Depression common in students

By Kara Knutson
MUSTANG DAILY STAFF WRITER

Cal Poly Health and Counseling Services will offer confidential depression screenings today, 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 forms on their own or bring them to their dorms or homes to fill them out there and then make an appointment with a counselor to have the results interpreted. After students take the test, they will go upstairs to UU rooms 16, 18 or 19. Members of the Cal Poly counseling staff will then meet one-on-one with students to interpret the test results.

"If we find we need more time to make a diagnosis, we'll refer them back to counseling services for a one-hour session," said Dr. Joe Dye, a counselor at Cal Poly Counseling Services.

Dye said a lot of people don't realize they suffer from depression. He also said that people often see depression as a handicap when it's not.

"It's not easy to talk about. People don't want to ask for help," he said. "It's a treatable disease. It can be taken care of."

Dye added that onset of depression can show in the 20's and that on average, 30 to 40 percent of the student population at Cal Poly may suffer from it.

If a student experiences a loss of concentration, noticeable weight gain or weight loss, has difficulty sleeping or waking up too early in the morning, they may suffer from depression. Other symptoms include feeling sad and empty, trouble with eating, thoughts of suicide or death and restlessness or decreased activity.

Dye said students experiencing these or similar symptoms should be screened.

The screening is free of charge and is available for students, faculty and their families. Cal Poly Health and Counseling Services will also be handout informational materials on depression as well as showing a video with material about how their lives changed after being diagnosed with depression and receiving treatment.

Harrard psychologist Dr. Douglas Jones stated National Depression Screening Day in 1994 with the help of Screening for Mental Health, Inc., as a way of informing people about depression and encouraging those who needed help to seek treatment. Cal Poly has participated in the screening day for the past five years.

Bob Negrants, Employment see DEPRESSION, page 6

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 report.

University Police was called to assist Robert Hendron of Camarillo at 8 p.m., said Sam Mills, University Police communications and records coordinator. Hendron was then turned over to San Luis Obispo police.

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

Black Watch is a 94-piece pipe and drum band that performs traditional British folk music and military tunes, said Annie Mobeg, assistant coordinator for Associated Students Inc. events. The program was performed at the Prince of Wales Band and Choir and Highland dancers, Mobeg said.

Hospital in the area have no record of Hendron's admittance, and his condition is unknown.

Concert-goer has breathing difficulty

By Jolie Walz
MUSTANG DAILY STAFF WRITER

Improving education is a target issue for two candidates running for the 22nd district in the House of Representatives.

Voters will head to the polls in November to decide whether incumbent Democratic Rep. Lois Capps can better serve the district, which covers all of San Luis Obispo and most of Santa Barbara county.

The two candidates hold distinct views concerning education in San Luis Obispo and at Cal Poly.

Rep. Lois Capps worked in public schools for 25 years before her election to Congress. She is a strong proponent of modernization efforts and getting families and local businesses to be more involved in education issues.

"I am pro-education and pro-public schools," Capps said.

Mike Stoker believes everyone has as right to an education regardless of age," Brug said. "He is proud to be from this area."

Stoker believes the Central Coast is home to great community and city colleges that are helping to prepare students for jobs, Brug said.

Brug describes Stoker's stance on education as one of "flexibility with accountability." He wants to use legislation to help college students excel in their studies. He wants to use money allocated for education to implement programs that expand educational choices, empower parents to make decisions regarding their children's education and demand excellence from teachers.

Capps views money as a key issue in helping college students excel. She has designed the Access to Aid Act, which will help more students receive financial aid and increase diversity in schools.

"I want to give students the hope and opportunity to attend college," she said. "Young people don't dream big enough. There is a scholarship for everyone out there if you know how to find it."

Candidates focus on schools

By Janelle Fossett
MUSTANG DAILY CONTRIBUTOR

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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 on 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 $2,520 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 would see more 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 student's financial range.

