Friday, November 21, 2003

Inside ON THE ROCKS, page 7
Beating the breakfast blues
Which is better: Apple Farm or Margie's Diner?
In OPINION, page 4
Judge's professionalism questioned

The Self-Help Cold Clinic is located in the back corner of the Health Center's waiting room. Patients can find our staff if they have symptoms that are a common cold or a viral infection.

MATT WECHTER/STAFF PHOTO

SELF-HELP COLD CLINIC

Get-well tips on the go

By Thomas Atkins
MUSTANG DAILY STAFF WRITER

T is the season for runny noses, sore throats, watery eyes, loss of voice, headaches, sneezing and fevers.

Cold season is here, and for students who don't have their mothers to run to, the Health Center is waiting with open arms.

To cater to students' needs during this time of year, a Self-Help Cold Clinic is in the back corner of the Health Center's waiting room. The purpose of the clinic is to give students a free, quick and easy way to learn the symptoms, the cause and self-treatment methods for the common cold.

"Students need to know that there is no magic cure for the common cold," said Bob Negranti, projects coordinator for Health and Counseling Services. "Because of this lack of knowledge, it is amazing how many students I see waiting 45 minutes in line just to get a flu shot, because they have a sniffle. The great thing about the clinic is that students are able to find out what symptoms they have and how to treat them in less than five minutes."

Marina Perez, head of nursing services, who first introduced the clinic in January 2002, agreed.

"Now students don't have to automatically file into a line at the Health Center when they aren't feeling well," Perez said. "Students don't have to check in to use the clinic, and it will give students the same information about a common cold as a nurse or doctor would."

"Because a doctor or nurse cannot cure a common cold or speed up recovery time, millions of people are affected by it each year.

see CLINIC, page 9

How to battle the common cold:

- Drink large quantities of fluids
- Get plenty of rest
- Use a humidifier
- Take vitamins C
- Gargle with salt
- Don't smoke
- Be positive

How to avoid getting ill:

- Get a flu shot
- Wash your hands
- Avoid touching other people and their belongings
- Use disposable tissues

see CLINIC, page 9

Energy efficient design

By Lauren Johnson
MUSTANG DAILY STAFF WRITER

Cal Poly students and faculty will have an opportunity to make the world a better place, today.

Former chief technology officer of Hypercat Inc. and Cal Poly alumnus David Taggart will hold a free seminar titled "Engineering Sustainability Into Design," in building 33, room 286, at 4 p.m.

Taggart said he intends to give the audience ideas for designing and building more energy efficient products to sustain future generations.

"I hope people get an appreciation for the current state of the industry of the United States, which is that it is economically and environmentally unsustainable," Taggart said.

According to the Integrated Resources Corp. Web site, sustainability is the simultaneous pursuit of economic feasibility, environmental quality and social justice. Developing sustainability meets the needs of the present without compromising the ability of future generations to meet their own needs.

"Sustainability means that nothing is being wasted and that no resources are being depleted," said Materials Engineering Student Societies president and material engineering senior Condee McNee.

Linda Varasaus, chair and professor of materials engineering, said the seminar will focus on the design aspects of sustainability and what engineers can do to become socially conscious.

"Every product is made of materials, and their forms affect the environment," Varasaus said. "There are ways that we can change these processes so that they won't ruin the environment for the future."

Taggart said the problem lies in the fact that there is a finite amount of resources on the planet and most of

see TAGGART, page 9

New devices detect blood alcohol levels

By Kimberly Masculine
MUSTANG DAILY STAFF WRITER

California police officers and highway patrolmen are using a new device to test the blood alcohol level of suspected drunken drivers. The new Evidential Portable Alcohol System will replace breathalyzers.

The California Department of Justice Bureau of Forensic Services is introducing the equipment in the 46 counties they serve. They are the first agency to provide this technol

ogy.

San Luis Obispo will not receive EPAS from the bureau, but neighboring Santa Barbara County will.

EPAS are already in use in Modesto County. The goal of the device is to improve DUI enforcement and public safety by obtaining a breath sample on the scene.

The EPAS consists of a handheld computer, a printer, a magnetic card reader to get information from a dri

see EPAS, page 9

ON-CAMPUS HOUSING

Technology overload

By Amy Hessick
MUSTANG DAILY STAFF WRITER

As technology advances, students' lives are filled with an increasing number of electronic gadgets.

Many colleges across the country have been forced to upgrade aging electrical systems that are unable to handle heavy usage. Miami University spent more than $200,000 in 2000 to add building substations, electrical distribution panels and electrical outlets to one dorm, in order to keep up with student's demand for energy.

Currently, Cal Poly is not considering any such renovations.

"Our infrastructures are aging," said Alan Pepe, assistant director of housing and business services. "Fortunately, our system is able to handle up right now."

Universities on the East Coast have been affected by the increase in electronic devices more than West Coast schools because the buildings are older, Pepe said.

Cal Poly officials are aware of the problems that older schools face and realize that it is just a matter of time before they will have the same problem.

The North and South Mountain residence halls are the oldest dorms on campus, with the buildings dating back to the 1950s, Pepe said. "Back then students didn't have computers, and they brought a transistor radio to college." Pepe said, "Today they bring entire computers and stereo systems."

Pepe is preparing for the future when the system will not be able to handle student usage.

While many students do not consider the number of electronic devices they have to be excessive, a March survey by Miami University said that the average freshman at that school brings 18 appliances to campus.

"I definitely don't have 18 electronic things," said Ryan Johnson, an architectural engineering freshman who lives in Sequoia residence hall. But as Johnson began listing all of

see DORMS, page 9

BONE MARROW DRIVE

Making a difference.

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Making a difference.
February 10, 2003

**If I was like a person that just quit surfing after this, I wouldn't be a real surfer. I'm definitely going to get back in the water.**

— Bethany Hamilton
13-year-old top amateur surfer

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**Female surfer who lost arm in shark attack says she will continue to ride the waves**

By Matt Sedensky
ASSOCIATED PRESS

KILAUEA, Hawaii — She was lying on her surfboard, taking a break after catching some early morning waves, when the gray blur emerged near her left arm as it dangled in the Pacific.

