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- Discount Checks

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BBQ and outdoor sale Friday, Saturday, and Sunday
A LOOK INTO A FEW OF THE MANY ASPECTS THAT DEFINE CAL POLY

5 **Construction Scene** – Opening soon are both the first parking structure and the Sports Complex. Both are designed to better serve the needs of the campus community.

7 **Greek Scene** – Fraternities and sororities have long been a part of student life at Cal Poly. This year, however, joining these greek organizations will be a bit different for incoming freshmen.

9 **Centennial Scene** – In a few short months, Cal Poly will celebrate a milestone: its 100th anniversary.

11 **Safety Scene** – Campus police are working to provide a positive and safe environment for all Cal Poly students. With the recent discovery of two slain local college students, and the trial of the accused, safety is on the forefront more than ever.

15 **Health Scene** – For many first-time college students comes the adventure of independent living. Often overlooked, however, are the choices made everyday that make for a healthy lifestyle and availability of living one while on campus.

Welcome.
Campus Projects Update

Master Plan Update
Cal Poly is embarking on a planning process that will result in a new comprehensive physical Master Plan for the campus. Public comments on the preliminary draft have been received and are being reviewed by the planning team. The Draft Environmental Impact Report will be released for public comment during Fall Quarter 2000. The final Master Plan will be presented to the California State University Board of Trustees for approval during Spring Quarter 2001, Cal Poly's 100th Birthday.

Engineering III
Engineering III is an approximately 40,000 square foot building to be built north and west of the new Advanced Technology Lab in the old baseball field. The building will house facilities for Aeronautical Engineering, Civil/Environmental Engineering, Material Engineering, Industrial & Manufacturing Engineering. Groundbreaking is expected Winter Quarter 2001 with completion Fall Quarter 2002.

Student Housing
The new student housing project consists of 200, four-bedroom apartments (800 beds total), three to four stories high on six acres. Groundbreaking is expected June 2001 with completion August 2002.

For general information on campus construction projects, call the News Line at 756-6808, or Deby Anderson at 756-6806, or email djanders@calpoly.edu

Facilities Planning Department
www.campusprojects.calpoly.edu

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Sports Complex to open mid fall
By Sarah Doub
MUSTANG DAILY STAFF WRITER

After years of funding and construction, the Sports Complex is nearly ready for its grand opening on Oct. 20. The Sports Complex will give students extra room to play and athletes more-than-adequate facilities in which to train and compete. As the campus expands with its parking structure and other additional buildings, field space has been reduced. The Complex will reverse this trend by offering a number of facilities for recreational use.

The Complex consists of 47 acres of converted agricultural land. It has six multipurpose fields, three softball fields, one NCAA regulation-size softball stadium with 100 seats and a NCAA regulation-size baseball stadium with room for 600 people. The latest in a string of projects may not be operational by Sept. 18, so disabled parking may be open the next, that's what we'll do," Campbell said. "That will help because a lot of the players have to miss all or part of the practice."

Women's soccer head coach Alex Croister echoes Cone's sentiments. "The Complex will allow some flexibility in our practice time," he said. "That will help because a lot of the players have to miss all or part of the practice."

Men's soccer team and they are heavily overused," Crozier said. "I don't know if this parking structure is going to make it any better. There's going to be a lot of other students coming in, but we can hope."

Contractors are still working on a seismic retrofit of the structure. The retrofit began after a routine inspection of the structure revealed a lack of reinforcements in two of the levels last December. "The retrofit will leave us with a structure as safe and as good as it was originally designed," Project Manager Katherine Danklau said.

The lack of reinforcements, which strengthen the structure's columns, meant that the building was not up to code, and the first delay was announced. The completion date was then moved from January to April. That date was pushed further back after a series of heavy rains swept through San Luis Obispo. Though the original completion schedule allowed room for rain delays anticipating the usual 4 inches of rain per month, San Luis Obispo received close to 11 inches each month last winter.

The date was moved to June. No more delays were expected, but the retrofitting ended up taking longer than anticipated. "The contractor understands the concerns and the need for the structure to be open during fall quarter," Danklau said.

The four-story structure will add 936 spaces of much-needed parking to the campus at a price of more than $8.6 million. Funding came primarily from state and federal sources, as a result, separate contractors were needed for different projects, which often resulted in delays in the initial schedule.

"One of our solutions for the time loss was using helicopters instead of cranes to put in the lights," MacNair said. "We did that last spring and it cut three weeks off the schedule."
The Cal Poly Foundation not only provides essential services to the campus but one-of-a-kind "learn-by-doing" opportunities for students as well.

Who . . .

... Works in partnership with Cal Poly's president to augment campus programs?
The Foundation.

... Financially supports University Graphic Systems, a full-scale printing company that is operated and managed by students?
The Foundation.

... Provides business services for campus programs and manages endowments, trusts and investments for the university?
The Foundation.

... Financially assists about 60 small ag businesses that are operated by 500 students through the agricultural enterprise program?
The Foundation.

