Students vote in recall

Amidst classes, senior projects and upcoming midterms several students still made time to vote in the gubernatorial recall election. Individuals were assigned polling places around town and even on campus.

"I could care less." — Cathy Ferece, architecture engineering freshman

"By the time he gets settled into office he's going to be running against someone else." — Danny Yukawa, business senior

Voting polls around San Luis Obispo County were visited by students and community members alike. The University Union was one such location.

SPENCER MARTIN/MUSTANG DAILY

Students vote in recall

State rejects Proposition 54

LOS ANGELES (AP) — California voters overwhelmingly rejected a contentious ballot initiative Tuesday that would have banned the government from tracking race in everything from preschools to police work.

Proposition 54 was one of two initiatives that were soundly defeated Tuesday. The second measure, Proposition 55, would have diverted billions of budget dollars to rebuilding a crumbling infrastructure.

Though they were overshadowed by the gubernatorial recall race, both propositions would have made important changes to California law.

Proposition 54 would have banned the collection or analysis of racial information in public education and contracting with the state.

Opponents of Proposition 54 had said the measure would set a dangerous precedent and that "if you start, you never know where it will end." Republican opponents of Proposition 54 argued that the measure's intent was to prevent them from pursuing initiatives that would have helped close the state's achievement gap between white students and those of color.

"We'll be stymied and kittled up," said County Clerk Recorder Julie Rodewald.

As Consulting Director of the Downtown Millennium Biltmore Hotel, "We've had a lot of good nights over the last 20 years, but tonight the people did decide it is time for someone else to serve, and I accept their judgment," Davis told a crowd of supporters at the downtown Millennium Biltmore Hotel. "We've had a lot of good nights over the last 20 years, but tonight the people did decide it is time for someone else to serve, and I accept their judgment."
Local Weather
5-Day Forecast
TODAY
high 95° / low 51°
THURSDAY
high 76° / low 53°
FRIDAY
high 74° / low 53°
SATURDAY
high 73° / low 52°
SUNDAY
high 74° / low 52°
Sunrise/Sunset
rises 7:03 a.m. / sets 6:37 p.m.
Tides
high 9:52 a.m. 5.11 feet
9:47 p.m. 5.04 feet
low 3:31 a.m. 0.28 feet
1:50 p.m. 1.25 feet

Is there a city you’d like to see in the weather box? E-mail us at mustangdaily@calpoly.edu.

Air tanker based in Santa Barbara

SANTA BARBARA, Calif. (AP) — A twin-engine FV firefighting air tanker is now stationed at Santa Barbara Municipal Airport.

Earlier this year, the U.S. Forest Service decided it wouldn’t base any of its air tankers at the airport, saying it was crucial to have those aircraft close to hot spots during major wildfires in October and November, authorities said.

Thirteen of 18 Forest Service air tankers are now in the northern half of California.

PROPOSITION continued from page 1

criticized it as a blow against anti-torture, citizenship policies, while backers insisted it was a leap toward a “colorblind society.”

With 28 percent of precincts reporting, 1,417,495 voters, or 54 percent, were against Proposition 54, while 1,209,274, or 42 percent, favored the measure. On Propositions 53, 1,542,777 voters, or 65 percent, were against the initiative, while 827,412, or 35 percent, voted in favor of it.

We, the California residents who put Proposition 54 on the ballot, committed on the assertion that such policies which fit people into racial boxes are outdated and destructive. Despite the defeat, Connelly said Tuesday that “the day will come when the American people will have to decide on such racist categories.”

“And we can look back on this period as the beginning of that process,” he told supporters in Sacramento as part of his concession speech.

Lt. Gov. Cruz Bustamante, who lost the recall race, hailed the outcome on Proposition 54. “We have a reason to celebrate tonight. We have this victory on Proposition 54,” he said.

RECALL continued from page 1

name, people in the crowd said. “Recall! Recall!” But Davis held up his hand and said: “No, no.”

Schwarzenegger declared victory during a celebration at the Century Plaza Hotel, where he was introduced by Jay Leno, host of “The Tonight Show With Jay Leno,” where he announced his candidacy just two months ago.

“I come here with absolutely nothing,” said California’s governor-elect. “And I mean absolutely everything. And today, California has given me absolutely the greatest gift. You have given me trust for voting for me,” he said, surrounded by his wife, Maria Shriver, and several Shriver and Kennedy relatives.

“I will do everything I can to live up to that trust. I will not fail you, and I will not let you down.”

Early tallies showed the recall favored by 1,277,266 voters, or 54 percent, and opposed by 1,184,199, or 46 percent.

