Coffee may prevent cancer, study says

By Micah Paulson  MUSTANG DAILY STAFF WRITER

Whether drinking a cup of lukewarm coffee at a diner or a grande caramel macchiato from Starbucks, a morning cup of Joe can prevent colon cancer, a recent study has found.

A German study, released on Oct. 10, concluded that a potent antioxidant compound, called methylpyridinium, is found in coffee. Researchers found methylpyridinium enhances the activity of phase I enzymes, lowering the risk of colon cancer.

Even with this new study, some still warn against consuming too much coffee. “It doesn’t do anybody any favors when they drink too much coffee,” said Andrea Brauninger, a physician at the Cal Poly Health Center. “One cup a day is OK, any more than that could cause an elevation in blood pressure, a decrease in appetite or not drinking the coffee might just cause diarrhea,” she said.

Colorectal cancer, cancer of the colon or rectum, is the third-most common cancer in men and women in the United States, according to the American Cancer Society. The ACS expects 105,000 new cases of colorectal cancer by the end of 2003. About 71,000 people will die from the cancer this year.

The anti-cancer component can be found in any type of coffee, with or without caffeine. The methylpyridinium is not in coffee beans, but found in trigonelline, its chemical antecedent, and formed during the roasting process.

With winter quarter colder weather in the way, Cal Poly students are fast becoming java junkies. “I’ll drink about five or six of those a day,” said Dale Lynch, a graduate student in psychology, as the anti-cancer component can be found in any type of coffee, with or without caffeine. The methylpyridinium is not in coffee beans, but found in trigonelline, its chemical antecedent, and formed during the roasting process.

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**EVENTS**

continued from page 1

**When:** Nov. 13, 7 p.m.
**Where:** Chumash Auditorium
**More Info:** Call Maya Aryad at 756-5839

What: ASI Events presents 'Jars of Clay'

**When:** Nov. 13, 7 p.m.
**Where:** Rec Center
**More Info:** Call Valets for tickets at 888-825-5484 or visit the Mustang ticket office.

What: Whitespoke presents BH Fairly

**When:** Nov. 14, 7 p.m.
**Where:** Performing Arts Center
**Philips Hall
More Info:** Call Adam Hill at 756-1622

What: Bandfest 2003. Cal Poly Wind Orchestra, the Cal Poly Wind Ensemble and the 100-member Cal Poly Mustang Band join forces to present a wind instrument spectacular.

**When:** Nov. 15, 8 p.m.
**Where:** Performing Arts Center
**More Info:** Call the ticket office at 756-2787

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**IRAQ**

continued from page 1

the Education for Peace in Iraq Center.

The pictures Hayes-Raitt shared with the audience of students and community members in Chumash Auditorium were from two trips she took to Iraq, one before and one after the war. The experience, she said, compelled her to share the humanistic side of war.

Headlines from The New York Times and Los Angeles Times about U.S. casualties but very little is said of the Iraqi people and what they are going through, she said.

"This is a woman who’s been there and can offer a first hand account of what’s happening over there,” said Lorne Levine, a local activist who asked Hayes-Raitt to speak at Cal Poly on behalf of Women and Black and Progressive Student Alliance.

Women in Black is an international network of women who protest for peaceful resolutions instead of war.

“Our goal is to call attention to the futility of the cycle of oppression, violence, retaliation and retaliation that plagues the Middle East and other areas in our world,” Women in Black participant Marilyn Farhar said.

Hayes-Raitt shared the story of a programming professor at Baghdad University who buddled with his family as U.S. troops fired up and down the street as many civilians headed off to pray.

She shared stories of cluster bombs, 62 percent of which did not explode but now do so in the hands and faces of children who pick them up.

“These are the lepices we are leaving these people, these children,” Hayes-Raitt said.

Despite all this, Hayes-Raitt said she doesn’t think we should pull out of Iraq.

“We are already there, now we have a moral obligation to stay and help them rebuild,” she said.

In closing, Hayes-Raitt asked the audience to join her in doing three things something personal, political and spiritual.

She also asked the audience to bring faith back into politics.

“We need to have faith in our government,” she said.

**COFFEE**

continued from page 1

he points to a large-sized Julian’s coffee cup. “I’m working on my pouch masters, so I have to drink it all the time.”

To prove their theory, researchers prepared a roasted decaffeinated coffee from Columbia beans. They then exposed the brew to human intestinal cells for three days. The results were compared to similar cells not exposed to coffee.

They found the higher the quantity of coffee, the higher the increase in the activity levels of enzymes.

This means that drinking an espresso, which holds two to three times the amount of coffee than a cup of medium roast will provide more of the anti-cancer compound.

A similar study using 24 rats displayed the same results. Rats that received dosages of methylpyridinium showed a 24 to 46 percent increase in phase two enzymes.

Yellow teeth, or bad breath would not hinder Cal Poly students in the coming months.

