Depression common in students

By Kara Knutson

MUSTANG DAILY STAFF WRITER

Cal Poly Health and Counseling Services will offer confidential depression screenings on October 4 as part of the National Depression Screening Day. Students can pick up a written self-test form in the University Union Plaza from 10 a.m. to 2 p.m. They can either fill out the form or walk to the counseling center at 1208 N. Campus Drive to take an oral self-test.

• Up to 40 percent of Cal Poly students may suffer from depression.

• Self tests are free and will be conducted between 10 a.m. and 2 p.m., in the UU.

• There is no appointment needed and all information will be kept confidential.

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Animal science students Mark Madonna and Aaron Dickinson try to persuade a stubborn bull to leave the ring after it is sold as part of the 44th Annual Cal Poly All-Breed Performance Tested Bull Sale Tuesday afternoon at the Livestock Judging Pavilion. Buyers from across the state participated in the auction and other events such as barbecues and a horse sale.

A bunch of bulls

By Jolie Walz

MUSTANG DAILY STAFF WRITER

A man attending the Black Watch concert at the Rec Center Monday night had difficulty breathing, according to the University Police Log. University Police was called to assist Robert Kendrick of Canaan at 8 p.m., said Dee Mils, University Police communications and records coordinator. Kendrick was then turned over to San Luis Ambulance, Mills said.

Rec Sports filed an incident report and is currently following up on Kendrick's condition, said Rec Sports coordinator Greg Araki.

Black Watch is a 94-piece pipe and drum band that performs traditional British folk music and military tunes, said Annie Moberg, assistant coordinator for Associated Students Inc. events. The program would focus on involving non-profit organizations to identify the students and their families on the selection, admissions and funding process of college.

According to a news release, The Access to Aid Act would provide funding to non-profit financial assistance organizations to identify and mentor students and their families for the selection, admissions and funding process of college.

The program would focus on low-income students who may not have access to attend college without help.

One piece of legislation Stoker would propose if elected to Congress provides a $2,500 tax credit for any expenses related to education. This legislation is available for parents with children of any age, whether in elementary school or beginning college.

Capps wants to see new grants going to non-profit organizations that can offer scholarships to students. With the aid of these scholarships, Capps hopes to help students apply to colleges that normally wouldn't be considered because it's out of their students' financial range.

"I want to make education affordable," she said.

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see VOTING, page 2
CONGRESS
continued from page 1

she wants to request more tax

The way to get young people
don't vote, so they don't pay atten­
tion to the issues (young people)
care about," Dervin said. "Young
people don't hear candidates talking
about the issues they care about, so
they don't vote.

A Cal Poly student said the prob­
lem is that neither Bush nor Gore
stands out for anything students
would like to see happen.

"I'm still trying to decide between
the two, even though I think nei­
ther qualifies for the position," said
Christina Chen, a business market­
ing junior. "They try to promise stuff
that is not going to happen."

Smith said ASI and Student
Community Services are also plan­
ing to launch an awareness pro­
gram to help students find out more
about the candidates and the issues.

The details are still in the works.

"Awareness is the most difficult
part," Smith said. "We are thinking
about setting up things like political
forums and seminars."

But even with more awareness,
the issues of 18- to 30-year-olds
may not be found.

According to Dervin, even when
Bush or Gore talk about things that
interest young people, such as edu­
cation, their aim is toward parents
saving for the future.

"The way to get young people
involved? It's not rocket science at all," Dervin said. "You just have to
go to where young people are and
answer their questions."

VOTING
continued from page 1

percent of eligible voters under the
age of 25 went to the polls in the 1996
presidential elections. The sur­
vey also said that less than half of
eligible young voters are certain
they will vote in the upcoming elec­
tions.

Targeting young people has been
a chicken-and-egg dilemma for many
politicians, said John Dervin in an
interview with the Associated Press.
Dervin, 26, is the political director
of Youth Vote 2000, a nonpartisan
collaboration that promotes civic par­
ticipation.

