When I realized he didn’t have dinner reservations or surprises hiding up his sleeve, I was disappointed. When he suggested a homemade dinner and a movie, I was devastated.

Any other day of the year, the prospect of quiet time at home with him would have made my day. Instead, I nixed it for absolutely no reason.

So yes, we had a not-so-magical Valentine’s Day and we didn’t have all the typical Valentine’s ingredients. I failed to appreciate how long it had taken him to make the beautiful frame or how lucky I was to be with him at all.

While I’ve heard Feb. 14 dubbed Single Awareness Day, I have found that couples are not spared from the agony of forced romance.

In searching for the ideal Valentine, I realized a great many things about myself and this so-called happy holiday. First and foremost, it is impossible and unfair to designate a day to love someone. This theory puts entirely too much pressure on the parties at hand and is utterly pointless. While I still have a lot to figure out about relationships, I know that couples shouldn’t be forced to love each other on a particular day. I would hope that would happen every day.

Valentine’s Day only succeeds in perpetuating the American stereotype of superficiality. Love should not be turned into a Hallmark card or tacky gifts.

In a world full of stress and insecurity, the last thing we need is this “holiday” to make everyone doubt themselves. Single people have no choice but to contemplate their existing non-partner state. Popular questions are usually, “Why don’t I have a boyfriend/girlfriend?” or “Is there something wrong with me?”

At least single people are granted the opportunity to shine; couples have to grin through their misery and pretend they’re happy about the expensive presents they had to buy.

For those of you intend on finding the meaning of Valentine’s Day, call off your search. It doesn’t exist.

Kirsten Orsini-Meinhard is a journalism sophomore and a Mustang Daily staff writer.
Opinion

Controversial ads bring breast cancer to public attention

Unfortunately, I don’t remember the last time a breast cancer ad caught my attention. I also don’t know many female friends who perform regular self-checks. I can’t say that I do. Many women probably don’t even know how to perform breast self-examinations correctly.

In 1999, it was estimated that approximately 176,300 cases of breast cancer would be diagnosed and more than 43,700 women would die from the disease, according to Y-ME National Breast Cancer Organization’s Web site. Breast cancer is an ugly disease, yet the women who have it are anywhere but. Just recently, controversy struck the Bay Area after a series of poster-sized ads went up in numerous bus shelters in Santa Clara and Contra Costa counties. The women in the ads appear to be models for Cosmopolitan, Calvin Klein perfume or Victoria’s Secret lingerie. The major difference is that these women have mastectomy scars and that these ads are designed to increase breast cancer awareness.

The scars of a mastectomy are unsettling to look at because they invoke fear. Breast cancer is scary. Imagine how difficult it must be for women battling this disease to look in the mirror and accept their bodies, after losing part of it. The scars do represent a reality that many breast cancer patients are dealing with. When someone is taking a picture of you, they might upset women and cause them to further dodge doctor’s visits for fear of finding something.

I am aganist these ads as well that they might upset women and cause them to further dodge doctor’s visits for fear of finding something.

Letters to the editor

Use posters sparingly

Editor,

Although I do not agree with the gay, lesbian or bisexual lifestyle, I feel it is not my business to tell them what they can or can’t do.

However, when any club insists on plastering posters on the bulletin boards, I think they are overstepping their bounds. Everyone can see any of the other posters on the boards. This practice is not only disrespectful, but presumptuous and childish. The majority of campus is not gay, lesbian or bisexual, and therefore the majority of posters on a bulletin board should not be advertising such a club.

As far as the recent comment by Andy Rubin mentioning posters encouraging a “yes” vote on Proposition 22 to prohibit same-sex marriages in this state, California law currently does not recognize same-sex marriages. Therefore, this proposition would not prohibit such marriages. Only marriage between a man and a woman is valid or recognized in California. As you can read in the proposition, nowhere does it state that California is prohibiting same-sex marriages. The purpose of this proposition is to prevent California from having to accept the decisions of other states regarding this issue.

Yasmin Corless is a liberal studies junior.

Exceptions are the rule

Editor,

Rod O’Donnell’s third health article, Caucassian adoption in many years, Dominique Mocmoc’s divorce from her parents, Elson’s private bill to grant him U.S. citizenship, a Celebrity status has become the fastest way to cut through the presidential radar.

The private bill introduced into the Senate to grant Elian citizenship (which, thankfully, did not pass) is not incredibly rare, despite what the media would like you to believe.

Senators, if asked why they wish to help their constituents whenever possible. The speed and fury with which this bill was introduced, however, is rare and mildly disgusting.

I know a woman named Debbie Berger who has been trying to get a private bill passed for her daughter for the past five summers. Her daughter was born in England while Mrs. Berger was living there with her parents. After Mrs. Berger is a U.S. citizen, her daughter is not there are other circumstances, but that’s the gist of it. On two occasions she has been to breakfast meetings with Harry Reid, senator from Nevada.

Unfortunately, because of issues pressing Nevada, she’s been told by Reid every year that he’d “be happy to help and introduce it, but then (he) can kiss Yucca Mountain goodbye.”