Bethany Hamilton was suddenly being jerked back and forth.

"I looked down at the red water," she recalled.

"Right away I knew it was a shark and I knew my arm was gone.

The 13-year-old lost more than half her blood and all but four inches of her arm, though those who witnessed the attack say Bethany never screamed or panicked.

"There's no need for that," she told The Associated Press nearly three weeks after the Halloween attack, in one of the first in a series of interviews and TV appearances. "I wasn't that scared. I didn't think I was going to die or anything."

Before the attack, Bethany was a top amateur surfer who was expected to turn professional. Now she is unsure whether she will ever surf competitively again.

But she said she will not give up her passion.

Tall and lean, with blond hair and a tan, Bethany has accepted her misfortune with remarkable serenity.

"There's no time machine," she said. "I can't change it. That was God's plan for my life and I'm going to go with it."

For all the nightmarish drama the shark attack conveys, Bethany recounts it with nonchalance: She arose around 5 a.m. on Oct. 31, heading out to do what she loves — surfing with her best friend, Alana Blanchard. After about a half-hour of action, she took a break, dangling her arm in the ocean when the 15-foot tiger shark attacked.

Blanchard's father, Holt, surfing nearby, used a surf leash as a tourniquet. Fellow surfers towed her in on a surfboard. She blacked out briefly, then woke up ashore.

When she reached Wilcox Memorial Hospital, another amazing part of the story unfolded: The girl's father, Tom Hamilton, had been lying on the operating table, moments away from knee surgery, when a doctor burst through the doors, saying the room was needed for a shark attack victim. When he heard it was a 13-year-old, Tom Hamilton's heart sank. He knew it was either his daughter or her best friend.

Bethany spent nearly a week in the hospital and has remained largely in seclusion since then.

When her bandages were removed — and her stump was revealed — one of her brothers turned white. Her mother nearly collapsed. And her grandmother went outside and wept.

On Thursday, her stitches were to come out and she awaited word on when she could return to the water.

"If I was like a person that just quit surfing after this, I wouldn't be a real surfer," she said. "I'm definitely going to get back in the water."

Bethany hopes to be fitted with prosthetics, allowing her to continue not only to surf but also to play the guitar. She plans to try snowboarding for the first time this winter, and she is aiming for a career in photography.

Around Bethany's neck hangs a glittering gold surfboard — a get-well gift from a family friend. It has a diamond in the center and a bite taken out of the top, just like her own board, with its 16-inch gash.

Bethany said the attack is "pretty much all I think about," and she has revisited the horrible event in her dreams four times since the attack.

But she said, "If you don't get over it, then you'll just be sad and cry."
Surfing on the Central Coast...

- Above, art and design senior Shawn Dollar pulls a smooth cutback at Studios in Cayucos.
- Left, a surfer jogs to the world famous Cojo break.
- Below, Piedras Blancas lighthouse shows its perfect form on a south swell.
- Far left, industrial technology senior Jordan Kornike pumps on more Piedras Blancas perfection.

Tips to remember before getting in the water

- Learn to swim
- Swim near a lifeguard
- Never swim alone
- If caught in a rip current, swim sideways until free; don't swim against the current's pull
- Alcohol and swimming don't mix
- Protect your head, neck and spine — don't dive into unfamiliar waters — feet first, first time
- Swim parallel to shore if you wish to swim long distances
- No glass containers at the beach — broken glass and bare feet don't mix
- Report hazardous conditions to lifeguards
- Stay clear of coastal bluffs, they can collapse and cause injury
- Never turn your back to the ocean — you may be swept off coastal bluffs or tide pool areas and into the water by waves that can come without warning

www.sannet.com

TIDE report

- Morro Bay
  (Nov. 20 to 21)
  LOW TIDE: 1:04 a.m. • 0.80 feet
  HIGH TIDE: 9:32 a.m. • 4.41 feet
  LOW TIDE: 2:17 p.m. • 0.85 feet
  HIGH TIDE: 7:48 p.m. • 3.25 feet
  LOW TIDE: 1:38 a.m. • 1.09 feet
  HIGH TIDE: 8:05 a.m. • 4.85 feet
  LOW TIDE: 3:07 p.m. • 0.23 feet
  HIGH TIDE: 8:51 p.m. • 3.13 feet
  LOW TIDE: 2:11 a.m. • 1.37 feet

- Avila
  (Nov. 20 to 21)
  LOW TIDE: 12:11 a.m. • -1.78 feet
  HIGH TIDE: 6:46 a.m. • 2.28 feet
  LOW TIDE: 1:22 p.m. • -1.88 feet
  HIGH TIDE: 7:14 p.m. • 1.10 feet
  LOW TIDE: 12:53 a.m. • -1.60 feet
  HIGH TIDE: 7:18 a.m. • 2.74 feet
  LOW TIDE: 2:07 p.m. • -2.61 feet
  HIGH TIDE: 8:13 p.m. • 1.22 feet
  LOW TIDE: 1:33 a.m. • -1.42 feet

- Santa Barbara
  (Nov. 20 to 21)
  LOW TIDE: 11:59 p.m. • 0.60 feet
  HIGH TIDE: 6:34 a.m. • 5.30 feet
  LOW TIDE: 1 p.m. • 0.71 feet
  HIGH TIDE: 6:51 p.m. • 4.30 feet
  LOW TIDE: 12:36 a.m. • 0.83 feet
  HIGH TIDE: 7:03 a.m. • 6.06 feet
  LOW TIDE: 5:46 p.m. • -0.13 feet
  HIGH TIDE: 7:49 p.m. • 4.29 feet
  LOW TIDE: 1:12 a.m. • 1.14 feet
Abortion is irresponsibleEditor,

This letter is written to anybody who wants to defend the pro-choice movement because they feel that a woman can choose what to do with her own body.