"The politicians are trying young
people
}

cering students by not pressuring them to rush through school.

"Not everybody gets the scholar­
dship," Brung said. "A lot of students
do work, and therefore take
longer." Brung said Stoker would
support any legislation to help stu­
dents get through school.

For Capps, a key factor in help­
ing students succeed is fostering a
strong relationship between local
businesses and schools. She sees a
need for more of these local part­
nerships in designing classes and
curricula that will prepare students
for a job after college.

"It is important for every gradu­
ting student to be job-ready," Capps said.
Many Cal Poly students have
opinions on the state of education
as well.

"I think it is really good that the
federal government has been
increasing funds for low-income
students," said Derek Almeida, an
accounting junior. "It is easier now
for low-income families to send
their kids to college where this wasn't
always the case."

Jeremy Hawke, a Cal Poly gradu­
ating student, sees a problem with
how long it is taking students to
graduate.

"If we're graduating students in
six-plus years, then it seems we
need more money going toward
getting more professors in more
classrooms so we aren't spending
six years at the undergraduate level," he said.

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Many protein diet supporters say that high-carbohydrate meals tend to give less satisfaction than those that contain adequate fat levels, therefore people eat more and get hungrier sooner. According to the Atkins diet Web site, protein diets help people burn fat for energy, feel satisfied between meals and have an overall improvement in health.

Kim Morey, a nutrition professor at Cal Poly, said protein diets are only healthy in the short term.

"Chronic high protein intake means the body has to metabolize all the extra protein because it can't be stored as protein," Morey said. "Excess protein metabolism means extra urea production. That means there is an extra load on the kidneys as they have to excrete all the extra urea.

Morey said the weight loss does happen, but there will be weight gain as soon as normal carbohydrate intake resumes.

"Protein diets are tasty, so people like to stick with them," she said. "They work for this reason, but on a long-term basis, such a diet does not instill good eating habits.

Hannah Dupen, a psychology sophomore, said she played on Cal Poly's soccer team last year, and learned that protein diets do not work for athletes.

"All of the girls who tried the protein diet just did not have enough energy for practice and for the games," she said. "I think it is much more practical to stick to a plan of regular exercise and a relatively low-fat diet."

Leah Nelson, a business sophomore, said she thinks protein diets are unreasonable.

"I have seen many people try protein diets, and in the end, the weight always comes back," Nelson said. "There are so many rules about what you can and cannot eat that people eventually return to their normal eating patterns. When they do return to eating carbohydrates, they gain a lot of weight."

Susan Swadener, a registered dietician and a lecturer for the food science and nutrition department, said people see weight loss at first on the protein diets. She said eliminating or severely limiting carbohydrates is limiting a major macronutrient.

"High-protein diets are sometimes not healthy because they are often high in saturated fat and this can increase total and LDL (low-density lipoproteins) cholesterol levels," Swadener said. "They make your kidneys work harder and I am not sure if this can cause problems later on in life. In the short term, I have seen some patients bounce out on carbohydrate diets because they are so limited in their diet."

Swadener said that high-protein and low-carbohydrate diets can cause ketosis, which is an increase of ketones in the blood. She said this causes nausea and loss of appetite, which may increase weight loss. She said it is not a good idea to increase the acidity of the body by putting it into ketosis.

"These diets are popular right now because we used to have high-fat diets and protein diets."

Breast cancer education focuses on raising women's awareness

By Jon Hughes
MUSTANG DAILY STAFF WRITER

October is National Breast Cancer Awareness Month, and many in the San Luis Obispo community are marking sure it doesn't go by unnoticed. At Cal Poly and in the San Luis Obispo County at large, there are groups who are working to spread information about a disease against which the best defense is knowledge.

Susanne Kelley, Coordinator for Women's Programs at Cal Poly, said that her focus for the month is to get valuable, useful information about breast cancer out to the masses.

"I think people are already pretty aware of the disease, but our purpose is to enhance their awareness," she said.