Other early returns showed Schwarzenegger ahead with more than 1,815,329 votes. Democratic Lt. Gov. Cruz Bustamante with 1,254,572; Republican state Sen. Tom McClintock with 491,354; and Green Party candidate Peter Camejo with 96,352.

Voters also rejected two propositions. Proposition 50, which would have banned state and local governments from tracking race in every form from preschools to police work. Voters across the racial spectrum rejected that measure, according to exit polling. Proposition 53 would have set aside up to 3 percent of the state budget every year beginning in 2006 to build and rebuild infrastructure. Schwarzenegger prevailed despite a flurry of negative publicity in the campaign’s final days, surviving allegations that he had groped women and accusations that as a young man he expressed admiration for Adolf Hitler.

The 56-year-old Austrian immigrant finds himself at the core of the nation’s most populated state with an economy surmounted only by those of several countries.

Schwarzenegger promised to begin cutting taxes today, with his first blueprint to be released by massive budget problems and driven by deep political divisions.

Voters in a great day for the people of California rose to their duties as citizens and ordered a new direction for our state,” he said.

“...It has been the greatest honor and greatest privilege of my life to have been a part of that discussion.”

Bustamante addressed supporters an hour after polls closed, celebrating the defeat of Proposition 54 and praising the state’s Indian tribes, which were among his top supporters, but leaving the stage without conceding defeat.

“Tonight, we made history. We were honored to be in 10 voters interviewed in exit polls said they had voted for Schwarzenegger to vote on the recall question more than a month before the election. Local lines were reported at polling places throughout the day. By late afternoon, although, a spokesman for the Secretary of State, said a turnout of 85 percent appeared likely, higher than the 50.7 percent who voted in last November’s gubernatorial election. It would be the highest percentage to vote in a gubernatorial election since 1982.

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Agriculture Department said Tuesday.

WASHINGTON — An Indiana company has recalled 33,000 pounds of frozen corn dogs because they contain undeclared ingredients that could cause allergic reactions in some consumers, the Agriculture Department said Tuesday.

The recall affects Olympic Food Products Inc. in Kokomo, Ind., and contains eggs and whey that were not written on the label. Another ingredient, beef, also was missing from the label. The department said the corn dogs were sold in stores nationwide.

WASHINGTON — In a graceless act, a man convicted of killing a turbaned, bearded Sikh in a park for an attack from a traumatic stress disorder triggered by the Sept. 11 terrorist attack in Little Rock on Tuesday. The testimony came as a watershed moment, when the defendant, Frank Silva Roque was found guilty for the first time in 2001.

WASHINGTON — A man joined a permanent injunction Tuesday ordering a Japanese businessman to stay away from Britney Spears, ruling he was “abnormally obsessed and fixated with” Spears.

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Man charged in attorney's death pleads guilty to involuntary manslaughter

BAKERSFIELD (AP) — The man charged in the stabbing death of a Kern County assistant district attorney pleaded guilty Tuesday to voluntary manslaughter.

Chris Hillis was charged with first-degree murder in the death of Stephen Tauzer, who was found in his garage in a pool of blood, a knife sticking out of his head, the weekend of Sept. 13, 2002. Hillis had pleaded guilty to the charge.

On Tuesday, Hillis accepted a deal from prosecutors. He was sentenced to 12 years in prison.

"I think it's great," said Barbara Boyle, the Sierra Club's Sacramento-based senior regional representative. "It reaffirms the validity of the Antiquities Act, and of a president's ability to create monuments."

Opponents to the monument were surprised.

"We always thought we had a good case," said Kent Duysen, general manager of Sierra Forest Products. The Forest Service is preparing its case, witnesses testified that Tauzer and Chris Hillis disagreed about how to handle Lance's drug problems. Tauzer said drug treatment for Lance rather than a jail sentence which Chris Hillis said his son needed to kick his drug habit.

After Tauzer's death, the "Lords of Bakersfield" legend surfaced and was detailed in a series of stories published in The Bakersfield Californian.

Western lawmakers have continually tried to scale back presidential powers to create national monuments. The Western-dominated House Resources Committee in April 2002 approved a bill putting restrictions on monuments larger than 50,000 acres. That bill never advanced.

Solicitor General Theodore Olson argued that Clinton's use of the Antiquities Act to create the Giant Sequoia monument on April 15, 2000, fell within a president's authority.

The law lets presidents, acting without congressional approval, designate national monuments. Tulare County officials contended the monument was unnecessary. But is about half the size of Yosemite National Park. The monument is designed to protect some of the world's largest and oldest trees.

The court also refused to hear challenges to other Clinton-era monuments in Arizona, Colorado, Oregon and Washington state.