Well, in response to this, I would just like to say that it is NOT her body that she is polluting, but rather her daughter's body. Isn't that clear? I believe that from the point of conception, it is not the woman's body anymore. Therefore she has no say in whether the baby can live or die. If she didn't want the baby in the first place, she shouldn't have engaged in any activities that would have produced one. Abortion is just a way to dodge the responsibility of parenthood and that is just sad and immature.

Frankly, it sickens me that we can live in a world where so many people refer to their sons and daughters as nothing more than "taterbumps" and can support choosing to have them destroyed.

Marc Missidene is a mathematics senior.

DHMO is linked to deathsEditor,

We would like to take a moment to address some very recent concerns that were brought about in reading Kristina Skrehot's letter entitled "Processed foods have harmful effects on our health and the environment". Skrehot claims that fructose is a dangerous substance. While fructose can be bad for some people with high cholesterol or diabetes, there is a more harmful chemical that people should be aware of. As chemists, we feel it is our duty to alert the general population to the dangers that this compound presents to the world.

The chemical in question is dihydrogen monoxide, or DHMO. DHMO is a colorless and odorless substance found in many caustic, explosive and dangerous compounds such as nitroglycerin and sulfuric acid.

Each year, DHMO is linked to thousands of deaths and millions of dollars of damage. DHMO can be deadly if inhaled or ingested. It can become a fire or explosion hazard and can cause severe tissue damage with prolonged exposure to its solid form.

Most people reading this will probably be alarmed and are wondering what they can do to minimize their risks of DHMO exposure. First of all, you should avoid coming into contact with DHMO or anything that may have been contaminat ed by DHMO. This chemical is so prevalent in our society that it is next to impossible to avoid exposure to it. So, don't panic. Although DHMO can be deadly, as long as one uses caution and avoids prolonged exposure, DHMO can be a relatively safe compound. For more information on the dangers of DHMO, or to find out how you can protect the ban on this harmful chemical, visit www.dhmo.org.

Roy Johnson and Erin Murphy are chemistry and biochemistry seniors.

We shouldn't let others sinEditor,

In Nov. 18 letter, "Arkansas Doesn't Group Christians Teachings," Catherine Walsh says the core of Christianity is to love each other as God has loved us. So why isn't this applied to letting homosexuals, specifically gay Christians, be gay. They have the same cause. He or she first loves us," is a quotation of 1 John 4:19, and I encourage her to read the rest of John 4:19.

John W. Schmierer describing Christian love and God's love for us. The book tells us how life for God and man is demonstrated through obeying God's word, the Bible. As Christians, we believe that there is evil in the world and God will judge those who live in sin. So with that in mind, how is it loving to sit back and let gays live a lifestyle that is contradictory to God and sinful according to his word? It seems to be hatred, not love, that would allow a person to really let another continue to live sinfully with an end result of punishment and eternal separation from God, Jesus Christ.

On the other hand, it is true love to rebuke someone living sinfully, so that he will repent and draw closer to God who is the source of love and all real joy. It is loving to want the ultimate best for someone even though it may be painful in the short run. We are to love as God loves us, and he demonstrated his love for us in this while we were yet sinners. Christ died for us. Christ turns us from our depraved ways to His truth. Let us show love by turning others to him, also.

David Jansson is a general engineering freshman.

Thanks to hospice volunteers Editor,

We provide hospice care to those in our community who are dying. Our hospice services are made possible by the care of our patients' families, including the children. As our program grows, so does the number of volunteer opportunities to help our patients and their families. At Hospice Partners of the Central Coast, we make every effort to ensure that the children who come to visit their dying parents or loved one will be able to express their grief. We are constantly looking for new volunteers to help us with our community support programs. We welcome the support of church groups, school groups, and individuals to volunteer their time to help our patients and families. If you are interested in making a difference in the lives of those who are dying, please contact us at 756-6784.

Grasst Hill Church, Benecedt-Reffee Funeral Home, Blue Sky Cremation Services, Central Coast Funds for Children, Chapel of the Roses Mortuary, DeRocher Design, Hayward Funeral Home, Patti Rogers Mortuary, Memorial-Spo Funeral Home, Novell Experience, SLO Noontime Kiwanis, White's Drywall, White Kids, Central Coast Children's Choir and many other caring friends in our community.

You created an absolutely beautiful, warm, welcoming, safe room for children of all ages to use to work through their feelings and acknowledge their emotions related to the death of a loved one. All of us at Hospice Partners extend you our sincere and heartfelt gratitude.

Toni Weitkum is the development coordinator of Hospice Partners of the Central Coast.

Columnist

Teri Wettkam is the development coordinator of Hospice Partners of the Central Coast.

Voices' column not diverse Editor,

How much logical thought went into the new column, "Voices"? The note under the column states that it is "dedicated to expressing the diverse views and opinions of Cal Poly women." It is "unassigned to symbolize the unity of all women's voices." Last I checked, diversity promotes difference. So why should we have an opinion column that represents all women? As a woman myself, my opinion is different from the opinions of the women who write this column. I feel that both this and last week's column just for us, clubs just for us, heck, we even have a Women's Center on campus. Instead of writing columns bashing about how bad the world is for women, true feminist wouldn't go out and prove to the world that she is just as capable as the next person. And if she gets criticized, she'd be the first to say it. We all face challenges every day, so suck it up and get over it. And if you must continue to run this column, make a disclaimer, "some may disagree."

Tegan Lentz is a mechanical engineering junior.

Letter policyLetters to the Editor

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Letters to the Editor

By mail: Letters to the Editor, Mustang Daily, Building 26, Room 239, Cal Poly San Luis Obispo CA 93407

By e-mail: mustangdaily@calpoly.edu

By fax: (805) 756-6784

Your letter will not be printed unless you submit it in the correct format.
Faith can advance medicine

I
creasingly, patients have been asking their doctors whether prayer would be of any help to them in the issue of their medical treatment. In some cultures, medicine and spirituality should go hand in hand.