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

see VOTING, page 2
**CONGRESS** continued from page 1

She wants to request more tax deductions for people who are working to put themselves through school and also believes that students deserve a longer time to pay back loans.

"We need to lighten the load on loan parity and make them tax-free for longer than five years," she said.

It was recently reported that Cal Poly students take an average of six years to graduate. Stoker's opinion on this issue is that students should take as long as necessary to graduate as long as they finish, Brug said. She said Stoker believes in empowerment.

"The politicians are young people don't vote, so they don't pay attention to the issues (young people) care about," Hervin 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 problem 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 neither is the best," said Christina Chen, a business marketing junior. "They try to promise stuff that is not going to happen."

Smith said ASI and Student Community Services are also planning to launch an awareness program 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 and Gore talk about things that interest young people, such as education, 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."

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**VOTING** continued from page 1

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

Targeting young people has been a chicken-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 coalition that promotes civic participation.

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Protein diets stand on a lot of hype, little substance

By Jordan Roberts

MUSTANG DAILY STAFF WRITER

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 area production. That means there is an extra load on the kidneys as they have to excrete all the extra areas.

Morey said the weight loss will 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 meet enough good habitats.

Hannah Dupee, 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 unreasonnable.

"I have seen many people try protein diets, and in the end, the weight always comes back," Nelson said. "There are so many rules on 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. "You 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 bing[e] out on carbohydrates 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-carbohydrate diets and low-fat diets as the norm," Swadener said. "The diet industry needs to have another angle to sell more diets. Who knows what will be the most popular nutri­

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 making 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, which is the second most common cancer among women. They will also be distributing pencils and mints inscribed with the motto, "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 Xi Delta will help to raise 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 chapter advisors.

"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.

Shosh Crotzer, the founder and executive director of Enhancement, explained that advancements in both medical technology and breast cancer awareness have made her organization necessary.

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

Enhancement Inc. offers comprehensive support and distributes video footage 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 held a hugely successful auction fundraiser on Sept. 30, crowned by Jill Ricker of KBRY and with San Luis Obispo Police Chief Jon Gardiner serving as auctioneer. The event, held at Edna Valley Vineyards, attracted more than 350 people and saw items ranging from strings to $3,000 worth of plastic surgery au­tioned off to benefit Enhancement.

Anyone interested in getting involved with Enhancement Inc. can contact the organization at 771-5647.
Recognize more than American point of view

I f 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 don't believe I was amply prepared for.

I am sure you have all heard of the many problems going on in the Middle East. Maybe you heard a clip on the news, "Four Israelis shot and killed by Palestinian protesters." But maybe you are like me. The only thing I really know about the situation in Israel and Palestine is that there was something I didn't understand. I didn't even know why they had been fighting, or that it had been going on 50 years or more.

Angela Barley

If someone had asked me before I left what my impression of the Palestinians was I honestly would have said 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 Palestinians was far different from anything I have ever experienced.

I saw people who live in poverty but still want to give me something. 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.

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 have always 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 unsigned life? How can I show the amount of generosity that was shown to me by people who had half as much as me? How can I show more of what just is happening on this campus. Remember that there are always two sides to a story, and just because you see it on the news doesn't mean you are getting the entire truth.

Recognize how privileged you really are and be thankful. Instead of complaining about how high gas prices are, remember that a majority of the people in the world won't have a car to drive.

Most importantly, if you are aware of injustice, speak up. I have decided to continue sharing my experience. I will be giving several presentations on what I did and what I learned this summer. Maybe I will be able to open people's eyes to a little more than the American bubble we all live in.

Angela Barley is a landscape architecture senior.

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 anti-progestin 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, 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 $400 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 if necessary, 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 in the form of birth control. Women who don’t take birth control pills, or whose birth control pills fail, 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 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. By then, major organs are growing and hands and feet are developing. If aborted, it wouldn’t just be 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.

Editorial content does not necessarily reflect those of Mustang Daily.