The Antiquities Act says presidents have the power to create national monuments. The Act has been used by several administrations to establish national monuments in the West. The Bush administration was surprised.

"In a fit of rage, it happened," Boyle said in an interview after the plea.

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Greek rush promos integrate marketing, art

> Fraternities, sororities use more than word of mouth to recruit new members

**By John Pierson**

**MUSTANG DAILY STAFF WRITER**

They are everywhere: Walking billboards that don T-shirts with catchy logos of the hottest retail brands, twisted around to represent something else entirely. They are the latest rush T-shirts, fliers and booths from Cal Poly's fraternities and sororities.

Leading the Greeks in terms of innovative booth design was Sigma Nu. Their booth was a partially opened circle with a small table in the center sporting the Sigma Nu letters on three sides, unlike the boring square booths of other fraternities.

"We wanted something more open that wasn't like a barrier between us and (prospective members)," said agribusiness junior Michael Cao, a member of Sigma Nu. "We had an idea, like a spa with us sitting in the middle."

Phi Kappa Psi, more commonly referred to as "Phi Psi," took a different approach to getting attention to their fraternity.

"It's about brand recognition," said Matt Mahoney, computer engineering senior and Phi Psi member. "The fraternity created an insignia with the greek letters "Phi" and "Psi" and had them printed on a dark purple T-shirt with the slogan "Good brothers wanted.""

The fraternity also went so far as to enlist aid in their advertising. Women spotted around campus have been wearing crop-top Phi Psi T-shirts. The fraternity, however, is not cool.

"They're girlfriend and friends of the house," Mahoney said. "It was their idea to crop the shirts." Fraternity members have utilized a different marketing strategy. They went to their national organization. A plain black poster with a white silhouette and the slogan "The most wanted man in America" came from the national organization, as opposed to within the local house.

Alpha Kappa Delta Phi, the national Asian-interest sorority, used their fliers as an informational tool. They put a schedule of the week's events on their flier, making more useful when compared to the other posters on campus.

Even though all this was done, a more effective, proven method of sending messages is one that is more traditional.

"The most effective tactic is word of mouth and personal invitation," Mark Hucklebridge, a public relations lecturer in the journalism department said. "Fliers, T-shirts, email and websites will bring you all good ways to raise awareness, but a staffed booth is the most valuable. You have to be able to meet and talk to people personally to get their questions answered."

Hook It Up

**Dirty-named Web site helps students get around**

> Polysluts.com creators just want to 'get hella people laid,' create friendships

**By Kendra Hodges**

**MUSTANG DAILY STAFF WRITER**

Looking for love in all the wrong places? Tired of seeing the same old faces?

A new Web site might be the answer for lonely college students.

Polysluts.com is a new site created by students to help misguided souls find numerous fine singles for a friendship or otherwise.

The goal of the Web site is "to get hella people laid," said creator Steve Rosen, a city and regional planning junior. Rosen and co-creator Erik Matlin, an electrical engineering junior, started the Cal Poly "meat market" Web site over the summer, originally as an attempt "to get dates with Shallon Lester," former Mustang Daily "Sex and San Luis" columnist, the creators said in an e-mail interview.

Marlin and Rosen got their friends to join and passed out fliers at Farmers Market and in the dorms. From there, people submitted profiles and Polysluts was born.

"We also wanted to create a forum for people who like obscure things and would like to find people who like the same things," said Matlin.

Polysluts members responded through an e-mail interview on how the website has affected their personal lives.

"Unfortunately the Web site hasn't yet really helped my personal life in any way," electrical engineering junior Evan Moore said. "Of course that is also due, in no small part, to the fact that I haven't contacted any girls from the site. I think most people are posting their profiles and just waiting for responses. Subsequently, I have not received any responses to my ad, despite my incredibly attractive and devilishly witty profile."

Other members responded enthusiastically to the benefits of the Web site and forums, mentioning sexual ventures that came from it and others who just enjoy getting to know new people.

"Guys love it and (women) love it, but they pretend not to," mechanical engineering junior Matt Hamilton said. The site, however, does not come without its critics.

"It's dirty," recreation administration senior Lisa Levinson said. "It shouldn't be monitored if they want it to be a respectful source for people to meet other people."

The founders said the site does see a degree of censorship.

"Steve and I browse posts often. If either of us really don't like someone's profile we won't hesitate to delete it, or modify it," Matlin said. "However, this rarely happens. Basically we like to keep the site as free as possible, and we accept no responsibility for offensive pictures, as we do not host them."