... Offers books, computer and classroom supplies, clothing and Cal Poly-branded merchandise as well as student jobs?
The Foundation.

... Financially assists Cal Poly's University Advancement division in its fund-raising efforts and manages campus conference and workshop activity?
The Foundation.

... Administers yearly grants and contracts for applied research projects involving students and faculty?
The Foundation.

... Operates more than two dozen food outlets and a catering department and provides jobs for hundreds of students?
The Foundation.
Taking the rush out of rush

Students must have 12 units of college work completed before becoming greek

By Keri Christofels

For more than 50 years, freshmen arriving at Cal Poly have been offered the chance to join organizations that allowed them to meet new people, assume leadership roles and take part in tradition. This year, things have changed. Incoming freshmen (students with no college credits) will not have the option of joining the greek system at Cal Poly. A new campus regulation restricts fraternities and sororities to recruiting freshmen during their first quarter attending school.

Deferred rush

"Rush," as it is traditionally called, is an organized recruitment period where all interested students are invited to different greek houses to meet fraternity and sorority members and find out more about joining each organization. For women, the usual sorority rush occurred the weekend before fall quarter began. For their male counterparts, fraternity rush was held during the fourth week of classes.

This year, because of "deferred rush," any student interested in joining a fraternity or sorority must have completed 12 units of college credit before he or she can receive a bid, which is a formal invitation to join. This means that anyone can come to rush events and check out what each house has to offer, but only those with the right amount of credit will be invited to join.

In response to the recruitment restrictions, this year's rush has increased collaboration between all the houses. Before rush begins, fraternities and sororities will host a kick-off barbecue on Thursday, Sept. 28. This will allow interested students to meet members of different houses at one big event.

A pre-rush event will take place on Friday, Sept. 29 at The Graduate, a dance club located on Industrial Way off Broad Street. Many fraternity and sorority members will be there, and it will end at 1 a.m. Saturday and Sunday will be open house days when interested students can visit these by different houses, walk through and meet members.

Date: Oct. 13, 24, fraternities and sororities will offer individual rush events, leading up to their bids. Bids will go out on Wednesday, and fraternities will give out bids that Thursday.

Greek philanthropy makes dollars and sense

By Keri Christofels

Though greeks are often credited with a wild social life in an exclusive setting, their goals of promoting philanthropy can be seen on campus throughout the year. Since Delta Sigma Phi (the first fraternity at Cal Poly), was founded in 1949, thousands of dollars have been raised to support numerous charities. Each fraternity and sorority is a chapter of its national organization and has a specific charity that it supports. Greek men and women also combine their efforts for special causes when the need arises.

Most fraternities and sororities put on entertainment or sporting events for all greek houses to raise money for their national charity. One example is Alpha Omicron Pi sorority's annual fund-raising contest, Mr. Fraternity. Fraternity members pay to enter the talent show and compete for its coveted title. All money raised from the event goes toward arthritis research through the Alpha Omicron Pi Foundation.

Other fraternities and sororities host lip sync competitions, which will be on volleyball, softball and football games to raise thousands of dollars for charitable causes. A greek favorite at Cal Poly is Greek Week, an organization competition by Panhellenic and Interfraternity councils between every fraternity and sorority on campus. (The councils oversee sororities and fraternities, respectively.) Each house pays to participate, and all proceeds benefit the Make-A-Wish Foundation.

Last year, greeks on campus rallied their efforts for a special cause: one of their own. Sigma Kappa sorority member Carrie Shellhammer was diagnosed with Primary Pulmonary Hypertension, a rare lung disease that necessitated a lung transplant. Many greeks donated their time and effort to an awareness campaign promoting organ donation to further Carrie's cause.

This year, the Panhellenic and Interfraternity councils hope to localize their philanthropic efforts even more by starting an endowment fund that will benefit charities in San Luis Obispo County.

The controversy

The administration's decision to change rush by restricting first quarter freshmen from joining a fraternity or sorority has been the center of a large debate between Cal Poly officials and greek system supporters over the past few years.

"I intend to sustain the current policy," said Robert Detweiler, interim vice president for Student Affairs. "It gives students an opportunity to come and get oriented with school. We think it's best for them to get their feet on the ground before they join a fraternity or sorority.

Detweiler said that he doesn't think the delay is excessive since Cal Poly is on the quarter system, and waiting one quarter may prohibit new students from being overwhelmed by a large academic workload or make a mistake by taking on too many obligations.

"I'm very much in favor of students joining an organization," he said. "I appreciate what sororities and fraternities have to offer.

While the administration's position maintains that this rule will help freshmen adjust to college life better and allow more time for making a decision on joining the greek system, greeks say they are being treated unfairly.

"We feel deferred rush may have a negative impact on our recruitment numbers," said Xavier Lanier, Interfraternity Council executive member and Delta Sigma Phi fraternity member. "We understand the university's concern about freshmenallocllo undone too much of their time too soon, but it is unreasonable to solve this problem by only restricting fraternities and sororities.