Women's Programs will be releasing a quarterly newsletter at the end of this week containing important information concerning breast cancer, such as the breast self-exam and self detection. They will also be distributing pencils and mints inscribed with the words "The Best Protection is Early Detection."

"This particular cancer is one that can easily be detected early on," Kelley said. "If it is, the survival rate is much higher."

In addition to the efforts of the Women's Center, Cal Poly sorority Alpha Omicron Pi will hold an awareness of the disease. In two weeks they will set up a booth in the University Union at which they will pass out pink ribbons and accept donations to the Susan G. Komen Foundation, an organization benefiting breast cancer research, treatment and education.

Alpha Omicron Pi has had a booth in past years as well, with last year being one of the most successful, according to Carrie MacAllister, a senior member and one of this year's philanthropic leaders.

"We raised $500 for the foundation last year," she said. "By the end of the month, almost everyone on campus had on pink ribbons."

In addition to Cal Poly efforts, there is a local organization that is taking a different approach to breast cancer awareness.

Enhancement Inc. focuses on the survivors of breast cancer and their lives after the disease.

Shoobie Cotzer, the founder and executive director of Enhancement, explained that advancements in both medical technology and breast cancer awareness have made her organization a necessity.

"Because so many more women are surviving breast cancer, it is very important to address the quality of life for the survivors," Cotzer said.

Enhancement Inc. produces and distributes workout videos for breast cancer survivors that emphasize the importance of exercise to help with recovery from breast cancer.

"Movement is uplifting," she said. "It gives women something to do other than getting stuck with needles and given medicine."

Enhancement had a hugely successful auction fundraiser on Sept. 30, enounced by Jill Rickert of KSRY and with San Luis Obispo Police Chief Jon Gardiner serving as auctioneer. The event, held at Edna Valley Vineyard, was attended by more than 350 people and saw items ranging from stem to $1,000 worth of plastic surgery auctions to help benefit Enhancement.

Anyone interested in getting involved with Enhancement Inc. contact the organization at 771-5664.

Eggs, cheese, bologna, tuna and low-fat milk are some of the staples of a low-carbohydrate, high-protein diet. Though some of the diets are backed by celebrity endorsements, nutritionists find fault in a lot of the premises on which these diets are based.

Students can talk to peers counselors for nutrition counseling at the Health Center, or find out more information at www.eatright.org.

In addition, PSN 210 is a general education course offered at Cal Poly that deals with diet and protein.
Recognize more than American point of view

If there's one thing I learned this summer it's that the world is a lot bigger than San Luis Obispo. Heck, it's a lot bigger than California. My summer consisted of going halfway across the world to teach English at a university in Gaza, Israel. I was abruptly thrust into a situation that I didn't believe I was amply prepared for. I was educated on how to deal with terrorists. But instead, what I learned this summer was that my preconceptions were based on a presentation to the truth. My experience with the Palestinians has been killing, and have endured more than I ever saw in a lifetime. I learned that the Palestinians have the largest refugee population in the world.

In other words, I learned that I am very spoiled. I don't have to learn another language to survive in the world. I will always have enough food to put on the table and fill my stomach. The only violence I will ever experience is in movies or on television, and I basically have more freedom than most people will ever have.

So what's my response to this? Do I just go on complaining and living an ungrateful life? How can I show the amount of generosity that was shown to me before I left what my impression of the Palestinians was honestly would have said and that they were terrorists. But instead, what I learned this summer was that my preconceptions were based on a very limited scope of information.

I learned that what I see and hear on television isn't necessarily the whole truth or even a good representation of the truth. My experience with the Palestinian was far different from anything I have ever experienced.

I saw people who live in poverty but still want to give me a hug and tell me they love me. I saw people my age whose parents have been killed, and have endured more violence than I will ever see in a lifetime. I learned that the Palestinians have the largest refugee population in the world.

Angela Barley

Opinion

Abortion drug not an option

Webster's dictionary defines abortion as "the premature expulsion of a fetus from the womb, which may be either spontaneous (a miscarriage) or induced; also, an operation to remove a fetus from the womb."