“I drink about three cups of coffee a day,” said Evan Humphries, an environmental horticulture science senior. “I get a little shaky now and then.”

Good diet and exercise, and not smoking cigarettes can help prevent colon cancer, according to the ACS.

**BAND**

continued from page 1

time was a completely relaxed atmosphere and we all had a great time.

Even though the Cal Poly and Davis football teams are long-time rivals, the Mustang and UC Davis bands have a history of interacting well on and off the field.

After the game it is a tradition for the teams to compete in a band-off competition. The two teams compete for up to two hours playing songs from their music folders until the other band runs out of songs to play. Technically Davis always wins the competition because they have more songs in their repertoire,” Welke said.

“I’m excited to see the Davis band perform and see what they have to offer in the band-off competition,” general engineering junior Michael Juran said.

The marching band leaves on Friday evening in charter buses for the weekend long trip.

This game will serve as one of the biggest football games of the year for the Mustangs.

**EVENTS**

continued from page 1

**What:** Women in Black vigil

**Where:** Chumash Auditorium
**More Info:** Women in Black will gather across from the Aud.

**What:** Asia Pacific Forum Event: BANDfest 2003. Cal Poly Wind Orchestra, the Cal Poly Wind Ensemble and the Mustang Band join forces to present a wind instrument spectacular.

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**More Info:** Call Valets for tickets at 1-888-825-5484 or visit the Mustang ticket office.

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The Body Shop is looking for independent consultants
WASHINGTON — The FBI will be able to more easily check a person's background for potential terrorist activities under national security guidelines issued Wednesday by Attorney General John Ashcroft.

Civilians liberties advocates said the rules could invite abuses against innocent people. The guidelines enable the FBI to conduct a "threat assessment" of potential terrorists or terrorist activities without initial evidence of a crime or national security threat, as required to begin a more formal preliminary or full investigation.

WASHINGTON — House and Senate bargainers agreed Wednesday to halve President Bush's request for studying "bunker buster" nuclear warheads and make other cuts in research into a "nationals" nuclear program, officials said.

The negotiations also decided to hold off nearly all of what Bush wanted to spend on preparing work into nuclear waste storage near Yucca Mountain in the Nevada desert.

The money was included in a compromise $27.3 billion omnibus spending bill that Senate leaders hope to bring to the floor next week.

WASHINGTON — A senior Iranian envoy acknowledged on Wednesday that his country made "mistakes" in reporting past "nuclear activities" but insisted suspicions that his country is trying to make atomic arms are unfounded.

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Deal lets students download

Penn State University reached agreement with Napster to provide service for free

By Alex Veiga

LOS ANGELES — Pennsylvania State University students will be able to listen free of charge to music online through an agreement reached with the recently relaunched Napster 2.0, music industry sources said Wednesday.

The university said in a news release it had entered into an agreement with an unnamed party to provide digital music at no cost to students. University President Graham B. Spanier and Napster officials were expected to provide details of the deal Thursday during a technology conference in Anaheim.

Penn State, which has about 85,000 students on several campuses, has been testing the program on a local group, university spokesperson Amy Neil said.

Initially, only the 13,000 students living on campus will be eligible to access the free music, Neil said. She would not identify the online music service by name or provide further details. A Napster spokesperson declined any comment.

Ian Rosenberger, president of the Undergraduate Student Government, said six students have been testing the service.

"To this point they've been pretty thrilled," Rosenberger said. "There's kind of an all-encompassing effect that some of the illegal services don't have that the students really liked."

Spanier co-chairs the Joint Committee of the Higher Education and Entertainment Communities with Cary Sherman, head of the Recording Industry Association of America. The committee was formed to find ways to curb illegal music swapping on college campuses.

The committee said earlier it was forming to find ways to do this," said Josh Bernoff, an analyst with Forrester Research, Inc. "By doing this, they manage to not only potentially block piracy, but remove the reason why anyone would want to do it."

As far as he knows, no other university has used such strategy to combat piracy, Bernoff said, but he expects other schools to follow suit.

Software maker Roxio Inc. launched Napster 2.0 on Oct. 29. The Santa Clara, Calif.-based company acquired the Napster brand from the ashes of the free pioneer file-swapping service, which was forced to shut down in 2001 after a legal battle with recording companies.

Napster 2.0 users have access to more than a half-million songs from all the major music labels. They can download individual songs for 99 cents and albums for $9.95. The service also offers access to unlimited downloads for $9.95 per month.

It was unknown how much Penn State will pay for the service. Bernoff suggested the university has the ability to get a discount in exchange for not only potentially block piracy, but remove the reason why anyone would want to do it."

An earlier report showed enrollment sinking by 50,200 students between spring 2002 and spring 2003.

That was the first semester that showed a decline since 1995, and it came right after the Legislature and Gov. Gray Davis took $161 million from the community colleges.

Higher education analyst Steve Bolaard said it's too early to prove that thousands of students are being kept out of the system.