Upon viewing the website, economics senior Brandon Robinson said he thought the site was not well put together and it looked like a group of friends just posted their profiles. Robinson added he would not use it as a source to meet new people in.

"It's dirty. It should be monitored if they want it to be a respectful source for people to meet other people."

Liza Levinson

recreation administration senior

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Cash may be gone, but his spirit lives through Bastard Sons

By Daniel C. Hartman
IOWA STATE DAILY (IOWA STATE UNIVERSITY)

AMES, Iowa — Let's put something to rest. Bastard Sons of Johnny Cash is not made up of the illegitimate love children of the late, great "Man in Black." But Cash did give the hand — and only this hand — his blessing on its choice of name.

To set the record really straight, let's look at where they come from in the first place. They don't come from anywhere near the country music capital of Nashville, Tenn. In fact, lead singer/songwriter Mark Stuart is from San Diego, Calif.

"I was exposed to country music as a child by my parents," Stuart says. "My Mom was a big western music fan and had that around the house a lot."

Stuart also explained where they got the name for the hand. Sort of. "My Dad (took me) to go fishing many, many times when I was growing up," Stuart said. "When we went, we listened to a lot of 8-track Johnny Cash tapes."

But is that the real story? The honest truth is that the name just popped into my head one day while I was playing," Stuart said. "It fits with what we are trying to do musically."

Their music style is never set, Stuart says, and it's never supposed to be just country. "I never set out to make a strict country record," Stuart said. "The idea on the last one was to go in and make a traditional record in the spirit of the outlaw classics by Waylon (Jennings), Willie (Nelson) and Kris (Kristofferson)."

That sound shines through on the band's two albums. Their first, "Walk Alone," gave the world a brand new way to look at honky-tonk. The second album, "Distance Between," which was released in 2002, expanded upon that style. On "Distance Between," Stuart's voice sounds a bit like a younger Waylon Jennings on some tracks.

Stuart also knows how to write songs about such country themes as tears in your beer and driving 18-wheelers on dark and lonely highways.

Stuart said the current incarnation of the Bastard Sons, which has been around in some form or another for eight years, have only been together for a couple of years. "A good band is always a work in progress," Stuart said. "You may love the type of music you're playing, but you're always looking at the best way to present it. Bringing in new people makes the sound stay fresh too."

The death of Johnny Cash hit the band hard, Stuart said. "We got the news that Johnny Cash had died since we've been on the road," Stuart said. "That's probably the biggest event that has happened to us this tour."

The late Johnny Cash, who reportedly went against the wishes of his own recording label when he gave his blessing to his "Bastard Sons," should rest easy knowing they carry on his legacy.

"The sound of Johnny Cash inspired me quite a bit personally," Stuart said. "I always admired how he was able to stay true to what he did so long into his career."

"Through the years he was able to stand up to the establishment and do what he wanted to do. He proved simple songwriting could be best."
Older women should date younger men with no stigma attached

Demi and Ashton. I don't even need to say the last names, you know who I mean. What did they do to deserve such fame? Did they come world hunger? It's hard to remember the last time they even starred in anything halfway decent—Striptease and Pump'd come most quickly to mind. Indeed, this fame comes from Demi being 15 years older than Ashton. If Ashton was the one who was 15 years older, no one would have looked twice. After all, Anna Nicole Smith's hubby was ensnared in an arm, held close to her boxer young host on national television before anyone cared about their age difference.

Commentary

It's funny when older men look at females young enough to be their granddaughters. They're laughingly called "old pervs," and it's expected behavior.

Young guys can look at older women, but when older women return the favor, movies are made about it. Women are viewed as uninterested in sex later in life. Or maybe it's because society is still stuck in the "boys mature later than girls" philosophy from junior high.

Then again, the most accurate assessment may be that the image of little sweet grannies getting it on with the newspaper boy is just too much to bear.

All reasons seem a little fuzzy. Women are becoming increasingly oblivious to such stigma. According to CNN.com, a survey published in the AARP Magazine, a publication for Americans over 50, close to a third of unmarried American women in their 40s through 60s are going out with younger men.

The survey also stated marriage was the motive for dating in that age group for only 7 percent of the women. The main reason for dating was fun and companionship.

It turns out Mom isn't looking to settle down with Pops and their lap dog Pookie, after all. With the main objectives for dating being fun and companionship, why would women want to be stuck with someone "the appropriate age" for them? Statistically, men have a few years shorter life span, so why not bridge the gap?

With growing independent living and often concentrating on starting up their careers before delving in to couplings. They don't need anyone to look out for them, and they are long past the years of needing to find someone a few years older to match their maturing.

I say, Granny, you teach that newspaper boy a few things!

