Beat the breakfast blues

By Lauren Johnson

Friday, November 21, 2003
New devices detect blood alcohol levels

By Kimberly Masculine

California police officers and highway patrolmen are using a new device to test the blood alcohol level of suspected drunken drivers. The new Epidemiological 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 technology.

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 driver's license and a breathalyzer.

ON-CAMPUS HOUSING

Technology overload

By Amy Hessick

As technology advances, student's 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 2002 to add building sub-stations, 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 hold 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 dorm 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 computer 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 his belongings, he realized that it is just a matter of time before he will have the same problem.
Holding on to a passion

By Matt Sedensky
ASSOCIATED PRESS

WAILUA, 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 Hamilton
13-year-old top amateur surfer

Word on the Street
Students speak on campus issues

What is your passion in life?

"To make people happy." — Lynette Rotario, civil engineering senior

"Succeeding in the things that really matter to me." — Kathy Benjamin, history junior

"Having fun — because you have to enjoy life." — Tim Ober, computer science sophomore

"The environment. Because we abuse it so much." — Elise Suronen, ecology and systematic biology freshman
Photos by

- Brian Kent

surfing daily photographer

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 Coyo break.
- Below, Piedras Blancas lighthouse shows its perfect form on a south swell.
- Far left, industrial technology senior Jordan Korinke 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: 3:32 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. • 3.50 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. • 6.05 feet
LOW TIDE: 1:46 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 irresponsible Editor.

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 interfering with. It is her baby'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 "treatures" and can support choosing to have them destroyed.

Marc Missildine is a mathematics senior.

DHMO is linked to deaths Editor,

We would like to take a moment to address some very recent concerns brought about in reading Kristina Skrethot's letter entitled "Processed foods have harmful effects." Skrethot claims that fructose is a dangerous substance. While fructose can be bad for you in high concentrations 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 sources, explosive and dangerous compounds such as nitrates and sulfuric acid.

Each year, DHMO is linked to many thousands of deaths and millions of dollars of damage. DHMO can be deadly if inhaled or ingested. It can cause cancerous tumors 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, stop reading this letter. When coming into contact with DHMO or anything that may have been contaminated by DHMO. This chemical is so prevalent in our society that it is next impossible to avoid exposure to it, but 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 sin Editor,

In her Nov. 18 letter, "Arkins Doesn't Grasp Christian Teachings," Catharina Walsh says the core of Christianity is to love each other as God first loved us. This should apply to letting homosexuals, specifically gay Christians, be gay.

I say what I did was arrogant, selfish and totally unnecessary.

I'm glad he was fired. Having someone as justice. It'd be another minimot.

For anyone who has been in a deep slumber tor the last few months, Moore is an Alabama judge who tried in vain to keep a copy of the Ten Commandments in his court.

It wasn't just any court either, it was the Alabama Supreme Court, where Moore was chief justice, and the Alabama Chief Justice. Newspapers provide news and wouldn't advise Moore to do so, either.

Unfortunately for Moore, he's had to come to the Ten Commandments in his court.

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, just as we live.

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 all and 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 this love for us in this while we were yet sinners. Christ died for us. Christ turns us from our depraved ways to his kingdom that he loves by turning others to him, also.

David Jansson is a general engineering freshman.

Thank you for your thoughts on the following.

Abortion is irresponsible.

Editor,

We provide hospice care to those in our community who are dying. Our hospice services are available to patients and their families, including the children. As our program grows, so does the number of children we provide care for. It is very difficult for us to understand that some families may not have been provided with enough information or help when coming into contact with DHMO or anything that may have been contaminated by DHMO. This chemical is so prevalent in our society that it is next impossible to avoid exposure to it, but 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.

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David Jansson is a general engineering freshman.

Thank you for your thoughts on the following.

Abortion is irresponsible.
Faith can advance medicine

I recently saw my doctor for an unwanted and unexpected pregnancy. As a medical student, I often have to witness the issue of birth control. As we discussed the treatment options, I was impressed by the emphasis placed on faith. As I weighed the pros and cons of each option, I found myself reflecting on the role of faith in healing. The fact that faith can provide a sense of peace and comfort in times of distress is something that I have come to appreciate.