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

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

Opinion

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Letters

Letters should be typewritten and signed with major and class standing. Preference is given to e-mailed letters. They can be mailed, faxed, delivered or emailed to ajarman@calpoly.edu.
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 ("Scotermania invades town, campus"), Officer Jeff Lyon said, "There is no skateboard-feel is unjust and unnecessary. In an especially on a hilly campus like Cal

dangerous to use around others,
tor the banning of scooters.
walking paths as well.
safe in hike lanes, are difficult and
banned for a reason. Skateboards
fall oft, the scooter would tip over
therefore would likely be used on
Poly Electric Vehicle Engineering
club/

Editor,

Scooters have none of these prob­
have advantages over bicycles that
have much more in common with

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

Commentary

Lieberman should drop Senate

Running for office involves
many changes. The sacrifice
seems especially great when an
office already won is traded for
an uncertain post. Sen. Joseph Lieberman (D-Conn.) has tried to

Commentary

Unsurprisingly, Rowland has promised to veto a bill if it reaches his desk. Although this
law might be a worthwhile reform under other circum­
cumstances, it is at this time a blas­
tant attempt by Lieberman to manip­
ulate electoral rules for his own benefit.

Moreover, should Lieberman withdraw, it is likely that Connecticut's popular general, Richard M. Blumenthal, would run in his place.

Lieberman's Senate career offers ample evidence that he can make difficult decisions based upon his convictions. In the next few weeks, we urge him to once again demonstrate his char­
acter by withdrawing from the Senate race.

Staff editorial, Harvard University, U-wire.

The tragedy of millions is often expressed best by the pain of a few. A private slice of horror some­
times tells a story better than a thousand words ever could.

During the latest Palestinian-Israeli

Commentary

Flash to Jerusalem

The front-page photo caption, the words "More Photos, page A-16" lured readers to the increasing­
ly horrific shots on the back page of the paper.

Faint 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 accom­
panying 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 blows b lit a wide

Regardless of what you believe, it is important to question the pur­pose of putting these pictures on the newspaper. 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 acci­
dent wreckage on the highway and shrinks his or her eyes at an horror mov­ies. This is not the part we are proud of, and not the part the media should feed.

Photojournalism has an undeni­ably powerful role both to the public to enlighten and the power to fright­

Staff editorial, Syracuse University, U-wire.
WASHINGTON (AP) — Congressional negotiators have agreed to a tough national standard for drunk driving with penalties for states that don't abide. President Clinton called it a "commonsense nationwide limit" that will save an estimated 50 lives a year and prevent thousands of injuries.

Under the measure, states would be required to adopt a 0.08 blood alcohol content standard as the legal level for drunk driving by 2004. Those that don't comply would stand to lose millions of dollars in federal highway funds.

"Congress has realized that what happened to me and what has happened to others is wrong," said Millie Webb, national president of Mothers Against Drunk Driving. Webb lost a nephew and daughter, and her husband and their unborn baby were severely injured, in a crash with a driver with a 0.08 blood alcohol content.

Currently, 18 states and the District of Columbia have 0.08 laws, and in Massachusetts the legal level of 0.08 is considered evidence, but not proof, of drunkenness. Thirty-one states define drunken driving as a 0.10 BAC.

The nationwide drunken driving standard was included in a transportation spending bill approved Tuesday by a House-Senate conference committee. It is expected to reach Clinton's desk in a matter of days, and the president, a strong supporter of the measure, is sure to sign it into law. Transportation Department Secretary Rodney Slater said that as late as Monday night the president was calling lawmakers to nail down their support.

"With this measure we can save more than 500 families annually the experience of having to deal with the loss of a loved one," Slater said.

In 1998, 15,935 traffic deaths were attributed to drunken driving, or 38.4 percent of the 41,471 deaths overall. Both numbers are down slightly from the year before.

Under the final compromise, states that don't implement the 0.08 standard by 2004 would lose 1 percent of their highway money, with the penalty increasing to 8 percent by 2007. States that adopt the standard by 2007 would be reimbursed for any lost money.