On Thursday, Sept. 28, the Food and Drug Administration officially approved RU-486, an aspirin-sized white pill that will allow women to induce an abortion from the comfort of their own homes. RU-486 consists of two pills. The first pill, mifepristone, blocks progesterone, which fertilized eggs need to implant and develop in the uterus. Then it causes the uterine lining to break down and be expelled. Next, to ensure that the embryo is expelled, a second drug called misoprostol is taken to make the uterus contract. It costs the same as a surgical abortion between $300 and $500, and can only be used up to 49 days from a woman's last menstrual period.

Unlike surgical abortions that only take a few minutes, an abortion induced by RU-486 takes a few days. Also, the pill will only be available through doctors who can diagnose pregnancies and perform surgery, or a nurse, arrange surgery. Even with these restrictions on usage, I think the FDA should never have approved RU-486.

One of the uses of abortion is a form of birth control. Women who don't take birth control pills, or whose birth control pills failed, and don't want children, get abortions, as do women who don't take birth control pills and can't afford to have any more children.

Young women who fall victim to the heat of passion one night and end up pregnant by accident also receive abortions, because they can't handle the responsibility or financial burden of raising a child. All of these are excusable reasons for having an abortion. Some people might say that at the time an abortion is performed, the fetus is not yet a living, breathing human being. I beg to differ. RU-486 can be taken up to seven weeks into the pregnancy. That being said, major organs are growing and hands and feet are developing. I believe, it wouldn't hurt to have a large growth of cells being killed it would be a child.

What are some other alternatives to an abortion? First and foremost, a woman should take responsibility for her actions. Take birth control pills. Give the child up for adoption. Or look into living in a house sponsored by groups such as Mercy Ministries of America where free counseling is available along with the help needed to raise a child. Whatever the case, an unborn child should not be punished for a woman's mistakes. There are however, three instances in which I think women should be given the option to have an abortion. First, if carrying the child to term would endanger a woman's life and she feels that terminating the pregnancy is the best and only option, she should be allowed to have an abortion. Second, if a doctor is certain that the child will be born with serious birth defects, such as a vital organ growing outside the body, abortion should be a choice. Finally, if a woman is raped and impregnated, and carrying the child to term would cause undue emotional and psychological stress on her, she should also have a choice to abort. Unlike the above instances, in all of these cases, either the woman's or the child's life is in danger. I'm not advocating that abortion be the first option in any of the three instances, it should be a last resort. The FDA's approval of RU-486 promotes abortion by giving women an easy way out of pregnancy. However, abortion is not a solution for irresponsibility or immaturity and neither is RU-486.

Kara Knutsen is a journalism junior and Mustang Daily staff writer.

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.
Letters to the editor

Don't ban scooters

Editor,

This letter is regarding a new Cal Poly University Police policy that I feel is unjust and unnecessary. In an Oct. 2 article ("Scootermania invades town, campus"), Officer Jeff Joyce said, "There is no skateboard-riding or rollerblading on campus, and scooting falls under that category." This statement gives no specific reason for the ban.

I believe there is no logical reason for the banning of scooters. Skateboards and in-line skates are banned for a reason. Skateboards have no brakes. This makes them dangerous to use around others, especially on a hilly campus like Cal Poly. When the rider of a skateboard falls off, the skateboard rolls away. In-line skates, although relatively safe in bike lanes, are difficult and time consuming to remove and therefore would likely be used on walking paths as well.

Scooters have none of these problems. Scooters have sufficient brakes and can stop. If a scooter rider were to fall off, the scooter would tip over. Scooters have not been a problem because they have not been a problem. Obama’s skatepark has not been banned, because they have not been a problem. Scooters have sufficient brakes and can stop.