Samantha Yale is a journalism senior and Mustang Daily staff writer.

And the winner is...

Editor

Arnold Schwarzenegger is a great actor. He can blow things up, fight the bad guys and save human kind. But that won't make him a good governor.

Many women have now come forward with stories about his welcomed sexual advances. I, for one, don't enjoy my dreams being grabbed by a passing movie star; I don't care how much money he has. Some people say that this is a "last minute smear campaign," but I don't agree. First of all, these things are not new. Even before he ran for governor, he was known in Hollywood for his objectification of women. When the "Oval" magazine article came out about his drug/alcohol abuse and gang bang "orgies," Arnold simply dismissed these things by basically saying, "Hey, I was young and I did it for the attention."

Well, I don't know about you but I don't know of any Cal Poly students who would do these things at this point in their lives. Maybe when you're from Austin, you can excuse yourself as being "young," but he was 29 years old!

So don't blame this on your age, Arnold; you were plenty mature. But besides that, he continued to harass women for years after that. In fact, one of the women who was quoted in the Los Angeles Times article experienced this harassment in 2000. This was not a long time ago. Let's send Arnold a message that women don't appreciate his behavior. Most mature men I know respect women and understand that no means no, but Arnold still has problems with this. No means no, Arnold.

Aubrey Johnson is a mechanical engineering junior.

Samantha Yale is a journalism senior and Mustang Daily staff writer.

Columnist Wanted

Mustang Daily is looking for a fun and fabulous woman to write a weekly women's issues column.

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Letter to the editor

Arnold's age was no excuse

Editor,

Arnold Schwarzenegger is a great actor. He can blow things up, fight the bad guys and save human kind. But that won't make him a good governor.

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Aubrey Johnson is a mechanical engineering junior.
Opinion

Wednesday, October 8, 2003

Adults won’t be happy with McDonald’s active meal

McDonald’s is at it again. Slowly but surely, throughout the last year, Mickey D’s has been introducing leaner, lighter and less fattening items to their heavy weight menu. 

First, the McVeggie burger debuted, then came the grilled whole wheat BBQ chicken sandwich. A new line of salads appeared next, boasting healthy spring greens, warm grilled chicken breast and low-fat dressing. And now for the grand finale, according to an article on CNN.com, McDonald’s is test-marketing yet another version of the Happy Meal called the “Go Active Meal,” which includes a salad, an exercise booklet and a pedometer to encourage walking.

You’ve got to give those marketing executives credit for their persistence in trying to portray a health conscious image. Yes, it is nice to see healthier alternatives when trying to tame that beastly craving for fast food, but isn’t the whole point of choosing the healthy route so you don’t end up in the drive thru or parking lot of a McDonald’s?

The McDonald’s Corporation has asked fitness guru and Oprah Winfrey’s personal trainer Bob Greene to promote this new adult health meal. Supermodel Heidi Klum couldn’t get this meal and McDonald’s image to do the complete turn around company executives are looking for.

One reason McDonald’s is not going to go far with this “Go Active Meal” is that the atmosphere and ambiance in a McDonald’s restaurant is not conducive to picking a healthy alternative at the counter.

But that’s just not good enough, especially when most people are trained to walk into a McDonald’s and order a Big Mac and fries. Choosing a healthy meal from McDonald’s, then more power to them. But honestly, the temptations people feel when they are being stared in the face by colorful pictures of salty French fries that have been cooked in a vat of grease, cheese melt­ on that heated Big Mac or big yellow letters that read, “Super Size for just $0.99”

The last place I would expect to find encouragement toward healthy eating is in McDonald’s. The irony is too overpowering.

Since the fast food chain was swept up by pop culture, they have always been seen as the hamburger, French fries and milkshake haven for Middle America. That Middle America is sick of being fat from eating McDonald’s, the fast-food chain answers back with a healthy option. But that’s just not good enough, especially when most people are trained to walk into a McDonald’s and order a Big Mac and fries.

It comes down to the consumer. If they feel like they are going to get a healthy meal from McDonald’s, then more power to them. But honestly, the temptations people feel when they are being stared in the face by colorful pictures of French fries and cheeseburgers are overpowering. They might think differently and decide to go to the local market for a healthy fix.

Amanda Hippie is a journalism senior and Mustang Daily staff writer.

More letters to the editor

Liberal’s are steering the direction of US

Editor,

Why it is that the American university system supposedly stands for social diversity and tolerance, yet the average college campus these days has politically and socially liberal facilities that haven’t changed in the last few years, or at least since the Vietnam War. Take for example Ivy League Schools such as Brown, the ratio is 30 liberals to one conservative (see the latest David Horowitz university poll).