Unfortunately, doctors should not force medication down a patient's throat against their religious beliefs. Knowing this limitation, a doctor should not be so hasty to force spiritual counseling on a patient. The patient's beliefs should be respected, and the doctor should encourage the patient to seek spiritual care on their own terms.

Eldorado wisdom: 21 is so passé

Tell a person that it's your birthday, and quite often they'll be shocked. But, 21 is a milestone. It's like being a fresh-out-of-school graduate. It's a time to celebrate, not to be forced into a spiritual or religious discussion.

The reality of the situation is that this increase is equivalent to at least one month's pay for working students. This increase is a blow to diversity in the American university system. It is much more than a financial barrier, it is a moral barrier. The American people are being threatened by this tuition hike.

Economically, the increase is a blow to diversity in the American university system. It is much more than a financial barrier, it is a moral barrier. The American people are being threatened by this tuition hike.

Feed hike is calamitous

For the person who is not reaching a milestone this year, putting a patient in a healthy frame of mind is as important as the medication the doctor prescribes. If a person is religious, a doctor should take that into account and use it to the benefit of the patient. If a patient in a healthy frame of mind is just as important as the medication the doctor prescribes. 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 that are up to the patient, their family or fellow believers.

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

Michael Cervantez is a journalism senior and Mustang Daily staff writer.

Friday, November 21, 2003

Opinion

Elder wisdom: 21 is so passé

Tell a person that it's your birthday, and quite often they'll be shocked. But, 21 is a milestone. It's like being a fresh-out-of-school graduate. It's a time to celebrate, not to be forced into a spiritual or religious discussion.

The reality of the situation is that this increase is equivalent to at least one month's pay for working students. This increase is a blow to diversity in the American university system. It is much more than a financial barrier, it is a moral barrier. The American people are being threatened by this tuition hike. The easiest way to create a path to a more diverse education is to remove the financial barriers that block access to education. While recent Supreme Court rulings have allowed for race to be a factor in academic admittance, it is not the sole route or solution to the lack of diversity in American higher education. Throughout the CSU system, students will pay an average increase of $474 each year. For many, this may be a complete impediment to their ability to attain higher education. For others, it may mean larger classrooms and more years spent in acquiring their education.

Students in financial need will see the increase picked up by financial aid, so say the officials. However, the blow is expected to fall the hardest on those who work to support themselves and whose families are not in a position to provide financial aid. As a result, students are the ones expected to be most affected by a lack of funding for financial aid. It's hard to find an avenue for advancement when being denied your education and attempting to support a family.

The reality of the situation is that this increase is equivalent to at least one month's pay for working students. This increase is a blow to diversity in the American university system. It is much more than a financial barrier, it is a moral barrier. The American people are being threatened by this tuition hike. The easiest way to create a path to a more diverse education is to remove the financial barriers that block access to education.

Not only is the education of a student directly affected by this increase, another blow to diversity is being delivered at the hands of this increase. The easiest way to create a path to a more diverse education is to remove the financial barriers that block access to education.

For others, it may mean larger classrooms and more years spent in acquiring their education. While the state budget needs to be balanced, the backs of students are too far a distant a place for a simple increase in tuition. The easiest way to create a path to a more diverse education is to remove the financial barriers that block access to education.

Bill Luecke is a writer for the Daily Aztec at San Diego State University.
Great food deals

By Mike Marquez
MUSTANG DAILY STAFF WRITER

Times can be rough 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 making it possible to save the other half for lunch the next day.

"The line is sometimes out the door, so get there early," Coates said.

Another longtime tradition can be found at Franks Famous Hot Dogs. Their Tuesday Hot Dog Happy Hour from 5 to 8 p.m. has 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 Tuesday's 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 bean or beef tacos for $2 every Tuesday. A nice tall glass of Rogue Santa's Private Reserve or Köstritzer goes perfectly with this delight. Business hours are from 4 p.m. to midnight on Tuesday.

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.

—I really like Oasis. I had the roasted lamb and really liked it. It made my weekend.