I am an active member in the Cal Poly Electric Vehicle Engineering Club (http://www.calpoly.edu/cveclub), and I know very well the need for alternative transportation in our petroleum-dominated society. Another affordable means of transportation has been banned from the campus for no reason but "category." Even downtown San Luis Obispo has not been banned, because they have not been a problem. Obvsously walking paths are not the place for scooters, but they feel they would be a welcome addition to bike lanes and should be allowed anywhere bicycles travel. A ban on scooters is a solution to a nonexistent problem.

Royce Chow

is a fourth year architecture student.

Liebberman should drop Senate

Running for office involves many sacrifices. The sacrifice seems especially great when an office already won is traded for an uncertain post. Sen. Joseph I. Lieberman (D-Conn.) has tried to avoid this sacrifice by running in Connecticut's Senate election at the same time he runs for vice president. Although it is understandable that Lieberman would want to retain his place in the Senate if he were defeated, his party and his integrity call upon him to concentrate solely on the vice presidential race.

Lieberman began his Senate campaign well before there was any suggestion of his nomination for vice president. The Republican Party nominated Philip Giordano, a local mayor with little money or name recognition, instead of trying to win a difficult campaign against the popular Lieberman. If Lieberman is sworn in as vice president, he must resign from the Senate. Under Connecticut law, his successor would be named by the governor, a Republican who will surely name a fellow party member to the vacant seat. A new election for the seat will be held in 2002, the next regular election year.

Losing Lieberman's seat to a Republican is especially dangerous for the Democrats. The Republican advantage in the Senate consists of only four seats — and Democratic prospects to pick up several new presidential seats are good in the coming election. The post-electoral replacement of Lieberman by a Republican could cost the Democrats control of the Senate.

Lieberman has so far refused to cancel his Senate campaign, arguing that since the primary season has ended, a new Democratic candidate would have to be chosen by the state's Democratic Party and that this would be undemocratic. This is a feeble excuse, underlined by the fact that only one person, Gov. John Rowland, will name Lieberman's replacement if the Gore/Lieberman ticket prevails. Lieberman hopes to have electoral laws rewritten so that a special election is held the year after a senator steps down instead of waiting until the next general election year.

Unsurprisingly, Rowland has promised to try a special election if it reaches his desk. Although this law might be a worthwhile reform under other circumstances, it is at this time a blatant attempt by Lieberman to manipulate electoral rules for his own benefit.

Instead of attempting to evade his responsibilities by changing the laws after the fact, Lieberman should accept the burdens and risks of being a vice presidential candidate.

Commentary

...Lieberman should accept the burdens and risks of being a vice presidential candidate.

N Mustang Daily

Wednesday, October 4, 2000 5

The tragedy of millions is often the best front of a few.

A private shot of horror sometimes tells a story better than a thousand words ever could.

During the latest Palestinian-Israeli conflict to rock Jerusalem, 12 Palestinians lay dead after a rain of gunfire. During the attack, a TV film crew taped the shooting of a father and his 12-year-old son, which the Associated Press converted to still photos and released on the news wire. The Syracuse Herald-American on Sunday ran a series of four photos depicting the terror-filled last moments of the two

Palestinians, including one of the dead boy draped across his uncons­cious father's lap. Undoubtedly the single front-page photo's caption, the words "More Photos, page A-16" lend readers to the increasingly horrifying shots on the back page of the paper.

Far minds can differ on the necessity and value of printing these pictures. Some would argue that the photo of the dead child doesn't add additional emo­tion or information to the accom­panying story, or that it exploits the tragedy on a very personal level. Others contend the picture carries the power to open minds and draw people into a complex story that breeches a world away.

Regardless of what you believe, it is important to question the pur­pose of putting these pictures on the newswire. Sensationalizing the photos by putting them with a refer line to see more of them doesn't enable the reader to better comprehend a tragedy or become more educated about its causes. Instead, it indicates sensationalism and a play to shock readers into buying papers.

Photos like these appeal to a dark part of humankind, the voyeuristic piece of us all that craves its neck to peer at car acci­dent wreckage on the highway and shrink from looking at a horror movie. This is not the part we are proud of, and not the part the media should feed.