While doctors should be taught how to utilize or merely deal with spirituality in healing certain patients, they should not be required to use it as a source of healing.

The fact that placesbos have an effect on illness proves that the mind can have tremendous power in either healing or harming a person. There is no question that medicine should use mind-body alternatives in treatment.

In a Newsweek poll, 84 percent of Americans believed that praying for patients could have "positive effects on their recovery." (A poll conducted by Gallup showed a similar opinion.)

Commentary

However, doctors should not be required to rely on

even an ounce of faith in helping their patients. Doctors rely on science and hard evidence. Where faith may help a patient to heal, a doctor should not be forced to depend on supernatural forces. This is up to the patient, their family or fellow believers.

If a patient is religious, a doctor should take that into account and use it to the benefit of the patient. Placing a patient in a healthy frame of mind is just as important as the medication the doctor prescribes.

If a patient is religious, a doctor should take that into account and use it to the benefit of the patient. Placing a patient in a healthy frame of mind is just as important as the medication the doctor prescribes.

Unfortunately, religion can occasionally interfere with a doctor's wishes. A patient may not want to take medication because they are fasting or believe that their fate is purely in God's hands. These are situations in which a doctor has to be careful and educated. Adjusting treatments to fit a patient's religious belief could be the only way to help a patient if he or she absolutely refuses to take one treatment.

In cases where the patient believes that God is punishing them with illness, their frame of mind can often destroy the treatment. Ethically, a doctor should not force medication down a patient's throat against their religious beliefs. Knowing this limitation, a doctor should not be given to force religious counseling for the patient. Most clergy are likely to discourage the patient's belief that their disease "means wiser, and wiser means infinitely cooler. Why? Because it is much hipper to be "over" something than it is to be in it."

Once upon a time, you might have had one of Billy Ray Cyrus' classic "Achy Breaky Heart" T-shirts. Perhaps it's a handmade version from a boot store, giving your T-shirt the element of grit that no one's had. This would have made you the pinnacle of this trend. However, it would not have made you fashionable. As the first person who donated their T-shirt to Goodwill and scuffed at the people who were still wearing them.

That, my friends, is the power of screaming "pace" in a crowded field.

When you're 22, you have that power. While younger people still try to gain popularity by sporting loudness of the weekend's drunken exploits, you get to roll your eyes at fellow veterans and say, "Yeah. Whatever." You get to put that young confused child on the head and authori
tively walk away.

This confidence can actually be enjoyed on any given birthday. The 21st is the time when most young people begin to think more seriously about life. So there's really no need to cry for the person who is not reaching a milestone this year. As thrilling as it is to become a 21-year-old driver, an 18-year-old pornographer or a 21-year-old bar-hopper, the merriment of a good birthday need not rely on liberation from an arbi
trary legal confine.

Elder wisdom: 21 is so passé

Tell a person that it's your birthday, and quite often his or her face will light up with vicarious glee. Tell them you're turning anything other than 18 or 21, however, and that shining light will quickly recede.

"Well, that's OK," they say with faux encouragement, "One more year, they say at 20.

Nothing left now," they admit at 22.

But maybe, if you're optimistic, you can still eke out some meager joy on your special day.

I have a confession to make. As an initially 22-year-old, I am ready to admit that I never even liked 21. Aside from the convenience of becoming legal, it has very little to offer. Once the celebration is over, the excitement is too, but you have to be 21 for 364 more days. Sure, you're a drinker, but as lawful drinkers go, you're at the bottom of the barrel. It's like being a fresh
am all over again.

But that's not even the worst part. You did notice how naturally "21" coincides with "drinking? That correla
tion never goes away. Twenty-one-year-olds are rarely divided on the issue of getting drunk, enabling them every time that they are just out in the world doing e v e r y t h i n g. Twenty-one year olds become so connected to alcohol that some subconcious level the relationship always exists.

Ah, but 22. This gloriously palpable time of your life arrives with no strings attached. As an age it is label
free, as a year it is raw and full of potential. As a number it is well-rounded, comfortably divisible and so appropri
tely represented by two toes. But more importantly, 22 is older than 21. Older means wiser, and wiser means infinitely cooler. Why? Because it is much hipper to be "over" something than it is to be in it.

But more importantly, 22 is older than 21. Older means wiser, and wiser means infinitely cooler. Why? Because it is much hipper to be "over" something than it is to be in it.

The reality of the situation is that this increase is equivalent to at least one month's stay for working stu
dents in financial aid, so say the officials.

Commentary

However, the blow is expected to fall hardest on those who work to support themselves and whose families are on the brink of poverty. According to SES data, 80 percent of CSU students work while attending classes, with more than one-third working full time, according to CSU statistics.

For others, it may mean larger classrooms and more years spent in college. For others, it may mean fewer opportunities to be part of campus organizations.

While the state budget needs to be balanced, the backs of stu
dents are far too important a surface for the cuts being imposed. We are not facing a new financial situation — America has been inarguably a global power for decades and our market is still expanding. And with the ever-growing number of graduates — currently at a record high in our job market, we are not facing a scarcity of education. We are, however, delivering a massive blow to our most important resource. No, not oil, but information, education and in essence, thought. It may be this new obstruction to thought that opens new thought, new growth and most importantly, greater understanding.

Perhaps this new obstruction to thought will spur the American people to take a more active role in politics in an effort to better their own situation. Education is the cornerstone of democracy — without it, our electorate is stripped of its effec
tiveness. Without it, the wealth of America lies not in our materialism, religion or massive military, but in our people. Many of us have a supreme confidence in our education sys
tem, especially higher education. Recently, however, educational directors such as Scott Lay, the director of state budget issues for the California community colleges, have labelled the state's universal system is not sure what to expect from these budget cuts.