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

Happy and ready to take your order. Franks Famous Hot Dogs has their...
**Lauren Johnson**  
**MONDAYften Dipients  
CREAM, Mashed Banana, Honey, Toppings, Lettuce, Tomato, Red Onion, Cheddar, and Spicy Mayo. ORDERED: 4 out of 6.**

**SLO Bites**

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**Can you guess which dish is from the Apple Farm restaurant and which is from Margie's Diner?**

The neat and tidy waffle is from the Apple Farm, while the over-sized waffle is from Margie's. Two different meals to satisfy two different kinds of hunger.

---

**Tuesday**

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 is nice. Yamato's 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. Even if you bought fixxJ from your 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.

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**Saturday**

Crexside Lanes - Atascadero
Criss-cross bowling w/ DJ Johnny

Frog & Peach
Band: Vineyards - 21+

Honesto's Cafe
Troy Dixon, Singer Songwriter - Starts at 8:30 p.m.

Mother's Tavern
Band: The Classy Brothers - Cover $3 to $5

Neat-lee Bean
Anthony Ragusa - 7 to 9 p.m.

The Grad
Dance to the music of Wild 166 - Cover $8, 18+, $5, 21+

Tortilla Flats
After 1 drinks 9 to 11 p.m. bring Poly ID

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**Sunday**

Crexside Lanes - Atascadero
Karaoke 8:30 to 11:30 p.m.

Frog & Peach
Band: Panzarini - 21+

Mother's Tavern
Karaoke at 8 p.m.

Tortilla Flats
Hot Salas and Swing 8 p.m. to 10:30 a.m.

The Grad
Dance to the music of Wild 166 - Cover $8, 18+, $5, 21+

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**Monday**

Frog & Peach
Bands: Craig Nuthamme & Uncle Kyle - 21+

Mother's Tavern

Neat-lee Bean
Acoustic "Jinger/langwrighter" - 7 to 9 p.m.

The Grad
Monday Night Football - Cover $8, 18+, $5, 21+

Tortilla Flats
Kits and Beyond - 9 p.m. to 2 a.m.

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**SLO Bites**

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**Day Dog Happy Hour every Tuesday from 5 to 8 p.m.**

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**Lauren Johnson**

**MONDAYften Dicipants**

The milk is sour, the cereal is stale, the bread is molding and the bananas are going bad. 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 pickings" in the fridge? That depends on what you're in the mood for, and between the Apple Farm restaurant and Margie's, 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 decoraive little scene or a grand mooter figure. Even detail is perfectly orchestrated to create the cozy feeling of being near a crackling 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, friendly and well polished. Unpressed shirts or scuffed shoes are nowhere in sight.

When and it comes to breakfast, what you see is what you get. This restaurant is all about presentation. The food is neatly placed on the dish, no overflowing potatoes or bananas. The tasty meals will leave you with an empty plate and a full stomach. I recommend the biscuit, warm, fluffy and served with the boysenberry 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 want to take the top button off of your pants because your stomach has ballooned to catastrophic proportions, Margie's may suit your style better. Make sure you bring a wheelchair along because you might need to be rolled out.

Eating at Margie's is a throwback to a classic American diner — good old-fashioned home cooking. The portions are large and chock-full of premium ingredients. They serve no pre-packaged, pre-pressed or commercially prepared food. They don't believe in "instant" anything or microwave cooking. The eggs are extra large and fresh, the cream is real and their pies are homemade. Breakfast is served all day, which is fortunate for those who are not morning people. When I got my omelet, I realized this place doesn't recognize the edge of the plate as a boundary; food spilled is inevitable. The eggs are tasty and potatoes are even better.

The service is definitely unique. The moment you enter the place the infamous hostess greets you; three inch long nails and flashy jewelry that would have stood out even in the 1980s. But she adds to the charisma 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 script will be. Threaded throughout the meal descritions are playful banter directed toward the guests. For example, Margie's boasts of "To flour or plate: half the calories, half the food and full price!"

The servers are just as friendly, and to top it all off, Margie's fills your stomach for the 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 "money" 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."