Community college enrollment is volatile, he said, and has actually grown faster than the overall population over the past few years.

Bolaard is the higher education director for the independent Legislative Analyst's Office.

College officials stood by their assessment, although they acknowledged the numbers were collected early in the school year and are likely to change.

SACRAMENTO (AP) — The number of students at California's community colleges dropped for the second semester in a row, a survey shows.

Enrollment at the state's 128 community colleges fell by 5 percent compared to the same time last year, with 90,700 fewer students.

Community college officials, who released the survey Tuesday, blamed state budget cuts for the decline.

Community college fees rose this fall from $11 per unit to $18 per unit, and an estimated 13,000 classes have been canceled because of state budget cuts.

"There is no question that we are now in a down cycle for access," said California Community College Chancellor Thomas J. Nussbaum.

"We've got two terms worth of data so we can see a trend setting in here. We have to do everything we can to reverse this."

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Serial rapist, murderer sentenced to death

VENTURA (AP) — A man convicted of killing a college student and raping a dozen women apologized to his victims Tuesday before being sentenced to death.

"I wish I had gotten caught a lot sooner so I wouldn't have caused so much terror and pain," Sanchez said before his sentencing.

He also read a rhyming poem directed to the Barroso family in which he apologized for her slaying.

"Barroso, that's what you mean to me," he wrote. "My heart will always ache at the thought of your death."

Sanchez, 32, of Simi Valley, was convicted in August of first-degree murder,kidnaping and attempted rape in the slaying of Megan Barroso, a Moorpark college student.

Her bullet-riddled car was found in July 2001 about a mile from her home and her remains were found a month later in a Simi Valley ravine.

Sanchez admitted killing Barroso, but denied raping her. He also pleaded guilty to sexually assaulting a dozen women in Simi Valley between 1996 and 2003.

"I wish I had gotten caught a lot sooner so I wouldn't have caused so much terror and pain," Sanchez said before his sentencing.

During the penalty phase of his trial, Chief Deputy Public Defender Neil Quinn told the jury that "the defendant has left me a severely damaged person mentally, emotionally and physically.

"He also said that Sanchez's death would not repair "any of the damage done by him."

"It's been my impression that this trial was a trial in search of a series of armed robberies, had been arrested again in February 1994.

That was the only period of his adult life when he was not locked up, said Capt. Frank Mertiman of the sheriff's Homicide Bureau. Hill was sent to jail at 18 for a robbery-murder.

By Robert Jablon

LOS ANGELES — On the basis of new DNA evidence, a man who has spent nearly his entire adult life in prison has been charged with murdering five women a decade ago when he was free between sentences.

Iron Hill, 42, is believed to be the so-called "60 Freeway Slayer" who left bodies in communities around the Pomona Freeway east of Los Angeles in late 1993 and early 1994, authorities said Tuesday.

Hill, who is serving a prison sentence for a series of armed robberies, had been scheduled to be released in February.

"There's no doubt in my mind he would have gone right out and started all over again," Sheriff Lee Baca said at a news conference.

He is accused of strangling Betty Sue Harris, 35; Helen Hill, 35; Donna Goldsmith, 35; Cheryl Sayers, 34; and Debra Brown, 33. Hill also is suspected of killing a sixth woman but no DNA evidence was available. District Attorney Steve Cooley said.

The bodies were found Nov. 1, 1993, and Jan. 12, 1994. Hill had been freed from prison in early 1993 and was arrested again in February 1994.

The state's Megan's Law — which allows local police to release information about sex offenders — does not prohibit departments from providing it over the Internet.

A growing number of California cities, including Cupertino, Fremont and Palo Alto, and counties including San Diego and Contra Costa, post Megan's Law information, including maps and lists of offenders online. The Merced County Sheriff's Department Web site is the only one that posts photographs of its high-risk sex offenders.
Cheatr traffic-signal change devices threaten intersection chaos

By Travis Reed

MINNEAPOLIS — It's every motorist's fantasy to make a red traffic light disappear without so much as easing off the accelerator. That dream may soon come true, with perilous implications.

The very technology that has for years allowed free trade, ambulances and police cars to reach emergencies faster — a remote control that changes traffic signals, is now much cheaper and potentially accessible to civilians.

No longer a dupe of a state police detector, the device is known as a mobile infrared transmitter, or MIRT, and can be purchased for about $300.

The possibility of its proliferation is unnerving public safety and transportation officials.

"It has the potential to be a huge problem," said Steve Misen, a Minnesota Department of Transportation operations engineer.

MRTs are the triggers in so-called "traffic pre-emption" systems, which are comprised of two parts: a receiving device mounted on a vehicle, and an infrared transmitter normally placed in emergency vehicles that has a range of about 1,500 feet.

The technology has been used for about three decades and is widely deployed. A U.S. Department of Transportation survey of the nation's 25 largest metropolitan areas last year found them at about 26,500 intersections across the nation.