I inquire because it is right for me to inquire. I feel my right to an education is being threatened by the state of education in America. I feel as though our leaders have forgotten that the true wealth of America lies not in our materialism, religion or massive military, but in our people.
Great food deals

By Mike Marquez
MUSTANG DAILY STAFF WRITER

Times can be tough for students in San Luis Obispo when it comes to money, but luckily I still have my Papa Smurf piggy bank to bail me out so I can eat for the week. In order to obtain this small fortune I needed to do the unpleasant task of placing Papa Smurf on the dinner table and smashed his head into oblivion. Pennies, nickels and dimes poured out everywhere and later filled my pockets to the brim with cold hard change.

The money was to be used for an emergency, and I consider being hungry an emergency.

To conserve and make the most out of my money in these hard times, this list will guide me through the top five food specials in San Luis Obispo County.

High Street Market & Deli owner Debbie Coates, has been serving up my favorite special for more than a year and a half now — the "4:20 Special." This deal takes place from 4:20 to 5 p.m., and all sandwiches are priced at $4.20. Usually High Street's sandwiches cost anywhere from $5 to $6.50. My personal favorite sandwich is the California — turkey with avocado and ortega. This sandwich is so pleasing to the palate, your taste buds will leap out of your mouth.

The best part of the deal is the sandwich is huge, happy and ready to take your order. Franks Famous Hot Dogs has their "Hot Dog Happy Hour" from 5 to 8 p.m. They've existed for more than 20 years and has kept business booming. Owner Ken Krall said the dogs use to be $1, and even with inflation he keeps the prices very low at $1.65.

"There wasn't enough business for me and my dad on Tuesdays so we came up with Hot Dog Happy Hour," Krall said.

My favorite dogs are the RRQ dog with cheese and the chili cheese dog. All hot dogs apply, except for the polish dog.

If you are more of a hamburger fan than a hot dog fan, the Cork 'N' Bottle Liquor Store Deli's "Great Hamburger Deal" will be up your alley. A customer can get a one-fourth pound burger, French fries and a 20 oz. fountain drink with free refills for only $2.99. Manager Frank Marez said that Cork N' Bottle gives McDonald's a run for their money every day of the week.

"We burn through 1,400 parties a week easy," Marez said.

You won't have to wait for this special as it runs seven days a week from 10 a.m to 9 p.m.

The Original Spike's San Luis Obispo serves two

We asked: Where do you think the best food deal is in SLO and why?

"Novo, because they have delicious and eccentric food at an economical price."
Renée Lowe theater junior

"I really like Oasis. I had the roasted lamb and really liked it. It made my weekend."
Alex Legé architecture engineering sophomore
Tuesdays.

Yamato's Japanese restaurant in Grover Beach doesn't have special deals, but they do make the customer feel special each and every time you walk through the door, which to me is priceless. Yamato is unique in the sense that the portions are large, and I personally think it's the best sushi around. When I eat at Yamato's, I usually end up spending a little more than $20 for the California roll, B.S.C.R and the Fireball roll. This is enough food to feed two to three people.

I have two personal favorite dishes: one is from the Apple Farm restaurant and Margie's Diner, anyone's cravings can be quelled. For a sugary morning treat, try the Famous Hot Dog Happy Hour every Tuesday from 5 to 8 p.m.

When there's actually time for breakfast, the typical college kitchen doesn't usually titillate the taste buds or tempt the tummy. Where to go when it's slim pickins' in the fridge? That depends on what you're in the mood for, and between the Apple Farm restaurant and Margie's Diner, anyone's cravings can be quelled.

The Apple Farm restaurant offers guests hearty home-style food in a charming country Victorian atmosphere. Walking through the gift shop to the restaurant can feel like home. The lighting is soft, and every where you look there is a delicate little teapot or a grand moseer figure. Every detail is perfectly orchestrated to create the cozy feeling of being near a cracking fire.

The restaurant is equally captivating - small stained-glass lamps sit on every table and little checked curtains separate each booth, creating an intimacy for guests. The service is polite and friendly, with polished, unruffled shirts or scuffed shoes nowhere in sight.

And when it comes to breakfast, what do you see when you get your meal? This restaurant is all about presentation. The food is neatly placed on the dish, no overflowing potatoes or pancakes. The tasty meals will leave you with an empty plate and a full stomach.

For a sugary morning treat, try the Belgian waffles. Golden, soft and worthy of their name, these waffles will bring one to the days of mom's cooking. They are served with whipped butter, whipped cream, and a distinct hint of apple. They are served with potatoes or fruit and your choice of a biscuit, English muffin or toast. I recommend the biscuit; warm, fluffy, and served with the buttermilk preserves I mentioned earlier.

The prices are reasonable; most meals are about $10. The only problem I had regarded the portions. These dishes won't satisfy those with bottomless stomachs. The portion sizes are adequate but not more than enough.

On the other hand, Margie's Diner is somewhat opposite of Apple Farm. If after a meal you are enjoying the bottom portion of your pants because your stomach has ballooned to catastrophic proportions, Margie's may suit your style better. Make sure you bring a wheelbarrow along because you might need to be rolled out.

Eating at Margie's is like sugary nirvana. My other favorite pick is the apple sausage and eggs. Considering the name of the restaurant, this dish has a certain standard to live up to, and I think the sausages give their name justice. They are flavorful and have a distinct hint of apple. These sausages are served with potatoes or fruit and your choice of a biscuit, English muffin or toast. I recommend the biscuit; warm, fluffy, and served with the buttermilk preserves I mentioned earlier.

The service is definitely unique. The moment you enter the place the infamous hostess greets you; three long tables and flashy jewelry that would have stood out even in the 1980s. But she adds to the charm of the restaurant; with a hostess like her, you know your experience will be enjoyable.

But if she's not convincing of what's to come, the menu scripted will be. Threaded throughout the menu descriptions are playful banter directed toward the guests. For example, Margie's boasts of "To-die-for plate: half the colors, half the food and full price!"