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A final thought: When the parents are in town, cruise to the Apple Farm, mom will be impressed and you will both have the energy and mobility to make the rest of the day eventful. 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 indulgence. **But if she's not convince**
An herb for all seasons
By Kimberly Masculine
MUSTANG DAILY STAFF WRITER

Everyday 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 door where hot apple cider, books, cans and wine await.

Just three miles off Highway 101, the Sycamore Farms Natural Herb Farm and Bonny Doon Winery is located at 2495 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 garden 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 $2.25 to $8.95. There is a weekly list of available fresh-cut herbs to buy in bunches or bags. A bunch costs $1 and a quart-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 greenhouses, 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 premises and is sold in 40-pound bags for $8.95.

Sycamore Farms not only grows herbs but also grapes. Although they only grow two types of grapes for Bonny Doon Winery, they sell all of their wines in the tasting room.

Tasting room manager Jim Gerakaris said they make about 40 different wines, mostly blends.

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

The wine names, such as Cardinal Zin, Heart of Darkness and The Heart Has Its Reason, accompany their label art. Each wine has a different label, and the label art changes from year to year.

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 Synrith Simith label.

“Our label art is as unique as the wines,” Gerakaris said.

Wine tasting is $2 and includes a variety of items, from gardening tools and books to outdoor artwork by local artists, which are available at both theatres.
News

Local Weather
5-Day Forecast
TODAY high: 63°/ low 39°
SATURDAY high: 58°/ low 32°
SUNDAY high: 63°/ low 36°
MONDAY high: 59°/ low 38°
TUESDAY high: 61°/ low 37°
Sunrise/Sunset
rises: 6:43 a.m. / sets 4:53 p.m.
California Cities
CITY TODAY'S HIGH
San Diego 65°/San Diego
Anaheim 64°/Anaheim
Los Angeles 66°/Los Angeles
San Francisco 62°/San Francisco
Bakersfield 62°/Bakersfield
Fresno 57°/Fresno
Santa Cruz 59°/Santa Cruz
Santa Barbara 58°/Santa Barbara
San Jose 57°/San Jose
Redding 51°/Redding

EPAS continued from page 1

DORMS continued from page 1

his devices, the number came close to the Miami average. Between him 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 my stuff doesn't use much energy, except for the fridge and computer."

Other electronic devices students often use are video game systems, televisions, VCRs and DVD players, printers and hair dryers.

The large number of electronic appliances bought to campus not only affects electricity usages, but it is an issue of safety, Pepe said. Many students overload the electrical outlets, which is a fire hazard.

"Right now we have a few blowouts once it a while, but they are the exception, not the rule," Pepe said.

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 econom­y by the year 2020. If environ­mental pollution and degradation were to parallel this rise in output, the result would be appalling pollution and dam­age, according to the Web site.

Taggart's idea is to counteract this negative forecast include what people can do besides recycling.

"Recycling and losing a product is not enough," Taggart said. "This simply postpones the inevitable. I want people to know that we can alter the future."

Taggart said to look for products that can degrade safely into the envi­ronment 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. Perez says the common cold lasts only a few days and not more than two weeks. The body's immune sys­tem 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 antibiotics to take when they get their colds," 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 it up for big trouble when it's really sick."

The Self-Help Cold Clinic has steps students can take to lessen their misery. The clinic provides informa­tion on everything from cold prevent­tion tips to treatment ideas.

"The clinic is designed to give students a guideline of when to come and seek medical help," Perez said.

The first step of the clinic begins at a computer with a CD Rom program that allows the user to view a list of cold symptoms. Students can click on symptoms they might have and the computer will display a screen show­ing whether the person just has a common cold or should seek further medical attention.

If the results indicate a common cold, the user can click on a treat­ment plan for their particular symp­toms and print it out to take home.

Students can also use a thermome­ter to check their temperature to determine how serious their condi­tion is. Fever associated with the common cold is less than 101 degrees Fahrenheit.

The clinic also provides informa­tion packets.

Summer in Spain

Spanish Language Immersion Program

General Information Meeting
Monday, November 24, 5:30 - 6:30 pm
Erhart Agriculture Bldg. (10), Rm. 115

Courses offered this summer: Spain 122, Spain 123.
Four sessions, June 19, July 18, July 22, and Aug. 15.