A cheaper MIRT available since January from FAC of America, which is based in Fridley, Minn., costs less than half the price of other devices ranging from $650 to $1,200.

The company's president, Tim Gow, an electrical designer, has been in business for about 20 years. He said his company would use any unauthorized person who uses its devices.

But a batch of MIRTs being offered for sale on eBay when The Associated Press checked Monday. And kits for building similar devices are also available online.

One of the eBay sellers first indicated anyone could buy the device. However, in response to a follow-up query, the seller said it would not be sold only to the FBI, and that he declined an interview.

The primary makers of pre-emption systems, 3M Co. and Tomar Electronics Inc., offer devices that can lock out unauthorized devices — but it is far more expensive than systems that operate in the clear.

Systems that offer encryption run roughly $2,500 per unit more than those that don't — a considerable extravagance for cash-strapped municipalities, or if it was forced to retrofit traffic signals.

"It's not clear just how many cities have the encryptable devices. The Institute of Transportation Engineers in Washington, D.C., had no real way to tell, and a 3M spokesman couldn't comment on how many cities bought devices before encryption was available," said In support of >>Moussaoui prior to the attacks.

New FBI guidelines relax restrictions in early terrorism investigations

By Curt Anderson

WASHINGTON — The FBI will be able to more easily check a person's background for potential terrorist activities around the Twin Cities. Though many cities and states have laws against interfering with traffic lights, Misen said the committee would likely recommend that the state legislature specifically outlaw the devices for unauthorized use.

In Michigan, a state legislator has promised legislation to make the devices illegal. But a batch of MIRTs were being offered for sale on eBay when The Associated Press checked Monday. And kits for building similar devices are also available online.

One of the eBay sellers first indicated anyone could buy the device. However, in response to a follow-up question, the seller said it would not be sold only to the FBI, and that he declined an interview.
We all know about spit tobacco. It's deadly, more addictive than cigarettes, and pretty disgusting, too—unless you happen to like steppin' in puddles of warm smelly spit on a hot day. It's cancer-in-a-can, cowboy-in-a-coffin.

So what's it doing plastered all over professional rodeos, with promotional tents for free samples, big screaming ads on the scoreboards and even on the competitors' shirts? These ploys are designed to get you to relate spit tobacco to bucking broncs and cowboys at full gallop lassoing a steer. Not cancerous bleeding sores and tumors in your mouth or your face with your jaw missing from cancer surgery. (And you think it's tough getting a date now). Spit tobacco is all about addiction and dependence in the land where cowboys and buffalo roam free.

The National Intercollegiate Rodeo Association (NIRA) says it's "proud to be associated with" the spit tobacco industry. What? Proud to associate with products that kill when used as directed?

The NCAA, the Olympics and most other college sports know better. They'd kiss a rattler before they'd embrace tobacco. So what's wrong with the NIRA and other college rodeo organizers? Is the easy cash more addictive than tobacco? That's not the way it should be for college rodeos. We can change it. Check out www.BuckTobacco.org.

Let's keep rodeo a sporting event with real bulls, not a spitting event that's all bull.

BUCK LEAGUE AGAINST SPIT SPONSORSHIP AT OUR RODEOS (LASSE) For more information, call (805) 781-5564 or visit www.BuckTobacco.org
Bush bans partial-birth abortion

By Jennifer Loven

WASHINGTON — President Bush signed legislation Wednesday banning a certain type of abortion, handing the disputed procedure's opponents a long-sought victory even as a federal judge at least partially blocked the new law from taking effect.

"For years, a hideous form of violence has been directed against children who are inches from birth while the law looked the other way," Bush said as he signed the ban on a procedure called partial-birth abortion by its opponents.

Bush was concerned that the ban could allow the removal of a child's brain to protect the mother. The president said he was assured by doctors that the procedure was not needed, it is, at the very least, partially harmful to the mother.

The law, approved by the House and Senate late last month, prohibits aborting a child after the second trimester of pregnancy unless the mother's health is at risk, or if the child would be born with all or some of its vital organs outside the body. The procedure, which usually involves puncturing the fetus' skull, is generally performed in the second trimester of pregnancy.

The vote makes San Francisco the third city in the nation to set its own, higher, wage threshold, and supporters now hope to build momentum for similar measures in other U.S. cities. One such effort, in Madison, Wis., may appear on a ballot in March.

WASHINGTON, D.C., already guarantees its workers $1 more than the federal minimum, which Congress last raised in 1997. Earlier this year, in New Mexico, the Santa Fe City Council set a local minimum wage of $8.50 for all businesses with at least 25 employees.

San Francisco's measure is more ambitious because it doesn't exempt small businesses from the mandate. The new wage takes effect in 90 days for large for-profit businesses, and will be phased in over two years for nonprofit organizations and firms with fewer than 10 employees.

