Music faculty pianist hosts concert Saturday

By Katie Schiller
MUSTANG DAILY STAFF WRITER

Classical music will hit a high note at Cal Poly on Saturday. Music faculty member and pianist William Terrence Spiller will give a benefit concert of the works of Wolfgang Amadeus Mozart and Frederic Chopin at 8 p.m. Saturday in the Cal Poly Theatre.

Titled "Too Many Notes! Works of Mozart and Chopin," the recital includes two sonatas by Mozart and the Op. 10 Etudes of Chopin. Spiller will also play Chopin's Op. 10 Etudes, which consists of 12 parts, each two to three minutes long, a piece he worked on during his sabbatical.

"All pianists feel a special connection to this work," Spiller said. "Chopin created new techniques and imagined new things to do that were poetic and exciting."

He added that Chopin's work is technically brilliant and is a challenge to any pianist. The works by Mozart and Chopin are strikingly different in structure, Spiller said. "Some pianists are reluctant to play Mozart in public, because his music is so precise and refined," Spiller said. "If you miss a note, everybody gets shook up."

However, Chopin's work is a requirement in a 300-level piano course, advises taking the class over the test.

"Often, you need to take that class anyway," Nelson said. "And you don't have to stress over it or give up a Saturday morning or pay for it."

The Writing Proficiency Exam consists of a single-essay question. "We give the students a passage to read and ask them to summarize the passage and then to either agree or disagree with it or come up with a solution to the problem that is outlined in it," said Mary Kay Harrington, director of Cal Poly's Writing Skills Program.

The topics of the essay prompts are based on a wide range of readings, from USA Today to Newsweek magazine and are accessible to everyone, she said.

Harrington said most Cal Poly students with 90 units under their belts are equipped to pass the WPE. "If everyone had some writing in the courses they are taught, our students would all pass," she said.

Harrington said that the problem that is outlined in it, said, "is a way to assess competent writers."

Students are eligible to take the exam after completing 90 units and can sign up at the cashier's office in the administration building. The test fee is $25, and the registration deadline is Jan. 16.

With the latter option, students have the advantage of writing on a topic they have studied the quarter. Also, the class often fulfills a General Education requirement. Poly business alumna Michelle Nelson, who met the
Gov. Schwarzenegger proposes no more than 10 percent fee increase per year for universities

By Adam Foxman

LOS ANGELES — A proposal by Gov. Arnold Schwarzenegger that would prevent universities from drastically increasing student fees has been met with cautious optimism by members of the University of California system.

In his State of the State address Tuesday, Schwarzenegger proposed that universities not be allowed to increase fees by more than 10 percent per year. Schwarzenegger's proposal also applies to student fee increases at the California State University system and community college districts.

Although colleges and universities will have to "share the burden of the financial crisis," wide fluctuating fees should be moderated, said students and their parents who can plan to pay for higher education, according to the governor.

UC student fees rose 11.8 percent in 2002 and an additional 10 percent in 2003. These increases came after a 5 percent drop in fees during both the 1998 and 1999 academic years and no fee increases until 2001.

The regents increased fees in 2002 and 2003 in response to a series of cuts in state funding to the UC. Over the past three years, state funding to the UC has dropped 16 percent while enrollment has increased by 18 percent. An additional $29 million in mid-year cuts are set to go into effect this year, according to a press release from the UC Office of the President.

"If fees were set by law, you could have a situation where the state is disinvesting in the UC, and quality and access could go down," said Brad Hayward, UC Office of the President.

Gov. Arnold Schwarzenegger "All my work ethic was directed toward getting to the academy," said Hayward.

"If fees were set by law, you could have a situation where the state is disinvesting in the UC, and quality and access could go down," said Hayward. "All my work ethic was directed toward getting to the academy."
National
Roundup

ALBUQUERQUE, N.M. — Protesters shouted "Stop!" and waved signs from an interstate overpass Thursday as a shipment of radioactive waste bound for a nuclear waste dump in southern New Mexico passed through the state's largest city.

The waste, in three huge containers aboard a tractor-trailer, headed east on Interstate 40 on a 1,318-mile journey from the Nevada Test Site through California and Arizona to the Waste Isolation Pilot Plant near Carlsbad in southeastern New Mexico.

While WIPP routinely receives radioactive shipments, Thursday's was the first to come from the Nevada site and to travel through urban Albuquerque, home to roughly half a million people.

ROOSEVELT, Wash. — Authorities investigating the first case of mad cow disease in the United States are now focusing their attention on cattle that entered the country from Canada with an infected Holstein.

The shift comes after workers buried a herd of 400 bull calves, which included an offspring of the infected cow, in a landfill in southern Washington on Wednesday. The calves were killed in a precaution.

The U.S. Department of Agriculture is still deciding whether other herds that may have been exposed to the infected cow will meet the same fate, said Agriculture Secretary Mike Lea.

Scientists have concluded that eating uncooked beef, not exposure to an infected animal, is the main transmitter of mad cow disease. But federal officials have said they are being very cautious.

WASHINGTON — Farm-raised salmon contain significantly more disease and other potentially cancer-causing pollutants than do salmon caught in the wild, results from a major study show that tested contaminants in fish bought around the world.