Other campus clubs do not have the same recruiting restrictions. Only greeks must wait until winter quarter to accept new freshmen.

Much of the controversy about both recruitment and the greek system in general comes from concerns about hazing, a method of humiliating new members prior to their initiation into a fraternity or sorority. Hazing is an issue that has loomed over the greek system nationwide after stories of forced binge drinking and alcohol poisoning, and even death, have surfaced in the past year in the media.

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Despite some of these negative issues, greeks are trying to focus on the positive.

"Someinitiative have taken great effort to make sure the pledge period really benefits the new girls," said Heather Jacobus, vice president of membership for the Gamma Phi Beta sorority.

"We want them to know that we're here for them, and we want to make it a great experience for them."

Many greeks look back at their own new-member stage with fondness, despite stereotypes about the infamous "pledge period." Indeed, some say that the greek experience made their college life better and even helped them when they left college and entered the working world.

"My involvement in the Greek system was one of the greatest experiences of my life," said Rob Woodburn, a 1998 Cal Poly graduate and former president of Sigma Alpha Epsilon fraternity. "It prepared me both socially and professionally for the 'real world' and gave me great memories and lasting friendships.'"

Woodburn is now a municipal securities broker for a company in San Francisco and said he still keeps in touch with many of his fraternity brothers.

Fraternity and sorority members emphasize the importance of brotherhood and sisterhood as a main reason for remaining. Many greeks will testify to the positive difference it has made in their college lives. As for regrets, there don't seem to be many.

Not all people have good feelings about the greek system, however. One of the most common complaints is that fraternities and sororities are just people that have to pay to have a group of friends.

Even so, Lanier said, "The only regret I've ever had about joining a fraternity is that I wasted until my sophomore year."

Should freshmen decide to join the greek system in winter quarter, they'll still have plenty of potential brothers and sisters anticipating their arrival.

Amid the apartment building and rental homes that line the streets of San Luis Obispo are fraternity and sorority houses. These symbols of their organizations are a great source of pride for their 'greek residents and owners. From the top, Kappa Alpha Theta (130 California Blvd.), Sigma Nu (1304 Foothill Blvd.), Sigma Phi Epsilon (280 California Blvd.), Pi Kappa Alpha (1322 Foothill Blvd.) and Tau Kappa Epsilon (1716 Osos St.),
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- Finish Project & turn in @8am
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Cal Poly gets ready for centennial celebration

By Shannon Akins
MUSTANG DAILY STAFF WRITER

In just seven months, Cal Poly will celebrate its centennial anniversary. Fireworks will announce the milestone that began nearly 100 years ago on March 8, 1901.

A series of events is in the works to recognize the past century of the university's accomplishments, and a new century of possibilities. The tentatively scheduled events are activities the whole community will be able to participate in and will span a year's time, beginning late fall.

"The university only gets one shot at being 100," said Jeff Bliss, centennial campaign coordinator.

The centennial campaign hopes to raise the awareness of Cal Poly alumni and community to the events at Open House, Bliss said.

"What (alumni) remember about Poly Royal are all still here," Bliss said.

However, this idea is still being negotiated with the city and county.

Open House falls on the weekend of April 20, and a fund-raising campaign kicks off on April 21.

Some centennial seminars will include "Biotechnology in the 21st Century," "Global Change" and the purpose of Cal Poly has never changed. It was created to prepare students to be the most qualified and trained professional they could be.

It all began with a dream

Myron Angel, a local journalist and leader in the campaign to establish a technical school. He envisioned a school that would, as he said, "Teach the hand as well as the head, so that no young man or woman will be sent off in the world to earn their living as poorly equipped for the task as I when I landed in San Francisco in 1849."

In 1901, San Luis Obispo was a community of more than 3,000 people. What is now the Cal Poly campus was farmland some distance north of town. The Southern Pacific's had just completed the last link on its coastal route, and supported the proposal to build a technical school as one way of increasing business for the new line. It was on March 8 of that first year of the 20th century that legislation founding the California Polytechnic School was signed into law after six years of debate.

However, a lot has changed over the last 100 years. Cal Poly began as a vocational high school that turned into a major California university. But the school's director until 1908, Anderson emphasized learning by doing and earning while establishing Cal Poly's hands-on approach to its polytechnic curriculum.

Of course, the university had to overcome all the fastballs the last 100 years threw its way. Only 30 years after Cal Poly opened its doors, the Great Depression threatened to put an end to the university. Yet in 1935, Cal Poly got a new start. Julian A. McPhie, chief of the California Bureau of Agricultural Education, agreed to become the school's president. McPhie became the leader of the newly reorganized two-year technical college.

When Pearl Harbor was bombed and World War II began, the campus was the site of a Naval Flight Preparatory School.

After the war, a wave of veterans using the G.I. Bill helped bring a new aspect to the university as the curriculum, facilities and enrollment expanded rapidly.