Supporters estimated that 27,000 San Francisco workers who currently earn below $8.50-an-hour would directly benefit. The measure was opposed by the restaurant industry, which said it amounts to a job-killing tax on wages that already earn tips.

City contractors already are required to pay their employees an hourly "living wage" of $9 for non-profits and $10.25 for for-profit companies.
Fashion over Function?
Story By
John Pierson

Photo By
Spencer Marley
Trucking trend catches on, but is it a fad or way of life?

Fashion is always changing, usually based on what the icons of pop culture are wearing. What makes a fashion trendy or popular is the famous people spotting it. Particularly popular in today's retro look.

Doctor Evil spotted one. Harrell of The Neptunes is never without his. Jason Mraz and Ashton Kutcher were frequently seen wearing them for the famous people spotting it. What makes a fashion trendy or popular is the famous people spotting it. Particularly popular in today's retro look.

"They're definitely a trend," said Jon Billingsley, owner of Reign, a men's and women's clothing store in downtown San Luis Obispo. "It's a kinda cute. They sell really well."

Billingsley estimated the store has sold about 200 in the last month.

With logos ranging from "Pimp" and "420" to "Cutie" or "Hottie," as well as band name labels like Billabong and O'Neill getting into on the trend, trucker hats are proving they aren't just for truckers.

"I saw a little old man wearing one, but he's probably had it since back in the 60s," Billingsley said.

Sporting the 1980s look isn't always about style; comfort is an important factor when pondering a purchase to most students.

"I like them because they're mesh," business administration freshman Eric Sung said. "They keep your head cooler, and they look cool. They're kinda SoCal."

Besides being ares for free corporate advertising, trucker hats can be tailored to match individual style. Business administration freshman Jon Duong owns a trucker hat that he can personalize.

"It all started when I pre-ordered CD and got a patch for the band," he said. "I needed something to put it on and thought of a plain trucker hat. I went to Big 5 and got one cheap."

People with Cal Poly spirit and trucker-class style can also get the best from both worlds. The hats are now being carried with a Cal Poly logo in El Corral Bookstore.

"The vendors approached me and said they've sold out," said Kim Shank, collegiate apparel manager at El Corral. "I said 'you're kidding.'"

"They're cute if you can pull it off, but not everybody can," she said. "I hate when I see somebody wearing one turned to the side, or those people that wear them because their hair doesn't look good, so they wear it to hide the fact that they need to take a shower."

Even though the trucker hat is in style, not everyone agrees that it is a style. There's a disagreement over whether trucker hats are a trend or a way of life.

"I've had mine for years," political science junior Angie Eckhardt said. "Growing up, I wore mine when we went hunting."

"Eckhardt lamented the sanitization of the fashion. "The trend now is all main brands like Revo or Quicksilver, but their hats are so clean," she said. "It cracks me up that every time tries to look all white trash now, when I am white trash. It cracks me up that it's a style, when I have it in the heart."

"The trend now is all main brands like Revo or Quicksilver, but their hats are so clean," she said. "It cracks me up that every time tries to look all white trash now, when I am white trash. It cracks me up that it's a style, when I have it in the heart."

El Corral Bookstore has jumped onto the trucker hat trend (above), while it is still debatable if the fashion catches the eye of the opposite sex (left).

"I think girls just do it for the look," he said.

Business administration freshman Mark Haupt said the fashion is not really about being fashionable.

"There's a style to it. It's a style of not having a style," he said. "It looks kind of goofy and brings out the pride of the lower-class and the truckers. You don't have to have a certain style to wear one and that's the point. You can be in your pajamas and still wear one."

"I think girls just do it for the look," he said.

Business administration freshman Mark Haupt said the fashion is not really about being fashionable.

"There's a style to it. It's a style of not having a style," he said. "It looks kind of goofy and brings out the pride of the lower-class and the truckers. You don't have to have a certain style to wear one and that's the point. You can be in your pajamas and still wear one."
Excited?

Eager fans of "The Matrix" trilogy apparently could not wait until movie theaters opened to show their love for Keanu Reeves, as the "P" was donned with "Neo," the name of Reeves' character in the film, Wednesday.

SPENCER MARLEY/MUSTANG DAILY

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U.S. AIR FORCE
CROSS INTO THE BLUE
Opinion

Thursday, November 6, 2003

Restaurant town: A visitors guide

I t's Friday night, and your world is rapidly spinning out of control. Instead of going out with the guys for a night of football, quarters and pitchers, you do the unthinkable and actually turn off the cell phone. You instead check into a hotel, peruse a hoodie and Rees' and head over to Blockbuster where you light the last copy of "Pretty Woman," even though there are plenty of copies of "Scarface" (it's black and white) that you could use to fill the gap. You order in pizza, mesquite chicken and shrimp, have your hoodie in the full upright position, just in case you see one of the guys on his way to the ATM.