Why is it perfectly acceptable under the guise of “toler­ ance” and cultural learning to hang the Five Pillars of Islam up in elementary and middle school classrooms, yet a teacher can be fired for placing the Ten Commandments next to it (as the case last year in a San Diego School District classroom)?

Why is it considered an exercise of free speech and civil liberty, or even heroic to burn an American flag in public, yet we are arm­ ed and equipped with tear gas and smoke bombs to deal with the so-called “rioters” in Los Angeles, or some college campus in the Midwest where kids are burning trees and setting off smoke bombs in protest of some injustice against the minority?

Why do we hear about the pockets of people in Iraq who do not want a democratic government, but no one seems to think those people would be in favor of tearing a developed fetus from a cow or pet dog?

Why do we hear about the right to bear arms being in favor of human abortion, but no one seems to think those people would be in favor of take­ ing the life of your sister or brother after being conceived?

The matter of Arnold’s indiscretions is none of my business. I don’t care if Arnold or any other politician, star or sports figure I personally empathize with in mass graves under the brutal dic­ tatorship of Saddam Hussein?

Who is really running our country, and what direction we are being steered?

Joe Pridoa is a Cal Poly alum and deeply concerned citizen.

Addressing Republican problems

Editor,

I am responding to John Holbus’ article, “Arnold can change Republican’s image” (Oct. 7). Mr. Holbus begins his article by posing the question, “What the hell is wrong with Republicans?" This is most likely a rhetorical question, but I am going to answer it anyway.

First, Republicans are the dictators of the American political system. They impose their beliefs on everyone within reach of the mass media. They attack with contradicting arguments and factually incorrect information. Anyone disagreeing with them will be damned to hell.

Now to the issue of the recall. Arnold Schwarzenegger is one of the worst candidates in the recall. Even though he is listed as a Republican, many of his views are rooted in the left. He is about the least Republican a Republican can get.

The best reason not to vote for him is his views on Native American tribes running casinos.

He wants to impose state taxes on the revenue gained by the Indian casinos. These casinos are on reservations that have been designated as federal land. That means the land is not included in any state.

The matter of Arnold’s indiscretions is none of my business. I don’t care what he does as a politician. If he wants to keep it private, that’s his right. But he has made it a habit togrope unwilling women. It’s not just “offensive," as Arnold put it — it’s sexual assault, and it implies a deeply misogynist psychology. Plus, he admires Hitler.

Go Republicans!

Daniel Nutting is a computer science senior.

Issues are not just black and white

Editor,

I can’t help but pity all of you. You’re wandering about spouting the same drivel that has been force-fed to you since you were born. All I ever hear are the same tired arguments. Homosexuals are evil, no their not. Abortion is wrong, it is nothing. A woman’s right to choose. Will you really say that nothing in this world is quite so black and white? Nothing is inherently good or evil; it is a mixture of both. 

Take Hitler for example (I choose this for the recent controversy surrounding Austria). Swarzenegger.) Just because his actions were deplorable does not make everything about him inherently evil. The name Hitler, the German nation and their actions have no moral properties whatever, yet are continuously treated as such. It could just as likely be someone named Smith from Ireland using the Smiley-face as a political icon. Learn your history before you have been told and take the good with the bad; it’s the only way things in this life come.

Brandon McFarlane is a computer science major.

Letter policy

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Your letter will not be printed unless you submit it in the correct format.
Healthy bars may not be that healthy

By Cassandra Johnson
DAILY TEXAN (UNIVERSITY TEXAS-AUSTIN)

AUSTIN, Texas — They say a person can be given energy, a full day’s worth of nutrition in one convenient packaging for easy travel. Whether one needs a small pick-me-up in Power Bars, and the trend is grown in packaging for easy travel.

According to Consumer Reports, Americans spent $1.4 billion last year on Power Bars and other food, and the trend is growing. The age of those targeted for the bars has dropped with the creation of cereal bars, which are marketed toward children. Clif Bar and PowerBar have expanded their line to all kinds have been popping up bars are not as good for people as advertised. Most energy bars (such as Clif Bars, which were made with bicyclists in mind) are targeted toward athletes and those who need sustained energy. Other bars were made as meal replacements for those watching their calorie intake. Still others are made as snacks. However, all of these add extra calories that people who maintain a healthy diet may not need.

Before a workout, they may not be for everyone every day, Monica Kyrouzis, a registered dietitian at University Health Services, said. Which kind and how often a person should eat energy bars depends on the student on a day-to-day basis and on the student’s daily activities.