Up until this time, enrollment had been limited to men. But, in the post-war years the first graduate-level programs were added to the curriculum, and in 1956, women returned to the campus.

It was in 1961 that the university became part of the newly formed California State University system. It was also in the 1960's that Cal Poly's campus at Pomona, founded in 1938 as a branch of the San Luis Obispo school, was made a separate state college.

At this point in history, Robert E. Kennedy took over where McPhie left off. The college's reputation grew and Cal Poly was fast becoming one of the most prestigious universities in the CSU system. Then in 1972, California State Polytechnic College was renamed for the last time as California Polytechnic State University.

Cal Poly today

Current president Warren J. Baker succeeded Kennedy in 1979. By this time the student body had reached 16,000, and the challenge facing the university became providing an education that matched that of the modern world.

As Cal Poly nears the end of its first century, it continues to be an institution that is proud of its achievements, but not content to quit evolving.

Today, the university is one of the most prestigious polytechnic schools in California.

In fact, Cal Poly was recently named the best public, largely undergraduate university in the west by U.S. News & World Report. This is the eighth consecutive year Cal Poly has received this ranking.

Cal Poly's "Global Change" and "Cal Poly Land." Founders' Day will be celebrated March 8.

Taken in 1947 from a helicopter, this photograph illustrates the early beginnings of the Cal Poly campus. Few buildings and roads lie beneath the already-P-adorned hillside as the name was changed from California Polytechnic College to California State Polytechnic College.
Every weekday from 4-6 pm, it's Happy Hour at Sycamore Mineral Springs. Individual tubs are only $10 per person for each hour. It's the perfect way to unwind and let stress melt away.

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Andale Andale Yyla Yyla!
In addition, Cal Poly faces safety issues with its new parking structure. As Tony Arlet, chief of University Police, said, "Most students are safe here than they are at home."

While these facts may help put students' minds at ease, it doesn't mean that safety and crime shouldn't be a concern. Though statistics show this to be a relatively safe area, some serious crimes have been committed in San Luis Obispo within recent years. Most notorious was the kidnapping, rape and murder of college student Rachel Newhouse and Andria Crawford in 1998 and 1999. Rex Krebs, 34, stands accused of these murders and will soon be going to trial.

Arlets said statistics like those are an exception and not the rule. "When incidents like this happen anywhere in the country it is an anomaly," he said. "Unfortunately, it happened here."

Overall, students are safe here, Arlet said, but they still need to be smart. "I want people to feel safe and enjoy their lives, but at the same time be educated about safety," he said. Basic common sense, such as locking car doors, walking with friends at night and not leaving backpacks unattended is important, he said. Arlets will give a presentation during WOW about these issues and others, including drug rape and the drugs associated with that crime.

Lighting the way

Providing adequate lighting is an area in which the school has invested a lot of money. Two years ago, the Unified project created a significant upgrade of lighting systems, particularly in parking lots, that increased the amount of lighting from 150 to 250 watts and more light poles were added.

Facility Services, Associated Students Inc. and University Police all conduct a night walk twice a year to identify any areas that may need more lighting. The walk is done to establish how the area feels before and after the upgrade.

Ed Johnson, energy coordinator, said, "Lighting doesn't make an area safe, it just makes it feel safe, which can also be bad." He said the goal of the upgrades is to create enough lighting so people don't trip and so that it's possible to see things like putting a key in a car as well as other people who are far away.

Currently the general parking lot near Slack Street and Longview Lane is being upgraded. However, though more light poles are going in, the neighborhood area around the lot has to be taken into consideration. The poles can't be too high or the lights may disturb surrounding residents.

The night walks also identify hedges that need to be trimmed so there are no places for people to hide and jump out from. He feels that this is more important than the lighting. Emergency phones are also available all over campus, including parking lots.

Illegal drugs not unknown to the SLO college scene

By Cory P. Callaerta
MUSTANG DAILY STAFF WRITER

As posted on University Police's Web site, "Cal Poly is dedicated to providing the best academic and professional experience that can be offered to its students. Illegal drugs and alcohol are known to be at cross-purposes to this mission... Cal Poly is fully committed to achieving an alcohol and other drug free environment for its students and employees."

Clearly, drugs and alcohol will not be tolerated at Cal Poly. However, Cal Poly is no institution of innocence.

Two Cal Poly sophomores stumbled around town on a weekend night in 1998. It was about 3 a.m., and one of the students suggested they relax, have a beer and maybe play some dominos. One friend went to use the rest room and found a 5-foot marijuana plant in a closet while its "babies" grew in a pot on top of the toilet.

Back at the table, the conversation quickly turned to drugs and the female host pulled a plastic baggy out of a cabinet and told one of the friends to open his hand. In the bag were five pills that were described as painless little discs. With each pill costing $5, this same bag contained 55 pills just a couple of months earlier.

Cocaine, marijuana, ecstasy and many other drugs regularly pop up around San Luis Obispo. However, the two most prevalent drugs being used by college students in San Luis Obispo are alcohol and ecstasy, said Sgt. Bud Silva of the San Luis Obispo Police Department.