Sen. Frank Lautenberg, D-N.J., a chief proponent of the legislation, said even a 2 percent loss would be considerable, noting that his state gets $750 million a year in federal highway money.

MAID contends that a driver with a 0.08 BAC is 11 times more likely to be involved in a fatal crash than a sober driver. It quotes National Highway Traffic Safety Administration studies that show a 170-pound man could consume four drinks on an empty stomach in an hour, or a 157-pound woman three drinks before reaching 0.08.

Lautenberg and House sponsors including Reps. Nita Lowey, D-N.Y., and Frank Wolf, R-Va., introduced the legislation three years ago. It ran into solid resistance from lawmakers who said it infringed on states' rights and a strong lobbying effort from beer and restaurant associations.

John Doyle of the American Beverage Institute said the national standard would "have no impact whatsoever" because the average BAC for drunk drivers involved in fatal crashes is 0.17. Doyle also cites NHTSA figures in saying that a 120-pound woman would reach the new midnight level by drinking only two six-ounce glasses of wine over two hours. "It demonstrates we are not talking about the product abuse," he said.

Several lawmakers made last-ditch efforts to sidetrack the 0.08 measure but were defeated by the House-Senate conference. Rep. Martin Sabo, D-Minn., unsuccessfully proposed that the federal government should double grants to states for anti-drunk driving programs rather than penalize them.

Rep. David Obey, D-Wis., also contended it was wrong to take money away from states that, while they might not have a 0.08 standard, impose other strong anti-drinking measures such as bans on driving with open containers of alcohol or mandatory BAC testing after accidents. "It's a gross injustice to many states that have far tougher drunk driving laws," he said.
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 3.50 ERA led the staff and he had a 2-2 record at Busch Stadium. La Russa even shanked Ankiel from the mound on Monday, sending 21st-century Danial Kelly 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 who 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, there's no doubt about it, he struggled."

But he didn't hesitate to bring Ankiel back in.

Ankiel wanted no part of that. "I'm not even going to go back to look at it," Ankiel said. "Why look at something bad?"

With the help of two errors and a fly ball that dropped between Gold Glove center fielder Andruw Jones and left fielder Reggie Sanders for a hit, St. Louis got to Maddux in the first.

"A crazy inning when things kind of went haywire," Braves pitching coach Leo Mazzone said, "I guess that's the way to describe it."

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

Martinez hit a two-run homer in the 10th inning after Cameron stole 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 homers came off Chicago relief ace Keith Foulke.

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

After making his second two pitches, a fly ball that dropped between Cameron, once projected as the White Sox's next star, was nearly picked off first.

"I'm not going to go back and have a chance to catch its feet," Martinez said of his winning hit. "But he did."

A.J. Pierzynski pinch hit for Chicago's starter, having the opportunity to catch its feet.

GAME 2 continues from page 8

- On the day of the game, Woodridge says he makes sure his team is ready. Even the media has the information that it needs. He also sees that the referees and opponents are there and ready to play.


But the day ahead was more than what he expected. "I mean, there's no doubt about it, he struggled."

While the coach sits back on the sidelines, the team has several rituals they go through on the field.

"Some of us will stretch and play catch. After the national anthem, the team gathers together in a huddle and the 'rhythm' is to "outfield, nobody bats us," Gerhard said.

"We usually slap our hands together and say "Baseball is fun!" LA. - Andruw Jones came back into the interview room so the rookie could describe it.

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It's game time, and women's soccer head coach Alex Crozier looks 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 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 to help them." While Crozier is focusing on the game, assistant coach P.J. 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."

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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. So while CBS could run highlights on its TV news programs after NBC's broadcast day ended, the CBS Sportsline Web site could not.

Scores

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Briefs

Web sites want more Olympic coverage

Schedule

**FRIDAY**
- Women's soccer vs. University of Pacific
  - at Mustang Stadium
  - at 7 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.