The next day, you sit on a velvet coach at Coverings, passing the day watching women try on juicy jumpsuits and Paper Denim jeans. You and all the other guys spend the day in the hallway avoiding eye contact at all costs. What madness, you ask yourself, could have caused such woes behavior? What influence has permeated your once invincible masculinity? What evil has caused such puerile behavior? It then hits you like a bag of bricks. You have entered "Relationship Town."

Finding yourself in "Relationship Town" can be one of the most jolting-to-reality experiences a young man may ever endure. One minute, you are coasting like a lone wolf. Han Solo style, bumping and belching your way through college. One minute later, you are a part of a greater whole; a mere half of the endless "couple," tethered to your keeper by cell phones, curfews and "date night."

The thought of it gives me shivers.

As the saying goes, "In Relationship Town," your duties will include things like post coital cuddling, calling every other girl for and becoming the official spider killer of the household. You can expect to have to spend half your income on those little blue boxes from Tiffany's and flowers on a bi-monthly schedule. That's just the basics. Depending on the nature of your girlfriend's maintenance requirements, you may have to throw in day trips to Santa Barbara, hot air balloon rides and lake-view rooms at the Bellagio in Vegas, where you can yell at your billboard as youramble your money away on the sorry with the prettiest name.

Not all things in "Relationship Town" are bad, however. One of the great things is the vast quantity of rigorous sex involved. The first three months of a relationship are like the ground. At least the mosquitoes would be protected. Well, until they realize that all of the nutritional information would be a logistical nightmare if the FDA went through with this requirement. Restaurant food is not an exact science; portion sizes are so variable that even the most skilled dieter can be tripped up by theactual ingredients. In fact, a personal buddy of mine knows how to spot an authentic restaurant and the terribly unhealthy food served there. The new regulations would shrink the waistlines of Americans; instead we would blame someone else. If the calorie content of our favorite meal was suddenly put on the menu, we would argue that the reason we are overweight is because of the restaurant and the terrible unhealthy food served there.

The FDA mandating nutrition labels on menus is just another way the government helps people blame others for their problems instead of taking responsibility for themselves.

Amy Hessick is a journalism senior and Mustang Daily staff writer.

Environmentalists cause fiery climate

In an effort present an Oregon wildfire from spreading in 2002, President Bush proposed the Healthy Forest Initiative. The legislation would loosen bureaucratic restrictions on thinning out trees in areas that are deemed fire- hazardous.

Knowing a sensible solution when they see one, environmentalists denounced this proposal as is. To be sure, they are reasonable and well-informed regulations the president is proposing might be tried to thinning. Ignoring any sense of letting nature develop naturally, these Mother Nature scouts insist that we unnatural­ly allow trees and brush to grow without restriction.

The resulting overgrowth of such things has set the stage for the disaster that has been the wildfire in Southern California. Almost one million acres have been burned, dozens of people are dead, and thou­sands of homes have been destroyed.

One example that warrants a scout merit badge is stipulation in the situation is the Lake Arrowhead, Calif., area. It is illegal to cut down trees there unless you are a fire technician. The prime cause of death for those trees is the bark beetles. They have been killing trees by the hundreds and they cannot be stopped. They can only be run to the bark beetles and save the trees. It cannot be used because it kills a certain kind of mosquito that is protect­ed by laws which state that it is.

Those thoughtful tree huggers think of everything. Preserving the mosquitoes makes sense when you think about it. The need to keep them alive just long enough for us humans to slap them dead the second they land on our skin.

Meanwhile trees up in the mountains near Lake Arrowhead continue to die, forming rows of matchsticks ready to ignite. Hundreds of dead trees remain standing in the area because the resources to remove them are just not there. If the fire had reached the town there is no question it would have burned to the ground.

At least the mosquitoes would be protected. Well, until they burned with everything else anyway.

Situations like this are not limited to Lake Arrowhead, California. This is a problem present everywhere in the coun­try. All efforts to alleviate the problem are blocked by environ­mental groups.

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Environmentalists for the Daily Forty-Niner at CSU Long Beach.

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Opinion

Medicinal marijuana smokers are not criminals

The federal government has a lot of fear when it comes to marijuana smokers, but does it make sense that the federal government can punish doctors for recommending or discussing the benefits of medicinal marijuana to patients suffering from chronic illnesses.

The perception that California and the eight other states affected by the court’s decision have soft spots for suffering patients is enough to make the federal government unpalatable.

In what has been called “the most important court ruling with regard to medicinal marijuana in U.S. history” by Roberts Kanter, executive director of the Washington, D.C.-based Marijuana Policy Project, the federal government has finally agreed to confront medicinal marijuana head-on.

The court’s decision is important because, in a sense, symbolically declared that a person in a respectable, professional and honorable position could advocate medicinal marijuana. What the message dispatches to our youth and all others using or contemplating using marijuana is that doctors, yes, doctors, can prescribe an illegal drug.

Though it may not necessarily be an example they want to see, the federal government is finally taking a step back in realizing state laws regarding medicinal marijuana are usable and valid.