In late 1999, police began investigating the raves an organization called Club Empire played host to at the Forum in downtown San Luis Obispo. At Club Empire's Cinco De Mayo celebration, the police posted undercover officers at the rave to witness the selling and use of the drug. The officers made several hand-to-hand purchases and subsequently made six arrests, police estimated that about 85 percent of the people at this rave had used ecstasy.

Although use of ecstasy has become more open recently, a more widely used drug is marijuana.

A 21-year-old Cal Poly student, wishing to remain anonymous, sold pot for about nine months. "Dealer" was approached by someone who enticed him with the large sums of money that could be made selling marijuana. He left Dealer a few numbers in case he was interested.

I figured I'd give it a try with a small amount and see how it went," Dealer said. "It started out as a way to get a few extra bucks."

While these facts may help put students' minds at ease, it doesn't mean that safety and crime shouldn't be a concern. Though statistics show this to be a relatively safe area, some serious crimes have been committed in San Luis Obispo within recent years. Most notorious was the kidnapping, rape and murder of college student Rachel Newhouse and Andria Crawford in 1998 and 1999. Rex Krebs, 34, stands accused of these murders and will soon be going to trial.

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Currently the general parking lot near Slack Street and Longview Lane is being upgraded. However, though more light poles are going in, the neighborhood area around the lot has to be taken into consideration. The poles can't be too high or the lights may disturb surrounding residents.

The night walks also identify hedges that need to be trimmed so there are no places for people to hide and jump out from. He feels that this is more important than the lighting. Emergency phones are also available all over campus, including parking lots.
## CCAT HAS A BUS SCHEDULE

### Weekday Route

#### SOUTHBOUND Bus Stops

<table>
<thead>
<tr>
<th>RTS</th>
<th>Bus Stop</th>
<th>AM</th>
<th>AM</th>
<th>AM</th>
<th>AM</th>
<th>PM</th>
<th>PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>LOS OROS</td>
<td>Santa Ysabel @ 15th St</td>
<td>6:40</td>
<td>6:40</td>
<td>6:51</td>
<td>6:51</td>
<td>7:02</td>
<td>7:02</td>
</tr>
<tr>
<td></td>
<td>Pine Ave @ Los Osos Valley Rd</td>
<td>5:49</td>
<td>5:49</td>
<td>5:51</td>
<td>5:51</td>
<td>6:01</td>
<td>6:01</td>
</tr>
<tr>
<td></td>
<td>10th St @ Los Osos Valley Rd</td>
<td>5:51</td>
<td>5:51</td>
<td>6:01</td>
<td>6:01</td>
<td>6:13</td>
<td>6:13</td>
</tr>
<tr>
<td></td>
<td>South Bay Blvd @ Quintana Rd</td>
<td>5:51</td>
<td>5:51</td>
<td>6:01</td>
<td>6:01</td>
<td>6:14</td>
<td>6:14</td>
</tr>
<tr>
<td>MORRO BAY</td>
<td>Morro Bay Park</td>
<td>7:12</td>
<td>7:12</td>
<td>7:19</td>
<td>7:19</td>
<td>7:25</td>
<td>7:25</td>
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#### NORTHBOUND Bus Stops

<table>
<thead>
<tr>
<th>RTS</th>
<th>Bus Stop</th>
<th>AM</th>
<th>AM</th>
<th>AM</th>
<th>AM</th>
<th>PM</th>
<th>PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>SLO OROS</td>
<td>Santa Ysabel @ 15th St</td>
<td>5:41</td>
<td>6:01</td>
<td>6:01</td>
<td>6:01</td>
<td>6:01</td>
<td>6:01</td>
</tr>
<tr>
<td></td>
<td>Pine Ave @ Los Osos Valley Rd</td>
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<td>5:51</td>
<td>6:01</td>
<td>6:01</td>
<td>6:13</td>
<td>6:13</td>
</tr>
<tr>
<td></td>
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<td>6:01</td>
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<td>6:13</td>
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</tr>
<tr>
<td></td>
<td>South Bay Blvd</td>
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<td>5:51</td>
<td>6:01</td>
<td>6:01</td>
<td>6:14</td>
<td>6:14</td>
</tr>
</tbody>
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### SLO Transit - SLO City

6 routes serving Cal Poly, starting as early as 6:45 AM. Service to and from University Police and the Transbay Terminal.