The servers are just as friendly, and to top it all off, Margie's fills your stomach most for the money spent. In the New Times Best of SLO contest this year, Margie's was voted received the "best meal for your "moneys" award. They applauded Margie's for serving meals big enough to satisfy a customer for the rest of the day. All the meals are under $10, and when compared to the portions at the Apple Farm, well...there is no comparison. The restaurant proudly abides by its motto, "If you can't max out here, you can't max out anywhere."

A final thought: When the parents are in town, come to the Apple Farm; mom will be impressed and you will all have the energy and mobility to make the rest of the day enjoyable. If you're experiencing a morning after a long night of revelry, head to Margie's for some much needed nutrient replenishing and hangover-banishing indulgences.
An herb for all seasons

By Kimberly Masculine

MUSTANG DAILY STAFF WRITER

Every day worries seem far away while walking under the vine-covered arbor toward the welcoming barn. During the winter, the smell of mulling spices lures guests to the open doors where hot apple cider, books, cars and wine await.

Just three miles off Highway 101, the Sonoma Farms Natural Herb Farm and Bonny Doon Winery is located at 2485 Highway 46 West in Paso Robles.

Visitors can walk through an herb garden and ask questions of staff members, who can offer explanations on the different uses for each herb.

The barn, just to the right of the gardens, is home to a wine tasting room and a gift shop. The shop has a variety of items, from gardening tools and books to outdoor artwork by local artists. They also have fresh and dried herbs and cooking oils. Visitors can take a bit of the gardens home with the purchase of a potted plant.

"We have a lot of unusual plants, especially in the medicinal area," Annie Henderson, gift shop manager, said. "The plants do change with the seasons."

They have more than 300 varieties of potted herbs to purchase; availability depends on the seasons. Prices for the potted plants range from $12.95 to $99.50. There is a weekly list of available fresh-cut herbs to buy in bunches or bags. A bunch costs $1 and a quarter-sized bag costs $3 and can include up to four different kinds of herbs. Henderson said although they are known for their basil, they also have rare herbs. One of these is white sage, which is used in Native American ceremonies.

Their basil is gone for the season because the farm has already experienced four frosts this year. Henderson said certain plants do not do well in the greenhouse, so if they don't survive outside they are done for. Dead plants and cuttings go into compost bins. The compost is used on the property to enjoy wine and picnic. Henderson said it must be purchased for a picnic on the grounds. Henderson said it must be kept sealed until it's out of the barn doors.

There are many places on the property to enjoy wine and picnic. Two picnic tables sit in the shade of a large tree, and the grassy area next to the water tower and windmill seems to be inviting and green. Both of these spots provide a place to relax after the drive up Castra Grade, and as you walk back under the arbor, thanks to the herb garden located to the right, you may leave feeling a little refreshed.

The Cardinal Zin label was done by Ralph Steadman, the artist behind the cover of the book 'Fear and Loathing in Las Vegas.' He also did their unusual label art. Each wine has a different label, and the label art changes from year to year.

Our mission is to expose people to new and interesting things," he said.

Annie Henderson, gift shop manager, said they make about 40 different wines, mostly blends.

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DORMS
continued from page 1
his devices, the number came close to the Miami average. Between he and his roommate, Johnson listed two computers, two refrigerators, a stereo, two clocks, lights, an electric toothbrush, shaver, cell phone and camera chargers.

Despite the large number of appliances, Johnson said he hasn’t thought about how the electrical system at Cal Poly handles the load.

“It’s something that (Cal Poly) has to plan for,” Johnson said. “Most of

TAGGART
continued from page 1
what is produced goes back into the earth as waste.

According to the World Resources Institute’s Web site, the world is currently not headed toward a sustainable future. The World Bank predicts a 350 percent increase in the world econom

The Environment Pollution and Degradation were to parallel this rise in output, the result would be spilling pollution and damage, according to the Web site.

Taggart’s idea to counteract this negative effect include what people
can do besides recycling.

“Recycling and doing a product is not enough,” Taggart said. “This simply postpones the inevitable. I want people to know that we can alter the change.”

Taggart said to look for products that can degrade safely into the environ
mnt and are re-manufacturable.

CLINIC
continued from page 1

Scientists have identified more than 200 cold viruses, which are spread easily and rapidly when those infected sneeze or cough.

Ferre says the common cold lasts only a few days and not more than two weeks. The body’s immune sys

tem is designed to overcome the infection, but many people try to cure the common cold inappropriately.

“Parents often send their kids off to
college with an antibiotics to take when they get sick,” she said. “Antibiotics are used to build up the body’s immune system, and for the body to take them when it has the common cold will only set up for big trouble when it’s really sick.”

The Self-Help Cold Clinic has steps students can take to lessen their

Good Idea: Going surfing

Bad Idea: Paying 30 bucks for the rental in Pismo

Going once, going twice

we’re using his license and a Draeger
Alcohol 7410 Plus. According to Life
line Medical, Inc., makers of the 7410, the handheld breath
detector detects only true alcohol. Each complete unit weighs 14 pounds and costs $3,700.

The EPAS will be placed in

TUESDAY
high: 61°/low 37°
Sunrise/Sunset
risers: 6:43 a.m. / sets 4:53 p.m.
California Cities
CITY
TODAY’S HIGH
San Diego
56°/45°
Anaheim
59°/49°
Riverside
62°/51°
Los Angeles
60°/51°
San Bernardino
61°/51°
Bakersfield
62°/51°
Fresno
57°/40°
San Cruz
59°/46°
San Jose
61°/50°
San Francisco
59°/45°
Sacramento
57°/40°
Redding
51°/34°

EPAS
continued from page 1

visitors to have an idea that when they take them when it has the common cold is less than 101 degrees Fahrenheit.

Students can also use a thermome

Get your gear here.