Photojournalism has an undeniable power — both the power to enlighten and the power to fright­en. It must be wielded carefully.

Staff editorial, Syracuse University, U-Wire.
**Mott track closure**

If you use the track as a shortcut to class, you'll have to find a new route for a little while.

The track is being resurfaced and will be shut down from Thursdays, Oct 5 through Fridays, Oct 13.

During this time, there will be no access allowed on the track.

It is important to properly reroute the track that remains unused during this time.

**Kinko's founder to speak**

The founder of Kinko's, Donald M.屯ard, will be the guest lecturer in a Global Economics class on Wednesday, Oct. 4.

The public is invited to the speech, which will take place from 2:10 to 4 p.m. in Route and on the University Union.

The event is first in a series of Centennial Entrepreneur Forums designed to mark the University's 100th year.

For more information, contact Leslie McKinley in the College of Business at 786-2548.

**Center reaccredited**

The American Society for the Education of Young Children's Children's Center has been reaccredited by the National Association for the Education of Young Children. The Children's Center is among the 7 percent of early childhood education programs to be reaccredited by the NAEYC.

The reaccreditation lasts three years and is based on a voluntary process that allows childcare centers to be recognized nationally by the oldest such association in the nation.

**Children's Center openings**

Applications are being accepted for the ASI Children's Center preschool and kindergarden programs. Children must be at least 3 years old.

First priority will go to children of Cal Poly students, faculty and staff. Subsidized child care applications are also being accepted for low-income student parents.

Call 756-1267 for more information.

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**DEPRESSION continued from page 1**

Assistance Program specialist with Cal Poly's Health and Counseling Services, said 50 to 90 students have been screened per year over the past five years. Of those who picked up the self-screening test and had the results interpreted by counselors, 40 to 50 percent scored positive for depression.

"For those who came in and took the test, it's a success in that they get the help they need," Du said. "We'd like to see more individuals come out." 

Negrini said the screening day is an excellent tool to get the word out on campus counseling services and the Employment Assistance Program is available.

"It's an outreach effort on campus," he said. "We're here. We want you. We're here to help."
Wild Cardinals beat Braves 7-5

ST. LOUIS - Tony La Russa won his Game One gamble, although not the way he had planned. The St. Louis Cardinals scored six runs off Greg Maddux and Atlanta's shaky defense in the first inning and then survived rookie Rick Ankiel's epic wildness for a 7-5 victory over the Braves in their NL playoff opener Tuesday.

Ankiel, 21, was a surprise starter. He was only 11-7 in the regular season, but his 3.36 ERA led the staff and he had a 3-2 record at Busch Stadium. La Russa even shanked Ankiel from the mound on Monday, sending 20-game winner Darrel Kile to the interview room so the rookie could escape before the manager announced his rotation.

Then the script fell apart. Ankiel looked like a kid three years removed from high school, which he is, becoming the first pitcher in 115 years to throw five wild pitches in one inning as the Braves scored four runs in the third.

"He threw some outstanding pitches and he threw some funny ones that weren't so outstanding," La Russa said. "I mean, that's no problem, he struggled."

But he didn't hesitate to practice.

Ankiel will start again in Game 4 on Sunday.

"If we're going to win enough games, Mr. Ankiel is going to have to be there for us," La Russa said. "I mean, there's not too much a champion can do if the starting rotation is not there."

Game 2 at Atlanta's Turner Field Tuesday afternoon is a neutral site.

Mariners top White Sox in Game One

CHICAGO - Mike Cameron unsealed his former team with his speed, then Edgar Martinez and John Olerud provided the power for the Seattle Mariners.

Martinez hit a two-run homer in the 10th inning after catching Cameron's stolen base, and Olerud followed with a home run as Seattle beat the Chicago White Sox 7-4 in the opener of their AL playoff series Tuesday.

The consecutive home runs came off Chicago relief relief ace Keith Foulke.

"We usually slap our hands together, that's our team gathering ritual because they have done it since they started playing soccer. It's part of consuming caffeine."