This time, it tackled the issue of free speech with distinction, and people can commiserate and talk about the benefits of medicinal marijuana with patients. Physicians are entitled to free speech just like any other American citizen.

Doctors aren’t exactly perceived as uninformed or irrational by American society and are idolized much like the numerous public figures advocating the drug. The social consequences of the court’s decision will be felt in the decisions of marijuana users who possess their drug use with the authoritative support of medical physicians who say it’s kosher for a highly limited group of terminal illness sufferers.

The ensuing resolution of the federal prescription licenses of doctors who recommend marijuana was a bold move to curb state medicinal marijuana laws. It failed miserably.

The federal government might also be encouraged to join the nine states that currently have laws legalizing medicinal marijuana for people with physician recommendations or prescriptions, but they are simply joining the other 35 states that either explicitly or implicitly recognize the benefits of the drug.

So, are concerts of possible backlash valid?

Consider that 18 percent of the U.S. population resides in these nine states. Coupled with the fact that every narrative proposed regarding legalizing medicinal marijuana at the state level has passed.

Supporters argue that the U.S. Drug Enforcement Administration might not be able to publicize the benefits of marijuana, but protecting the public obviously doesn’t mean eliminating pain in chronic illness sufferers. Marijuana has medical value. It is not the evil, soul-sick and dying Americans with no other hope for relief.

Science can prove that.

To anticipate that some Americans are trying to legitimate medicinal marijuana so those who don’t suffer terminal illness’ cannot get it, is just another way of denying what science has proven to be effective — the medicinal value of marijuana.

If other states are sparked to action in drafting more direct medicinal marijuana laws instead of tip-toeing on the fringes of legality then the ripple effect of the court’s decision will be evident to judicious who once viewed the drug’s medicinal use as a crime punishable by incarceration.

It’s clear that medicinal marijuana users are not criminals and that the courts either. Finally, the law can support this notion, but now for the federal government remains patiently poised. If other states follow suit, then the federal government might be legitimate.

What they shouldn’t have to fear are the patients smoking the drug or the doctors prescribing it — they’re not criminals.

Josh Petray is a journalism senior and Mustang Daily staff writer.

Tips for Cal Poly students to stand out

Editor,

This is a response to Ryan Hill’s letter “Striking grocery don’t deserve support” Oct. 31) has failed to realize that is not only the men and women who “scan things and push buttons” at grocery stores that are affected by the strike; it also includes meat cutters, produce clerks, deli workers and pharmacists. Without these employees, who would be there to stock the shelves, prepare and package your food and help you through the maze of food and drug prescriptions. I do not see Hill jumping at the opportunity to fill the need, and from the sound of it, he probably never would. Many of the people employed at grocery stores are not full-time, and many are students working part-time, trying to make enough to pay for their bills, and sometimes even support their families. I don’t know exactly how many grocery stores are affected by the strike, but I do know how many need for the job and for the miles of the prescription.

I don’t see Hill assume this, but many of us were not born with a silver spoon in our mouths like Hill happened to be, and don’t have mom or daddies to pay for our tuition, cars and credit card bills. To complete my statement, I invite you, Mr. Hill, to go to a picket line and read your letter to the editor out loud and please make sure I’m there to see the reaction.

Jon Lew is a food science senior.

Cuts to grocers’ benefits are unwarranted

Editor,

This is in response to Ryan Hill’s letter “Striking grocery don’t deserve support” Oct. 31) in which he not only criticizes the current grocery store and calls people who support the strike “uneducated and unintelligent.”

It is most unfortunate that Mr. Hill has engaged in ad hominem attacks against people who support the strike, like me. Mr. Hill stated that one of the reasons he is not supporting the strike is because he feels that the strikers should “pay something hands over (my) ears.”

This is a basic research before writing any further letters concerning this topic and to refrain from name-calling. As to his final statement that he will continue to cross picket lines, I’m certain that the strikers who are also Cal Poly students trying to get a college education doesn’t appreciate it.

Will Weatherford is a business administration sophomore.

Liberals don’t accept conservative views

Editor,

Liberals philosophically accept the core of conservative views. But articles like Samantha Yale’s “Cal Poly is conservative in every sense” Nov. 3) make it clear that “every view” does not include conservative views, unless they are more (majority) conservative approach, liberals arc outraged. Could it be true that some people dress similarly not for to fit in, but because they have similar views? I know what you’re thinking. “Yeah, that was the point of the article, Cal Poly students are conservative.” True, but why did conservatives get bashed for wearing a cowboy hat, aviator glasses and a vintage belt buckle.

Samantha starts off by expressing her contempt for the fashion sense Cal Poly conservatives. She prays Goth and punk styles because “they express a glimpse of one’s interests.” But don’t the sonority and fraternities T-shirts she deplored do the same thing? And doesn’t a conservative style hint at conservative interests? And the conservative style? We hear that people love the same things, albeit subtly than ours. Samantha is right that UCLA is more liberal than Poly. That’s why the (minority) liberals here are liberal. But when Cal Poly takes a more (majority) conservative approach, liberals are outraged because we’re suppressing the (minority) liberal views.