The Escape Route has everything you need for a quick weekend picnic or the adventure of a lifetime and it all for prices cheaper than you’ll find anywhere on the planet.

Items from around the county were donated for the auction, so get your gear here.

Going once, going twice

MATT WEICHNER/MUSTANG DAILY

KCPR 91.3, the Cal Poly radio station, hosts its 34th annual auc
tion. Items from around the county were donated for the auction, which is the station’s main fund-raiser for the year. Phone bidding begins at 10 a.m. and ends at 8 p.m. today and Saturday. Call 756-3727, 756-1518 or 756-1519 to place a bid.

Summer in Spain

Spanish Language Immersion Program

General Information Meeting
Monday, November 24, 5:30 - 6:30 pm
Erhart Agriculture Bldg. (110), Room 115

Courses offered this summer:
Spany 122, Spany 230,
Apre 101, Spany 205, Hans 200, Pre 200, and Pre 215

For further information, contact:
Dr. William Martiner, 756-2880.
e-mail: smartiner@calpoly.edu
Continuing Education at 756-0523.
e-mail continuing.ed@calpoly.edu
http://www.continuing.ed.calpoly.edu/travel Spain.html

Summer 2004 - Valladolid

Graniterock

Graniterock has been listed as one of Fortune Magazine’s “100 Best Companies To Work for In America”, and was recently featured in Fortune’s Small Business magazine’s “Best Bosses” issue. Come visit us at the Engineering Career Fair to find out why!

We are seeking interns for the following positions:

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Materials Testing Engineer (aggregates, concrete, asphalt)
Mining Engineer
Metallurgical/Process Engineer
Environmental Engineer
Safety & Health Services Engineer
Building Materials Sales

Graniterock is a leading construction material supplier and general engineering contractor in the SF and Monterey Bay areas. Our 103 year commitment to quality excellence and customer satisfaction has earned us the Malcolm Baldrige National Quality Award, the nation’s top business award.

You name it, we’ve got it.

Bad Idea: Paying 30 bucks for the rental in Pismo

Rent wetsuits and surfboards.

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You name it, we’ve got it.

Weekends at the beach 756-1287 www.aneo.com/go to/escape/rentals
Jackson surrenders to warrant

By Jeff Wilson

SANTA BARBARA — Pop star
Michael Jackson surrendered to
Santa Barbara County authorities
Thursday and was taken in
handcuffs to face allegations of child
molestation.

"He came back specifically to con­
front these charges head on," defense
attorneys Mark Geragos said. "He is great­
ly outraged by the bringing of these
charges. He consi­
dered this to be a
big lie."

Jackson, who
rallied pop
music in the
1980s but was damaged by a similar
molestation allegation 10 years ago,
flown in from Las Vegas, was carried
from county jail to a jet that landed at Santa
Barbara
Municipal Airport and rolled its nose
onto a runway before leaving the jail in a vehicle that
was covered by blankets were carried
out. Jackson's brother, Jermaine, said. "This is what
we had to do."

Authorities released no details of
the case beyond a warrant allegat­
ing a violation of a law prohibit­
ing lewd or lus­
domestic
actions with a child under age 14,
and punishable by three to eight years
in prison.

Jackson's return.

One demonstrator present outside
the jail held a homemade sign read­
ing, "Mallon 2 jail."

"I love his music, but I don't know if
I can support him now. This is his sec­
time. I can't believe him any­
more," said college student Caesar
Geragos, who is also deten­
ed. "I'm here to tell you today, Michael
understands the people who are
outraged, because if these charges were
true, I assure you Michael would be the
first to be outraged." Geragos said out­
side the jail.

"I'm here to tell you today, Michael
has given me the authority to say on
his behalf these charges are categori­
cally untrue. He looks forward to getting
into a courtroom as opposed to any other forum and confronting these
accusations head on.

"Jackson's brother, Jermaine,
announced the allegations in a CNN
interview.

"At the end of the day, this is noth­
ing but a modern-day lynching," Jermaine Jackson said. "This is what
they want to see him in handcuffs. You
get it. But it won't be for long, I
promise you."

News media swarmed the airport,
jet and sheriff's headquarters for
Jackson's return.

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"Jackson's brother, Jermaine,
Raiders will try to hit the ground running against Chiefs

By Doug Tucker

KANSAS CITY — If the Oakland Raiders are having trouble planning for Kansas City, let them talk to Rom Simone.

"Run the ball," the Chiefs' defensive tackle said with a shrug of his muscular shoulders. "Hey, we haven't stopped the run all year. Run the ball!"

Opponents have averaged 4.9 yards per carry against the Chiefs (9-1). That's terrible, mediocre at best in the NFL. And it would seem to play right into the hands of the injury-plagued Raiders (3-7), who have run the ball 39 times for 260 yards in their last two games.

With third-string Rick Mirer at quarterback, what other game plan makes sense against a team that seeks 25th in run defense with an average yield of more than 130 yards per game?

"We've been running the ball because the teams we were playing against, No. 31 against the New York Jets and No. 3 against the [San Francisco] 49ers, said Prowl, who needs just two more touchdown catches to move into third place all time. "Obviously, we felt that gave us the best chance to win, which is why we're doing it."

Tyron Wells, who gained a season-high 159 yards on 32 carries against the Vikings last week, is just the kind of big back who was giving the porous-tackling Chiefs fits. Last week's loss to Cincinnati continued a trend that began winning streak, saw Reid Johnson rush for 169 of the Bengals' 202 yards. He was the fifth man to go more than 150 yards against the Chiefs this year.

"We know what they're going to do," Sims said. "Can you stop 'em? We've just got to go out and continue playing Raiders football and win the game."

Weird because the Vikings last week and snapping a five-game losing skid, the Raiders asked Mirer to pass only 11 times, hitting nine for 179 yards, but in one stretch the Raiders had 21 straight rushing plays.

"He hands the ball. That's all he does," Sims said. "From the film we saw today he doesn't do much more than hand the ball."