Visit our website: www.graniterock.com

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.

We are seeking interns for the following positions:

Project Engineer (Heavy Civil Engineering)
Materials Testing Engineer (aggregates, concrete, asphalt)
Mining Engineer
Metalurgical/Process Engineer
Environmental Engineer
Safety & Health Services Engineer
Building Materials Sales

Graniterock is hosting its 34th annual auction, 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.

Good Idea: Going surfing

Bad Idea: Paying 30 bucks for the rental in Pismo when you could rent a wetsuit from the Escape Route for 2 bucks.
**/news/CHILD MOLESTATION**

**Jackon surrenders to warrant**

By Jeff Wilson  
ASSOCIATED PRESS

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

"He came back specifically to confront these charges head on," defense attorneys Mark Geragos said. "He is greatly outraged by the bringing of these changes. He considers this to be a big lie."

Jackson, who dominated pop music in the 1980s but was damaged by a similar molestation allegation 10 years ago, flew in from Las Vegas aboard a jet that landed at Santa Barbara Municipal Airport and reeled its nose into a hangar before those aboard stepped out.

A law enforcement convoy took Jackson to the main county jail where he was escorted inside, his hands cuffed behind his back, and booked.

Jackson was set at $3 million.

Jackson, who has three young children, flew back to a Las Vegas-area airport, where he appeared three children covered by blankets were carried aboard the plane by assistants. They were then carried off, and Jackson exited the plane as well.

Assistants tried to shield him from TV cameras by holding up sheets, but he was visible to helicopter cameras. He briefly flashed a peace sign before disappearing into the car. Groups of people on sidewalks waved at his passing motorcade and some ran up to the car at stops.

Authorities released no details of the case beyond a warrant alleging violations of a law prohibiting lewd or lascivious acts with a child under age 14, and punishable by three to eight years in prison.

Media reports have said the alleged victim was a 12- or 13-year-old boy who visited Jackson.

District Attorney Thomas W. Sneddon Jr. said Wednesday that the warrant will be followed by a filing of charges in a short period of time.

Jackson was given a Jan. 9 arraignment date, said sheriff's Sgt. Chris Pappas, who characterized Jackson and his representatives as cooperative during the 30- to 45-minute booking process.

Jackson spokesman Stuart Pippas, who characterized Jackson in a statement "Michael said, 'Lies run sprints, but the truth runs marathons.'"

Geragos, who is also defending Scott Peterson of Modesto, in the high-profile Laci Peterson murder case, arranged Jackson's return from Las Vegas. He was making a video there when authorities raided his Neverland Ranch Tuesday.

"He understands the people who are outraged, because if those charges were true, I assure you Michael would be the first to be outraged," Geragos said outside the jail.

"I'm here to tell you today, Michael has given me the authority to say on his behalf these charges are categorically 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 nothing 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, jail and sheriff's headquarters for Jackson's return.

One demonstrator present outside the jail held a homemade sign reading, "Michael, 2 jail."

"I love his music, but I don't know if I can support him now. This is his second time, I can't believe him anymore," said college student Cesar Mendoza, 22, of Isla Vista.

Similar allegations surfaced against Jackson a decade ago, but they never led to the filing of criminal charges, and in 1994 the probe became inactive. Jackson maintained his innocence then but reportedly paid a multimillion-dollar civil settlement.

Happy Friday! Have a good weekend!  
— Mustang Daily

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**Discount Cigarettes**

Formally Cigarettes Cheaper in the Albertsons Shopping Center on Foothill Blvd.

- Broncos $1.99 ea.
- Marlboro Cartons $29.99
- Skoll/Copenhagen $4.29 a can & $40.00 a roll
- Variety of cigars and rolling papers

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**Check out the NEW Mustang Daily distribution units!**

(open with caution)

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**Discount Cigarettes Cheaper in the Albertsons Shopping Center on Foothill Blvd.**
# Sports

By Doug Tucker

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

"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 4.8 yards per carry against the Chiefs (6-1), making it tough to get into the backfield of the Raiders (4-3). In fact, the only thing that has slowed the Chiefs down has been their inability to stop the run.