Of course we expect such politics — the greater good of the state — to play a part in what our elected officials do, but should the media so heavily influence what’s done so quickly? Certainly don’t think.

Megan Ariaz is an environmental horticulture sciences freshman.

God is a delusion whose time has passed

Editor,

Even after years of exposure to the concept, it still amazes me that people still cling to the idea that there is an omnipotent being that created the universe, rules the world, and shows us how special in it. I fully acknowledge the comforting feeling that this must bring to every believer, but I really think that it is time we give up this anti­quated notion. Modern science is discovering new facts every day, and while this doesn’t replace so-called eternal truths that many people look for in a text-translated and overly edited book, they have the advantage of being duplicable and observable by anyone who chooses to look, rather than made-up interpretations or half-forgotten old stories.

Believing does serve useful purposes in society, including a peace­keeping element that is usually stronger than local law enforcement and a foundation for solidarity difficult to shake, but it has also caused problems.

Organized religion has been the cause of more strife and devastation than any other force in human history. The Crusades, the Inquisition and the continued conflicts in the Middle East and elsewhere are only a few examples of the tragedies wrought by taking unformed beliefs too far.

Although I am not opposed to elaborate belief systems created to keep us in line and make us feel better, I think that we need to recognize them for what they are and keep them from getting out of hand.

Chris Newman is a computer science junior.

Letter policy

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

Mustang Daily reserves the right to edit letters for grammar, punctuation and clarity.

Please limit length to 350 words.

Mustang Daily encourages comments on editorial policy and university affairs. Letters should be typewritten and signed with major and class standing.

They can be mailed, faxed delivered or e-mailed to: Mustang Daily, calpolu.com
The Novel Experience offers personal interaction

The Novel Experience is a bookstore located downtown at 787 Higuera Street across from The Network. The owner, Jim and Christine Hill, have run the family type bookstore for the past eight years.

The Novel Experience carries every type of book from bestsellers to classics, healthy cooking to healing the spirit. "People are getting smarter about taking care of themselves and their health care," said Jim Hill.

Some of the busiest sections are children's books, mysteries, and the hot, new titles. The Novel Experience also boasts a collection of San Luis Obispo's local authors. You can find books for the active, outdoors type, too. The Novel Experience has shelves full of local history guides and trail books.

The Novel Experience is also a great place for browsing. The bookshop has ambient lighting and welcomes visitors. If you are lucky, you might even catch a glimpse of the bookstore's jet-black cat, Ophelia, named after a character from William Shakespeare's Hamlet. Lives at the bookstore full time. "When we first adopted her we called her Othello," said Jim Hill.

The store has a wide variety of bookmarks ranging from 99 cents to $5, as well as many greeting cards.

"Until we found out he was a she." Besides books, the Novel Experience carries pens, stationery, book lights, and calendars. The store has a wide variety of bookmarks ranging from 99 cents to $5, as well as many greeting cards.

Jim Hill doesn't believe in on-line shopping. "Nothing beats face-to-face interaction," he said. Unlike chain and on-line bookstores, employees at the Novel Experience can recommend books to customers that they have personally reviewed.

In the next few months, the Novel Experience will be remodeled and seismically retrofitted, resulting in a bigger, better, and nicer environment.

The Novel Experience currently offers students and faculty a 10 percent discount on all books. Students studying literature's classics can find them at the store. One with a wide selection of Cliff's Notes. They have personally reviewed. The Novel Experience also carries the books featured in Oprah's Book Club. Most orders are filled within five to seven days. Call 544-0150 to order by phone.

Interested in advertising in the Mustang Daily's Destinations & Diversions?

Give Mustang Daily ad representative Kathryn Dugas a call at 756-1143.
Sports

WRESTLING
continued from page 8
three pins and won seven of ten on a route to a 33-13 victory.
A standout in the Mustang roster has been sophomore Steve Strange. Strange has won 15 straight matches to improve his overall record to 22-3. Strange is coming off a California State Championship performance in which he captured the 174-pound title by defeating Fresno State's Dan Jackson by default.
Strange is confident in his team's abilities this weekend.
"I feel confident that we should come out with two victories this weekend. We should beat Stanford and San Francisco State, but we'll have to see how we get off against Nebraska."
Steve Strange
174-pound wrestler tonight, the Mustangs will take on No. 7 ranked Nebraska Saturday at 7:30 p.m. The Cornhuskers enter the match with a 7-5 overall record. They have two returning All-Americans and are members of the Big 12 Conference.

Wrestler Kristy Baker drives to the hoop against Fullerton last week.

Rec Center jumping with new classes

By Danielle Samaniego
MUSTANG DAILY STAFF WRITER

The Rec Center covers little-known areas of the campus.
Many of the fitness and instruction classes now being offered are new this quarter. Students can participate in everything from jump roping to salsa dancing to a 500-year-old African-Brazilian tradition.

"We look for classes that emphasize physical well-being, mental well-being and otherwise," said Charlene Rosales, a fitness administrative assistant at the center. She is in charge of bringing in different activities for the students each quarter.