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---

**ROUTE 5 SUBJECT TO CHANGE**

---

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---

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**Real: 541-2277**

led passengers

**Weekly Service: 541-2277**

9-3616

9-3616

**Weekday Route**

**SOUTHBOUND Bus Stops**

<table>
<thead>
<tr>
<th>Bus Stop</th>
<th>AM</th>
<th>PM</th>
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</thead>
<tbody>
<tr>
<td>Santa Maria Greyhound Bus Station</td>
<td>8:30</td>
<td>2:30</td>
</tr>
<tr>
<td>City Center Mall Transfer Terminal</td>
<td>8:30</td>
<td>2:30</td>
</tr>
<tr>
<td>Santa Maria AMTRAK Bus/Marinello Hospital</td>
<td>8:40</td>
<td>2:40</td>
</tr>
<tr>
<td>Nipomo Recreation Center (P-n-R Lot)</td>
<td>8:48</td>
<td>2:48</td>
</tr>
<tr>
<td>Arroyo Grande City Hall</td>
<td>8:47</td>
<td>2:47</td>
</tr>
<tr>
<td>Arroyo Grande H i l l (P-n-R Lot)</td>
<td>8:47</td>
<td>2:47</td>
</tr>
<tr>
<td>Park Center Park</td>
<td>8:48</td>
<td>2:48</td>
</tr>
<tr>
<td>Park Center Avenue at Whitecliff Ave</td>
<td>8:49</td>
<td>2:49</td>
</tr>
<tr>
<td>Arroyo Grande City Hall</td>
<td>8:58</td>
<td>2:58</td>
</tr>
<tr>
<td>Santa Maria Greyhound Bus Station</td>
<td>8:59</td>
<td>2:59</td>
</tr>
<tr>
<td>City Center Mall Transfer Terminal</td>
<td>8:59</td>
<td>2:59</td>
</tr>
<tr>
<td>Santa Maria AMTRAK Bus/Marinello Hospital</td>
<td>9:00</td>
<td>3:00</td>
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</tbody>
</table>

**NORTHBOUND Bus Stops**

<table>
<thead>
<tr>
<th>Bus Stop</th>
<th>AM</th>
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</thead>
<tbody>
<tr>
<td>Park Center Park</td>
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</tr>
<tr>
<td>Park Center Avenue at Whitecliff Ave</td>
<td>5:41</td>
<td>9:41</td>
</tr>
<tr>
<td>Arroyo Grande City Hall</td>
<td>5:42</td>
<td>9:42</td>
</tr>
<tr>
<td>Nipomo Recreation Center (P-n-R Lot)</td>
<td>5:43</td>
<td>9:43</td>
</tr>
<tr>
<td>Arroyo Grande Hill (P-n-R Lot)</td>
<td>5:44</td>
<td>9:44</td>
</tr>
<tr>
<td>Arroyo Grande City Hall</td>
<td>5:45</td>
<td>9:45</td>
</tr>
<tr>
<td>Santa Maria Greyhound Bus Station</td>
<td>5:46</td>
<td>9:46</td>
</tr>
<tr>
<td>City Center Mall Transfer Terminal</td>
<td>5:47</td>
<td>9:47</td>
</tr>
<tr>
<td>Santa Maria AMTRAK Bus/Marinello Hospital</td>
<td>5:48</td>
<td>9:48</td>
</tr>
</tbody>
</table>

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HealthScene

By Jordan Roberts
MUSTANG DAILY STAFF WRITER

"Students can avoid gaining weight at Cal Poly's Health Center. Located across the street from the Campus Market, the Health Center provides numerous opportunities for students to maintain a healthy and fit lifestyle. Aside from intramural sports, the Recreation Center offers the chance for students to learn a new sport - some of which are not well-known - and compete. The Recreation Center includes swimming and weight lifting facilities and a staff of personal trainers. Use of the center is free for all enrolled students and is often open extended hours.

Campus Market offers convenience foods as well as groceries and many hot deli items.

We're going to improve our selection of convenience foods and encourage students to eat on campus.

By Nikki Wilson
MUSTANG DAILY STAFF WRITER

"Our club teams are good, they're tons of fun and they're really dedicated - that's what I think is amazing."

Alison Rush
Club team supervisor

Sports Complex. Rush said club sports have typically been last priority for field space. Many of the fields that are available to club sports are not regulation size for the various sports and lack lights, so scheduling practices and games has been difficult. Rugby, for example, had to rent a field in Paso Robles for home games, which added to its expenses.

The Sports Complex will have six fields with lights, which will increase availability and give teams the opportunity to have more flexible schedules. Club sports participants say the biggest benefit to joining club sports is not only the chance to compete, but also the friendships that are made while participating on a team.

"The cool thing about club teams is that they're really involved, they go out together. I've played water polo for the last two years, and we hang out together all the time, we do stuff on the weekends," Rush said. "I've met probably the majority of my friends through my sport."