Kyrouzis said a main function that complicates this decision is the glycemic index of foods. Every food has a rate at which the body is able to digest and turn it into blood sugar. The energy in bars, mixed with what is already in the stomach, can give the consumer a quick boost of energy and raise blood sugar, but it can also produce a sleep effect after the sugar level has lowered.

Kyrouzis said she is also wary of bars that claim to give the user energy or endurance. “What helps endurance is the exercise and building the muscle,” she said. “The carbohydrates are fuel.”

There is a fine line that companies walk when using this terminology to make those claims, Kyrouzis said. Jamil Payne, a Greggs gym cafe employee, said the type of energy given by energy bars isn’t for him.

“I believe that if you are going to work out, you should be all natural,” Payne said. “The college football players may need a boost but they work out constantly, but I’m just a three or four workout a week type of guy.”

To satisfy people like Payne, who prefer natural ingredients, some companies such as Clif and PowerBar are including more organic ingredients to make their bars healthier. However, the quality of the ingredients may be compromised when put into bar form.

Some store owners claim the nutrients in the bars are just as good as the nutrients in natural fruits and vegetables.

Lance Kotara, a public relations junior and sales associate at General Nutrition Centers said most people looking for energy bars use them as a meal replacement or a supplement to their diet.

“Some critics, like Paula Caplan, a visiting scholar at the Pembroke Center for Women at Brown University, question the existence of PMDD because they say the APA has produced no convincing evidence to show that PMDD exists.

The Diagnostic Manual describes the disorder as a “depressive disorder, not otherwise specified,” and describes its symptoms as depression, anxiety, anger or irritability, mood swings and physical symptoms such as breast tenderness and bloating. These symptoms are almost identical to those of PMAS.

Importantly, the symptoms are documented as disappearing soon after menstruation begins. Some critics, like Paula Caplan, a visiting scholar at the Pembroke Center for Women at Brown University, question the existence of the disorder because they say the APA has produced no convincing evidence to show that PMDD exists.

“If you are suffering from depression you need to be told you are depressed,” Caplan said in a phone interview. “To call it PMDD when there is no scientific evidence to show that it exists, and then to base any treatment on that, seems to me being subjected to experimental treatment without informed consent.”

Study: Dieting can cause weight gain

By Nicole B. Urken
HARVARD CRIMSON (HARVARD UNIVERSITY)

CAMBRIDGE, Mass. — Frequent dieters may be at greater risk to gain excessive weight compared to others, according to a study released Monday by researchers at Harvard Medical School.

The team, which looked at the dietary habits of boys and girls between the ages of nine and 14, determined that dieting to control weight is not only ineffective but may lead to weight gain.

Says a psychological study released Monday, the researchers at Harvard Medical School found that dieting may lead to weight gain.

By Nicole B. Urken
HARVARD CRIMSON (HARVARD UNIVERSITY)

Every month, some women experience depression, anxiety, irritability, mood swings and physical symptoms such as breast tenderness or bloating.

According to the American Psychiatric Association, these women aren’t just experiencing normal premenstrual syndrome, which affects many women in varying forms once a month.

Experts say these women are dealing with FMDD — premenstrual dysphoric disorder — a severe form of PMDD that has caused controversy in the psychiatric world ever since its inclusion in the APA’s Diagnostic and Statistical Manual of Mental Disorders in 1987.

This manual estimates 3 to 9 percent of menstruating women in America suffer from FMDD — about half a million women. But many critics say this is a false diagnosis — that FMDD in fact does not exist.

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The study postulates that frequent dieters may be more likely to gain weight because they may be more likely to partake in binge cycles. Also, the study contends, frequent dieters may suffer due to the increased metabolic efficiency which comes with dieting and means that dieters often require fewer calories to maintain weight over time.

Pre-menstrual diagnoses spark debate

By Valentina Dutta
THE DAILY FREE PRESS (BOSTON UNIVERSITY)

BOSTON — Every month, some women experience depression, anxiety, irritability, mood swings and physical symptoms such as breast tenderness or bloating.

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Clarett has right to run where he pleases

By Sean Martin
MUSTANG DAILY SPORTS EDITOR

I had a dream last night. About Paul Tagliabue.

No, my life hasn't become so sports-obsessed that I've ditched my Laertia Costa fantasies for those of scantily-clad commissioners (though

B u t Commentary
S e e l ig does look surprisingly good in a two-piece).

But there he was, the NFL's main man, stepping to the podium and telling us all what we have to say, except for U.S. District Judge Shira Scheindlin.

The lawsuit, which was filed in a New York federal court, said the NFL's rule on draft eligibility violates antitrust laws and harms competition, according to NFL.com. Currently, players are not eligible for the NFL until their high school class has reached its third year in college.