Coach Dick Vermeil figures his tackle knows what he's talking about.

"I think they're taking advantage again now of a healthy offensive line and two great big running backs."

"It's different," said Vermeil. "It's a very intelligent running game and not just a physical running attack."

---

**ACROSS**

1. Alcott's Little Women, e.g.
2. Legal open
3. Juice dispenser
4. Tinfoil tongs
5. Neither here nor there, say
6. Work in the kitchen, in a way
7. It may be a bow
8. Doesn't own
9. Dogs, so to speak
10. Strong suits
11. Political leader originally surname Dzhugashvili
12. Hit upon the solution
13. Kind of security
14. Pedal, perhaps

**DOWN**

1. Modern petrie's needs
2. Mints
3. Harbor of Hollywood
4. Like some cutouts
5. Sunday Times
6. Opinion
7. Adjunct
8. Horse of Lawyer
9. Has strings attached
10. Black
11. Valsean's hobby
12. 1846
13. Teques, Venezuala
14. Just
15. A runner may enter one
16. Stone scammers
17. It uses flippers
18. Anatomical intentions
19. Gauge datum
20. Summer figures?
21. Some complex communities
22. Like Bruckner's Symphony
23. Refno
24. Legs
25. Service status

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** spoilers:**

"For the Americans, it all fell apart quickly. First came the gypsy 6-iron from MacGregor. Mike Weir, winning yet another battle of the layers, Stein took aim at the flag and Price found the tee, and Price took his hit and drove his first. Price converted the birdie, then hit a nice chip to 3 feet that Weir missed off the green on the 18th and a 1-up victory.

Then came Adam Scott. His swing reminds everyone of Mike Weaver, and so did the shots he hit on the closing holes.

From the 18th fairway, Scott hit a 263-yard shot that covered the flag and left his tee in the air. "Only two players can hit that shot," said Ernie Els, referring to Scott and Woods. The final blow was Robert Allenby and Stephen Leaney, 2-up against Jar Hay and Fred Funk with three holes to play. The International team came back to halve that match.

"We pulled the rabbit out of the hat today," international captain Gary Player said.
Sports

By Graham Womack

MUSTANG DAILY STAFF WRITER

The last few weeks have been productive for Scott Gellman.

The senior midfielder on the Cal Poly men's soccer team has come back from injuries with a vengeance, assuring himself a spot in the team's starting lineup.

"I knew it was the final three games of my college career, and I wanted to go out making a statement," Gellman said.

The team is coming off a 2-1-4 start before winning 11 of its next 14 games late in the season, Gellman recording two goals and an assist in those final three games.

"It's very important he come back from injuries with a strong performance," said Matt Cox, who's entering his senior year at Cal Poly.

Gellman was frustrated that he missed those last two games.

"I was one of five Mustangs named All-Big West selections. Now, I want to add Mustang Athlete of the Week to my list of accolades."

Primarily known for his offense, Gellman won praise from Abele for his crosses and kudos from Reed for his dribbling and all-around play.

"Anytime Scott's on the field he's a threat," Reed said.

The all-Big West selection was the third of his career, though Gellman was frustrated that he couldn't move beyond the second team, for which he was selected to all three years.

"I think if I was able to have those five games of the season, I would've been able to contribute things to the team," Gellman said.

"...I thought I would've been able to get that first team."

Gellman scored a game-winning goal in the season finale.

"It's kind of going without saying he's such a skillful player," Siegfried said. "...He does so many things with the ball."

Scott Gellman scored the game-winning goal in the season finale.

Five Mustangs earn all-Big West Conference honors

MUSTANG DAILY STAFF REPORT

Senior defender Brian Reed and junior defender Mark Jones were named to the 2003 first-team all-Big West men's soccer team Portland academic. In 2003, Reed played in all 19 games, 18 at either forward or defender. He had three assists on the season, starting 18 at either forward or defender. He had three goals and three assists. Two of the three goals came off penalty kicks, including the game-winner against Gonzaga. Jones, also, played in all 19 matches for Cal Poly.

Scott forward Scott Gellman received second-team all-Big West West honors. Gellman recorded three goals and two assists on the year. Two of the three goals were game-winners coming against Cal State Fullerton and UC Riverside. After missing four games late in the season, Gellman was able to come back strong, recording two goals and an assist in his final two games in a Mustang uniform. He leaves Cal Poly, having played in 49 matches, starting 47 of them, while recording seven goals and ten assists for 24 points in his career.

Junior midfielder Francisco Marmolejo and junior forward Danny Calderon were Honorable-Mention All-Big West selections. Marmolejo playing in all 19 contests, played a solid, hard-nosed game in the midfield for the Mustangs. He recorded his lone goal of the season against UC Riverside.

Calderon ended his first season with the Mustangs with a team-leading nine goals, adding two assists for 20 points.

Trying to wrest away a Pac-10 title

By Graham Womack

MUSTANG DAILY STAFF WRITER

A preseason ranking of 25th nationally and second in the Pac-10 conference isn't satisfaction enough for Cal Poly wrestling team.

The squad has set goals of winning the Pac-10 championship and finishing among the top 10 to 15 teams in the nation.

"It was very important he come back from injuries with a strong performance," said 125-pound junior Vic Moreno.

Moreno returns to start in the 125-pound division. This year's team will feature a talented team filled with key returning players and talented newcomers.

"He's just a natural," Moreno said of Vasquez. "He's unbelievable."

Senior forward Scott Gellman

"He's our key player, though," Moreno said.

Cal Poly has only lost two starters, 197-pound David Schenk and 157-pound division. This year's team will be better.

"We're stronger this year than last year definitely," said Matt Cox, who's ranked ninth nationally among 149-pound wrestlers.

"We're stronger this year than last year definitely," said Matt Cox, who's ranked ninth nationally among 149-pound wrestlers.

"We've got a threat," Reed said.

"We're definitely have the potential to beat everyone in Pac-10," Halsey said.