Club sports offer the chance for students to learn a new sport - some of which are not well-known - and compete.
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Dove Awards
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Bryan Duncan
& Band
Ginny Owens

Thursday, September 21, 2000
7:00 pm
Under the stars at the Mid-State Fairgrounds, Paso Robles
$12.50 General Admission $17.50 Gold Circle
Tickets available at area Christian bookstores. Gold Circle tickets available only through K-LIFE 89.3 FM. Come celebrate with us - everyone in attendance will receive a gift!
Charge by phone orders: 541-4343. For more info, call K-LIFE at 541-4343 or check our online event calendar at www.klife.org for details.
I seen practicing pool is open to The Rec Center as well as rec in the facility sports teams Cal Poly's Imagine Internet Access can often be all students. intramural sports For those who are looking for something to do that's athletic, but perhaps a little less structured, intramural sports are a great option. Intramural sports are a great option. Intramural participants have two choices - forming a team themselves or linking up with others by being a free agent. There are different divisions in which players may choose to play depending on skill level. Intramural sports that are offered get the second FREE! Get 20% off anything, including nursery, not already on sale or everyday low priced. You must present this ad at the time of purchase to receive discount. Express September 24, 2000 Open 24 hours a day, 7 days a week. 784 High Street • San Luis Obispo • 543-1138

SPORTS

continued from page 15

"That was the neat thing about lacrosse - it's a sport that you can learn at the college level," Naylor said. "Other sports like soccer or something, to play at the college level you have to have been playing since you were five, but (with) lacrosse rarely have people played before."

The first step in being involved is to get in touch with the team. Some teams will have displays at the club carnival on Friday. Information on all the teams is also on the Rec Sports Web site at www.asi.calpoly.edu/rec_sports.

Intramural sports

For those who are looking for something to do that's athletic, but perhaps a little less structured, intramural sports are a great option. Intramural participants have two choices - forming a team themselves or linking up with others by being a free agent. There are different divisions in which players may choose to play depending on skill level. Intramural sports that are offered

"It was great to get to play on a team and yet not have to commit to daily practices."

Katy Thompson

child development senior

change each quarter. They usually consist of more mainstream sports such as soccer, volleyball and basketball. Tournaments are offered, some of which are not mainstream, such as inner tube water polo, racquetball and table tennis. Intramural teams play games once a week, and the games are refereed by fellow students. Some teams are more serious and hold practices while others treat competition as pick-up games.

Katy Thompson, a child development senior, played indoor soccer and loved the opportunity to play a sport she normally wouldn't have. She also enjoyed the freedom that intramurals allowed her.

"It was great to get to play on a team and yet not have to commit to daily practices," Thompson said. "I still had the time for my other interests."

Costs for joining intramural teams are minimal. There is a flat rate per team and game equipment is provided by the Rec Center. Teams play against other Cal Poly students so there's no traveling. Each individual team gets to dictate how serious its going to be and how much time it is willing to commit.

"Intramurals are different because you just go sign up on a team - you don't have to try out," Rush said. "Anyone can get a team together, they don't have coaches, and they're not financially supported by ASI. Basically if you just want to play soccer for the quarter you can come in and sign up."

For more information or to sign up, call 756-1866 or stop by the Rec Center. More information is also available at www.intramurals.com/play/index.asp?school_id=26.

Other options

For those who are looking for even less of a time commitment or perhaps a non-competitive environment, there are always clubs to join with athletic themes. These clubs don't hold practices, but they will hold meetings on campus. Some of the clubs with an athletic nature overlap the sports offered through sport club teams, but they are completely different.

"Ski club is the party club that goes once a quarter on a ski trip, whereas the alpine ski racing team will go practice every weekend," Rush said. "Maybe 75 percent of the team can make it to Mammoth practice every, or every other, weekend."

"They're competitive, they compete but the club doesn't compete. The sailing team will go do regattas and compete whereas the sailing club will just go out to Morro Bay and sail around the bay for fun."

For contact information or to simply find out what's available check out the Cal Poly Web site at www.calpoly.edu, then go to enrolled students, then get involved and finally clubs and organizations.
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- Doors leading outside must have sturdy deadbolts. Keep them locked even if you are home.
- Sliding glass doors are a choice access for burglars. Properly secure them with locks, or use a locking pin in the door.
- When you move into a new home or apartment, re-key the locks. Don’t hide the keys outside the home. Instead, give one to a trusted neighbor.

STRUCTURE continued from page 5

state also kicked in some funding from an allotment set aside to pay for parking structures at state university campuses.

The Grand Avenue structure is the first of three proposed in the university’s Master Plan.

"There are two more anticipated in the Master Plan," Dunklau said.

"Their purpose will be to capture traffic at the three main entrances to campus and maintain a compact campus core."

The other structures are slated for the California Boulevard and Highland entrances to campus.

Dunklau said that the university wants to avoid urban sprawl without having to pave over any open space within campus for new lots.

The Grand Avenue structure has been in the works for nearly 10 years. The planning and construction processes are lengthy and there are no immediate plans for either of the other structures.

Money became an issue for one subcontractor in April. Vista Steel filed a breach-of-contract lawsuit against the university and general contractor H.A. Ekelin. The lawsuit claimed that Vista, a subcontractor, had not received $474,000 of payment for its seismic reinforcement work or for its initial work on the structure.

The lawsuit, which is still pending, had no effect on the construction. Vista Steel is still working on the project, completing the retrofit and repairing the missing rebar.