"They're a physical team and they play hard," Simmons said. "They're a good team and they're physical."

Simmons said the Chiefs had been trying to run the ball all year, but they hadn't been able to get much going until recently. "We've been running the ball well lately, but we still need to work on our passing game," he said.

The Chiefs have won three games in a row and are currently in first place in the AFC West. Simmons said the team's recent success has been due in large part to its strong running game.

"Our running backs have been doing a great job," Simmons said. "We've been getting more production out of our running backs and we've been making the plays that we need to make.

"We've also been getting more pressure on the quarterback, which has helped us win games," he added.

Simmons said the Chiefs would continue to run the ball and try to consistently keep the ball out of the hands of the opposing defense.

By Doug Tucker

# U.S. blows golden opportunity

By Doug Ferguson

GEORGE, South Africa — Tiger Woods, Davis Love III and the rest of the Americans could not have asked for a better start Thursday in the Presidents Cup.

It was the finals that left them dazed, deep-sixed and facing another deficit.

"All we want to do is get back into the final," U.S. captain Jack Nicklaus said after the International team rallied over the final three holes in the final three matches to take a 3 1/2-2 1/2 lead.

Woods and Charles Howell III needed only 13 holes to keep their partnership off to a great start, Love and Kenny Perry hit spectacular shots and the Americans won easily.

The United States led 2-1, and it was 2-0 up on the back nine in the other matches.

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By Doug Tucker

# Home Sales

Condo 2 bedroom single level one and one-half bath. Excellent location. $510,000. 756-1143

SLO Madonna/Oceanair—Highly desirable area $349,000 asking price

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**Classifieds**

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**Help Wanted**

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  - If you like technology & want a career in sales, this is the job for you!
  - "Training available for motivated graduates.
  - Benefits, 401K, stock opts., profit share.
  - Email: careers@growplace.com

- **Sacramento-based environmental nonprofit seeks Central Coast-based organizer for coastal, marine, and watershed protection program.**
  - Background in community organizing and/or watershed processes a plus.
  - Spanish speakers preferred.
  - Opportunity employer.
  - Cover letter and resume to P.O.C./P.O., 3066 J. St., Suite 612, Sacramento, CA 95814. No phone calls.

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- **I have a textbook for Business 200 for sale.**
  - Please call Chris at 455-5555

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- **Lost:** Cell phone, older Sony with name Karen Brown. Please call 805-594-1307, reward!

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  - Lost and Found ads are free so only call for details at 756-1143 and place an ad!

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- **5 Bedroom, 1 Bath, WD, Big yard 4030 South Buena Ave.**
  - Great house, good location, close to school. Possibly four up to six bedrooms, two bathrooms.
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  - Please call Chris at 455-5555

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**Classifieds**

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**Mustang Daily**

**Friday, November 21, 2003**
Primarily known for his offense, Gellman won praise from Abelein 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 as a defender for Cal Poly.

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

Siegfried agreed that Gellman would've made a big impact in the games he missed. "He probably could've gotten first team honors. Reed said that Gellman's injury, which came Oct. 19 against Irvine, grew out of the fact that he was often double and triple-teamed in games."

"Every team knows he's one of those lethal weapons," Reed said.

The lack of a full-season to showcase his skills frustrated Gellman. "He's making up for lost time by looking ahead. Both he and Reed are in the process of finding contacts through Cal Poly coaches so they can try out for major League Soccer in the near future."

For the future, Reed said the Mustangs must improve upon their recent form. "I think we're going to have a ton of young talent next year because of the high sophomore class," Reed said. "We have to step up and be at another level next year."

For Reed, Gellman's departure left a hole that will be tough to fill. "It was very important he come back for those two games and the Mustangs' third-to-last game against UC Riverside," Reed said. "I knew it was the final three games of my career, so I wanted to go out making a statement," Gellman said.

The senior, who became a teammate by his senior year. "It was very important he come back for the last three games," freshman defender Andreas Abelein said.

"He's making up for lost time with the ball." Gellman said. "It was very important he come back for the last three games."