Any attempt by competitors to restrain competition in the labor market is regarded by the courts with great suspicion," said Paul Haugen, a Duke law professor, in an article on ESPN.com. "Unless the restraint falls under a limited number of narrow exceptions, it will be treated as a violation of the antitrust laws.

The NFL expressed its opposition, but did not give any reasons for its stance. They simply said, through spokesman Greg Aiello in that ESPN.com article, "We do not believe that this lawsuit serves the best interests of Maurice Clarett or college players in general."

The NFL hasn't been more wrong since it decided to give a NFL team to Houston instead of the second-largest market in the country. There is a simple analogy that proves this.

If I got suspended for a year from Poly for overeating the value of goods stolen from my car (Gisico’s brilliant logic) as Clarett did, I would have to get any job where I was hired. I could pack up my things and head straight to the Madera Tribune to make $12,000 a year covering middle school sports, that is why I picked this major.

Why shouldn't this obviously gifted individual, who is destined for bigger and better things, be allowed to play? Clarett isn't that interested in an education, or else he wouldn't be leaving school early, so let him go. College football and the NFL only have one difference: the pay is better.

Besides, those who complain about players leaving school early think big-time college athletics are about giving kids an education the way Fox News is "fair and balanced."

Athletes aren't learning thing while they are in school, so why? Academic scandals have long been a part of NCAA competition.

Take Georgia and Fresno State's basketball teams, who both withdrew from postseason play this year because of improprieties. I have friends who watched certain Heisman Trophy winners pick up their prewritten papers.

This case will not be the beginning of an NFL "baby boom," either. Football is the most violent of the major sports. Physical maturity, therefore, is an even greater attribute for draft picks. Each year in college means another year in the weight room, and another year becoming more attractive to pro teams.

College players will wait longer to improve their draft status and get that bigger signing bonus.

The only people this rule benefits are the colleges who profit from the athletes' off-field affairs. College sports are athletic apprenticeship at its worst. Players have to pay money (scholarships doesn't cover everything) in high-stakes games where millions of dollars, that they will never see, are at stake.

I hope Judge Scheindlin agrees and removes the shackles the NFL has placed on Maurice Clarett.

Sean Martin is a journalism senior and Mustang Daily sports editor.
Ephedrine spurs policy change

By Matt Mackey
MUSTANG DAILY STAFF WRITER

Urimating in test caps may soon become a familiar practice to athletes competing in every NCAA-sanctioned sport. The NCAA is in the process of deciding whether or not to expand their drug-testing program. Under current policy, the only sports that are subject to year-round, random drug testing are Division I and II football and Division I track. Athletes competing in all other Division I, II and III sports can only be tested if they reach their respective championship.

The proposals are being reviewed by the NCAA's Division I Management Council. Should the proposals be approved, random testing on all collegiate athletes could begin as early as the 2004-05 school year.

Potential NCAA policy changes were sparked by a 2001 NCAA survey, which found significant growth in athletes' use of performance-enhancing drugs. In particular, 3.9 percent of all athletes admitted to using ephedrine, an NCAA banned substance.

Ephedrine is a powerful stimulant, which raises a person's body temperature, blood pressure, and heart rate. In rare cases, ephedrine has caused brain and heart damage to athletes using the drug during intense workouts. A number of professional and collegiate athletes' deaths have been linked to ephedrine use.

Whether the changes are made to prevent recreational drug use or to level the playing field by curtailting performance-enhancing drugs, Cal Poly head basketball coach Kevin Bromley believes in a clean life. “I think it would be good for a lot of reasons. We should not have enhanced performance by drugs... I'm a firm believer in a clean life.”

Kevin Bromley, Men's basketball head coach

The Mustangs are 2-4 against the Bulldogs all-time, including four shutouts. The Mustangs have returned to the polls. The Mustangs are 11-1 overall and 2-0 in the Big West.

The Mustangs are now 3-3-2 overall, 1-1 in the Big West. The Mustangs dropped out of the Sixceruzz poll. They had a 6-0 record at the time. The following week, the Mustangs were 8-0 and ranked No. 21 in the Soccerbuzz poll.

Women's Soccer

The Mustangs host a pair of Big West games, starting with UC Riverside on Friday, at 7 p.m. and then Cal St. Fullerton on Sunday, at 1 p.m. Both games will be at Mustang Stadium.

Men's Soccer

In a 2001 NCAA survey, 3.9 percent of all athletes admitted to using ephedrine, which has been linked to athletes' deaths. Ephedrine is a powerful stimulant that can increase heart rate, body temperature and blood pressure.

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