The finishing details are being put on the parking structure to welcome students for the first day of school. The structure at the Grand Avenue entrance to campus is one of three in the Master Plan.

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"The field maintenance will be on a rotating schedule, but most fields should remain available," MacNair said. "Certain times, like after a heavy rain, there will be short maintenance periods."

The grass was seeded earlier this summer. "The grass on the upper fields is very green right now," MacNair said. "We will install stxl in the softball and baseball stadiums in early September."

In order for the Complex to open, the fields have to have a 90-day maintenance period, he said. "The grass will be inspected in October to see its coverage and how well it has rooted," MacNair said. "If all is well, the complex will be opened."

Opening
To some students, it might seem that this is the first construction project at Cal Poly that has been finished on time. "Completing a project on time happens occasionally," MacNair said. "The contractors are on schedule and all the major items should be completed by the opening."

The opening ceremony is set for Oct. 20. "Before the ceremony we will probably have the rugby or lacrosse club teams in an exhibition game to keep people from getting bored," said Ryan Park, vice chair of ASI service programs and services committee. "A lot of the donors will be speaking and there will be a lot of prizes and raffles."

The Mustang Band will play at the Complex's opening. A softball tournament is also being planned. "We envision the students getting out there and getting them excited," Park said. "We want the freshmen to realize that there are wonderful facilities for them to use."

For the rest of the students, the Sports Complex will fill a void that has been present for a long while. "We have needed these type of facilities for a long time," Crozier said. "It was needed when I went to Cal Poly in the 1980s, and I am glad that we can finally utilize it."

All involved in the making of the Complex agree that it should be well worth the wait. "The nature of these facilities are first-class, making the Sports Complex a fantastic resource for this campus," McCutcheon said.
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HEALTH SERVICES
756-1211
HOURS M-TUE 8:4-3:30
W 9:4-3:30

• Free Physician and Nurse Practitioner Visits, including Gynecology and Orthopedics
• Laboratory and X-ray Services
• Health Education Programs
• Low-cost Pharmacy, Dermatology and Optometry Services

COUNSELING SERVICES
756-2511
HOURS M-F 8-5

• Individual and Couple Counseling
• Crisis Intervention
• Education and Group Presentations
• Special Topic Groups [e.g., Stress Management,]

Most services are available to currently enrolled students at no charge. Appointments are strongly advised but not necessary. All services are confidential.

Is it a sprain or a fracture?
Is it the flu or only a cold?
Check our online SELF-CARE MANUAL.

Where do I go for care after hours, and how do I use my private medical insurance?
Check the Health and Counseling Services Home Page at www.calpoly.edu/~hps

Health & Counseling Services
DIVISION OF STUDENT AFFAIRS

OpenPort

• Own a laptop with an installed ethernet card?
• Want to connect to the Internet at speeds 200 times that of 56K modems for FREE?
• What is OpenPort?: The service allows you to plug directly into the internet at the University Union and the Library.
• How do I sign up?: Bring your laptop, your ethernet card, and PolyCard (Cal Poly ID) to the Help Desk (Building 14, room 114).
• For more information: http://www.netadmin.calpoly.edu/hotport

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to get snacks, as well as juices and bottled water. As with all cafes, the
fried foods and heavy sauces at VG's
do not contribute to a nutritious diet. Vegetable entrees or pasta dishes are
better options that will give you more
energy.

Williams said students can go to
www.slofoodguide.org/dining and
find nutritional information for items
such as Lucy's blended drinks. She
said there are also booklets available
at El Corral or the library that list the
nutritional content of some foods
sold on campus. In addition, the
nutritional information for many
items is on signs and/or brochures
where they are served.

According to the American
College Health Association, a good
way to eat right when you are away
from home is to follow the Food
Guide Pyramid from the U.S.
Department of Health and Human
Services. It says that daily, you should
have six to 11 servings of the bread,
cereal, rice and pasta group. These
foods supply carbohydrates, vitamins
(epecially B vitamins), iron and
fiber. Whole grain products in partic­
ular offer the best nutritional value.

Three to five daily servings of the
vegetable group and two to four serv­
ings from the fruit group fill the larger
tiers of the pyramid. Fruits and vege­
tables are a valuable source of carbo­
hydrates, vitamins, minerals and
fiber.

Near the top of the pyramid, rec­
ommendations include two to
three daily servings from the
meat, poultry, fish, dry beans, eggs and nuts group, and two to
three servings from the milk,
yogurt and cheese group.

It is advised to use fats, oils and
sweets sparingly. Remember that fans
and oils occur naturally in foods such
as meats and dairy products.

According to the association, in
order to stay healthy in college, stu­
dents should eat balanced meals con­
taining fewer calories, establish a reg­
ular exercise routine and make
behavioral changes so that eating is a
response to physical hunger, not an
emotional one.

According to the Health Center,
Students can avoid gaining
weight by following
some basic healthy prac­
tices and good nutrition.

Rojean Dominguez
Health Center health educator

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