Liberals love to play the game of stepping on other people’s views, except of course, if they are conservative views. But what do I know? I’m a conservative with my “eyes clamped shut and (my) ears.”

Daniel Ebbeling is a mechanical engineering sophomore.

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Your letter will not be printed unless you submit it in the correct format.

Jon Mann is a graphic communication student.

Tips for Cal Poly students to stand out

Editor,

So here are some tips that will make you one in a million.

1. Get yourself a mesh hat. Nothing screams original like a mesh called "tucker" style. You may like tuckers, but I bet they think you're a bunch of sissies. Whatever you do, don’t wear it forward or backward. It has to be crooked. You wouldn’t want to look stupid.

2. Buy a dog. Every girl loves puppies. And what better time for your dog to get his first outdoor time than during UU Horse? Dogs love nothing more than concrete and large crowds. Added bonus: Tell everyone that he loves to drink beer. Once your puppy gets too old to look cute, just put him down and buy another.

3. Exaggerate alcohol consumption. And tell everyone. Sample: "Dude! Like me, Samuel and Darsch talk two 30-packs last night!" Conclude with how much school sucks and how Office Space is still the best movie ever made.

4. Walk into establishments with your shirt off, but at some point walk through the car to the door to the building. Once your puppy inside you know to work you out and spend more time in the pool than the library. I understand how hard it is to get your brain on time during the walk from the car to the door. And make sure you don’t take your sunglasses off once you get inside; it looks cooler that way.

5. Acquire some punch accessories. You need something to accompany your mesh hat and fad pants at a party, so invest in a few of these items: Sweat bands, leather wristbands, a cowboy hat, aviator glasses and a vintage belt buckle.

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Jon Mann is a graphic communication student.
Sports

"I saw the looks on their faces," coach Mark Conover said. "They weren't giving it to him."

Macias said he didn't mind that Rickert won. For one thing, Macias said, he was glad the trio was able to hold off hard-charging UC Santa Barbara runner Jeff Gardina who posted a 25:42.2, fourth-place finish.

Sophomore Brandon Collins, who took fifth on the team and overall with a 25:58.2 time said one of the major reasons the team has been so successful is that eggs have been kept in check. He said the team always run together in practice, which helps too.

"If one guy's feeling kind of funky fresh and gets out hard, it strings everybody out," Collins said. "It's been imperative that the team stay together and things be harmonious. Conover said this is the deepest team he's ever coached, that there are 11 potential members of his lineup for conference meets. He'll only be able to take seven runners to the NCAA Division I West Regional meet, nine days from now in Fortaleza, Ore.

Conover still isn't sure how he'll pare his lineup down. "It's a hard decision, but it's a good problem for a coach to have and it's a good problem for a team to have," Conover said.

The top six runners on Saturday for Cal Poly finished within 21 seconds of each other.

"If Matt hadn't slipped and we'd've run Ben, we would've had seven guys within 20 seconds of each other," Macias said. "That's what it's going to take to get to Regionals."

The Mustang goal heading into Regionals is to get to second place amid a field that will feature top teams such as Arizona, Arizona State, Oregon and current No. 1 Stanford.

"We're not even worried about Stanford," Macias said. "They're going to finish first and win the national title. What we're focusing on is getting that second spot."

Graham Womack is a journalism junior and Mustang Daily staff writer who unfortunately does not write his columns as fast as the cross country team runs.
Soccer to take on Big West's best

By Graham Womack
MUSTANG DAILY STAFF WRITER

Senior forward Vannice Dennis and the Mustangs were picked to finish fourth in the Big West Conference; the women were picked sixth.

Conference tournament moved

The Mustangs have won five Big West Conference titles, including this year's regular-season championship; they also won in 1999, 2000 and 2002. UC Irvine going into the 2003 Big West Tournament. The Mustangs will face No. 4 seed UC Irvine in the first semifinal match Friday at 5 p.m. at Titan Stadium. No. 2 seed UC Santa Barbara will face No. 3 seed UC Riverside in the other semifinal match.

The Mustangs have won five Big West Conference titles, including this year's regular-season championship; they also won in 1999, 2000 and 2002. UC Irvine going into the 2003 Big West Tournament as the No. 2 seed with a 10-4-5 overall record, 6-2-3 in the Big West. They had two Big West road games last week to finish the regular season.

The championship game is set for Sunday at 1 p.m. It will be broadcast on KVMU-TV, DirectTV channel 31.

The conference tournament is being revived after a six-year hiatus. Cal Poly won the tournament in 1996 and lost in the finals to UC Irvine in 1997.

Cal Poly's matches will be carried live at www.gopoly.com.