There are also several new classes, including a "Mat Patles" class based on a program developed by Joseph H. Patles, the class works on a person's posture and core muscles, allowing greater flexibility. There is also a 45-minute workout class, known as "JUMP," which focuses on using a jump rope for cardio purposes. Another course on capoeira, which is a combination of martial arts techniques, involves kicking and acrobatics.

Mala Watson, a mechanical engineering sophomore who works at the front desk of the center, said classes often fill up within the first week, except for those that are foreign to students.

"When people don't recognize the words, when they don't know what it is, then (the class) won't fill up," she said. "If it's something like kickboxing, well, everybody knows what that is, and they want to take that."

Sign ups for the various activities take place during the first week of each quarter. The first week is free to those who are interested but not sure what the course is for them. After that, average prices for classes range between $15 to $36, and most sessions are offered twice a week. Rosales said prices for the classes are competitive to other gym clubs, and as Watson puts it, "We don't get that many refunds."

So far, the new classes have been excellently received, Watson, an architecture junior, enrolled in the capoeira class because it was the only one that fit her schedule. She now appreciates it on a whole new level.

"I like it because it involves a lot of muscle toning, cardiovascular work and stretching, which is really a part of the three aspects of fitness," Wood said.

Rosales said bringing in instructors outside of the college is what brings a higher caliber of instruction to the classes.

"We are starting to get instructors who are taking their passion and applying it to teaching," Rosales said.

Ryan Anderson, capoeira instructor at the Rec Center, has been teaching it for the past three years and has been teaching it for the last three.

"You develop a much deeper knowledge of a skill when you teach it," he said. "You start noticing idiosyncrasies and sequences and all kind of things that you really didn't notice before."

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Wrestling faces tough weekend matches

By Christian von Treskow
MUSTANG DAILY STAFF WRITER

Cal Poly's wrestlers will be busy hitting the mats this weekend when the Mustangs host San Francisco State (6 p.m.) and Nebraska (7:30 p.m.) at home.

The Cardinal were victorious in their last dual meet against Cal State Fullerton. Stanford recorded a 12-6 victory to become Stanford's first ever four-victory season.

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Zimmerer is ranked No. 16 in the nation at 133 pounds and is bidding to become Stanford's first ever four-time NCAA qualifier. He is undefeated this season with 12 straight victories, including five pins.

Zimmerer is ranked No. 16 in the nation at 133 pounds and is bidding to become Stanford's first ever four-time NCAA qualifier. He is undefeated this season with 12 straight victories, including five pins.

Winning by pinning 2-4 Pac-10 record, but a roster loaded with nationally ranked players, the Mustangs will also rely on the offensive contributions of guards Kristy Baker (10.1 ppg) and Stephanie Odom (12.6 ppg).

The Mustangs will also rely on the offensive contributions of guards Kristy Baker (10.1 ppg) and Stephanie Odom (12.6 ppg).

Aside from being the team's leading scorer, Smith also leads the league in blocks with 16.

Long Beach balances their offensive prowess with strong outside shooting by guard Reta Sula. Sula has scored 22 points so far this season with a league-leading 48% shooting percentage.

Despite the 49ers offensive weapons, Mustang head coach Faith Mimnaugh said a win is definitely possible.

"I think we pose as many matchup problems for them as they do for us," Mimnaugh said. "We have some serious work to do, but I think we have a belief we can win this game."

Mimnaugh said she hopes defensive adjustments will help expose 49er weaknesses and limit their looks at the basket.

"They have difficulty playing against the zone. Our plan is to play a ton of zone and hopefully that will slow their pace," Mimnaugh said. "That will enable us to keep the ball out of the middle."

The Mustangs will also rely on the offensive contributions of guards Kristy Baker (10.1 ppg) and Stephanie Odom (12.6 ppg). Baker is coming off the UC Irvine visit and will be a team effort.

"I'm definitely joint to get help from my teammates. It's not going to be a one-on-one situation," Sperry said. "Our plan is to get her into foul trouble by using lots of ball fakes and playing aggressive."

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Today's Question:
Which former Boston Red Sox pitcher gave up Rocky Don's home run in the 1978 American League playoff game?

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Briefs

Brown to stay with Raiders

ALAMEDA (AP) — Wide receiver Tim Brown passed up a chance at free agency and instead will remain with the Oakland Raiders.

Brown was signed to a new contract, Raiders coach Jon Gruden said Thursday. Terms of the pact were not disclosed.

Linebacker Greg Biekert, the team's leading tackler last season, and guard Steve Wisniewski also opted against going out on the free agent market in favor of re-signing with the Raiders.

Quarterback Bubby Brister, the backup to Rich Gannon, also came to terms and will be back with the Raiders next season.

"With free agency, we're in an era that promotes a lot of movement so to have this group of men back with us is something we're very excited about," Gruden said in a conference call. "We've had a plan from the very beginning. It's been private but well-calculated. The beginning of free agency began very well for the Raiders."

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