Cameron singled to start the 10th. Alex Rodriguez popped out for the Mariners, once projected as the White Sox's next star, was nearly picked off first.

"I put so much effort into playing this game as a team, that if we're an athlete in the dang World Series, you might not see me playing next year," Jeff Kent said.

Whether Kent was kidding or not, the stakes in this series clearly are high. Game One on Wednesday features Cameron against the White Sox's next star, was nearly picked off first.

"You want to win the first game of a big series, and you want to be there for us," La Russa said. "I mean, there's not too much a champion can do if the starting rotation is not there."

Game 2 in the best-of-five series will be Wednesday at Chicago.

Kent might quit if Giants win in Cincinnati before advancing to playoffs against Arizona. They won, then were eliminated 4-2 by Atlanta in the NL championship series.

This year, the Mets clinched the wild card with four games to spare and got their top players as much rest available - especially catcher Mike Piazza, who was injured last October.

The Mets' star is a career .210 hitter, in the postseason, and many think it's because of the wear and tear he endures over a season of catching.

But manager Bobby Valentine publicly said Piazza this season with an eye toward the playoffs. Piazza said he's fairly healthy this October, though "my body actually looks like an old banana."

His .231 average in September showed no signs of waning.

Piazza and Barry Bonds, a career 200 postseason hitter, aren't the only players looking to shake October slumps.
It’s game time, and women’s soccer head coach Alex Crozier kicks back on the week hoping that the long practices have prepared the team for the tough game ahead Friday against the University of Pacific. Meanwhile, the team has been focused on pumping up their spirit with a pre-game music tape.

“We like the tape, but I don’t think he (Crozier) does,” said Erin Gerhard, a speech communications senior and midfielder.

Each game day is a big day for every team. Some try not to think about the game. Others rehearse plays inside their head for hours at a time. For Cal Poly’s women’s soccer team, game days are days to relax and have some fun. It’s during the week that the team focuses on upcoming games.

“The less I have to do on a game day means I have done a good job preparing during the week,” Crozier said.

A lot of aspects of the game are taken care of ahead of time such as the starting lineup. Scouting their opponent is also done during the week, Crozier said.

This week the soccer team has been preparing for a game on Friday against the University of Pacific.

Each Tuesday’s practice is grueling. The athletes condition themselves for fitness. Crozier said they also practice game situations that the players might find themselves in during games.

“A lot of the time in training we put players in situations where they fail,” Crozier said.

From there he said that the game is up to the team.

“Soccer is more player-oriented, more so than any other game,” he said. “Once the game starts there is not much I can do it’s up to them.”

While Crozier is focusing on the game, assistant coach PJ Woolridge tries to stay calm and collected on game day.

“We try to get stuff done during the week so we can do as little as possible on game day,” Woolridge said. “You have to relax on game day— you can’t flip out because the team will also.”

By Megan Shearn
MUSTANG DAILY STAFF WRITER

Scores

FOOTBALL
Cal Poly 13
Southern Utah 42

WOMEN’S SOCCER
Cal Poly 0
St. Mary’s 1

MEN’S SOCCER
Cal Poly 8
Cal Poly 1

Denver 8

Briefs

Web sites want more Olympic coverage
NEW YORK — Many of the world’s leading media organizations are demanding greater freedom to broadcast the Olympics on the Web following the blanket Internet ban of the Sydney Games.

To protect NBC and others with television rights, Olympic officials prevented Web sites from offering even short audio reports. While CBS could run highlights on its TV news programs after NBC’s broadcast day ended, the CBS Sportsline Web site could not.

Schedule

FRIDAY
• Women’s soccer vs. University of Pacific
• at Mustang Stadium
• at 5 p.m.

SATURDAY
• Football vs. St. Mary’s
• at Mustang Stadium
• at 6 p.m.
• Women’s volleyball vs. Idaho
• at Mott Gym
• at 7 p.m.

SUNDAY
• Women’s soccer vs. Long Beach State
• at Mustang Stadium
• at 1 p.m.