Eating more than a meal of farm-raised salmon per month, depending on purchases of $50 or more.

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TV Dinners

By Andrea Svoboda

Face it, most college students barely have enough time to sleep, much less find time to cook a home style meal. So when minutes become valuable, the ever-ready TV dinner can become quite a commodity. While the title "TV dinner" can be associated with such words as quick, cheap and bland, remember that not all meals are created equally.

The quest to find the tastiest microwaveable meal kicked off with a trip to Ralphs. There I stocked up on the most popular dish — turkey dinner. Yet as I piled the cardboard containers into the cart I met my first disappointment: None of the brands came with the infamous apple crisp dessert. Despite this slight setback, I did not give up hope. Armed with dinner from various brands and a microwave with a rotating turntable, I set out to find the superstar dish in TV dinner land.

The dinner that most resembled the photo on the box was Marie Callender's turkey breast with stuffing. In addition to the meat, this dish also came with mashed potatoes and gravy, green beans and cranberries. The portions were not only large but delicious as well — amazing for a meal with only 380 calories and 13 grams of fat. The total cooking time is seven to nine minutes, and then the meal needs to cool for two minutes. Directions were straightforward, and the dinner didn't require any stopping and stirring — just pop it in the microwave and set the timer. The mashed potatoes were amazing with a buttery kick. The stuffing was great but had a tendency to clump together. For those who like veggies, this dish contains a lot of greens. The dried cranberries on top of the green beans were a sweet treat. This dish was so good I would consider purchasing it again.

Another impressive microwaveable dinner was the roast turkey breast with gravy, dressing and broccoli made by Claim Jumper. This dinner contained 550 calories and 23 grams of fat. It had three big slices of carved turkey, steamed broccoli and decent stuffing (it was definitely no StoveTop). The downside of this meal was the complicated directions. The meal required a total of eight minutes of cooking, had to be stoped and stirred and had a separate gravy pouch that needed to be tended to. Yet the food was so good I forgave the slight delay.

The Hungry-Man XXL roasted carved turkey dinner by Swanson boasted one and a half pounds of food and contained white turkey meat, stuffing, gravy and mashed potatoes. It also tipped scales with 1,450 calories and 58 grams of fat — not a good choice for people who are trying to watch their calories. However, it was so big, the meal took forever to cook. The dish not only requires 11 minutes to cook and two minutes to sit but also needs stirring while it cooks — who has that kind of time? This dish also came with mashed potatoes and contained white potatoes. The stuffing was bland, the turkey was average and there were no veggies. Overall it was nothing special.

Swanson also makes a smaller version of the turkey dinner known as American Recipes roasted carved turkey breast. Its side dishes include gravy, stuffing, mashed potatoes and a carrots and snap peas medley. At 450 calories and 18 grams of fat, this dish seemed to be more health-friendly than the Hungry-Man. Although the size changed, the taste didn't. The potatoes were chalky, the stuffing was crusty, the turkey was so-so and food was presented in a very symmetrical manner (not very appealing). The worst part of this meal was the cooking time, which was four and a half minutes promised. The result was a warm outer side and still frozen inside — a discovery made only after I started eating it. So save your money and spend it on something a little more palatable.

The most disturbing dinner was the Banquet turkey meal (note to self: never eat anything that has "mostly white meat" printed on the box). The moral of the meal: shop carefully, beware of mystery meat and look for quality, not quantity.
Island flavors meet mainland deli

By Lacie Grimshaw
MUSTANG DAILY STAFF WRITER

Sixteen different hula dolls greeted me as I walked up to the counter at BackDoor Deli and requested the most popular dish, the Hawaiian Plate special. After ordering, I grabbed a seat and settled into the warm, tropical atmosphere.

Who would have thought, a little piece of Hawaii was stashed away in Oroville? Pale yellow walls created the perfect backdrop for vibrantly colored pictures of hidden beaches, Hawaiian dancers, waterfalls and surfers.

Light sounds of Hawaiian music drifted through the spacious deli, while I watched a television playing a video about the Hawaiian Islands and their attractions. Unlike a typical deli, BackDoor provided a large seating area.

The availability of seating enabled me to leisurely enjoy my meal, rather than rush because someone else wanted a seat. The tropical theme continued outside. Nine umbrella-covered tables filled the outdoor patio. Bright flowers and large leaf plants included the patio, which made it surprisingly quiet for its busy location.

I couldn’t have been more comfortable actually sitting on a beach. Forget that I’ve been living on pasta since the start of college, the meal I ate at BackDoor Deli was one of the best I’ve had in the last five years.

The Hawaiian Plate came with two mounds of white rice on top of a fresh green salad, dressed in mouth watering Oriental poppy seed dressing. White chunks of chicken covered both the salad and the rice completing the savory combination of flavors. But the finishing touches of both wonton noodles and a tomato on the side made it perfect. Including a drink, my total came to $8.75.

BackDoor’s menu included those dishes typically found at a deli: sandwiches, salads and wraps all with an unique Hawaiian twist. Whether it’s pineapple or SPAM, Back Door Deli has it.

Of course I could have had a number of other tempting desserts, like Hawaiian Rollie Pollie, Hilo Delight or Tropical Banana. I’ll save those and the other dishes for my next visit.

BackDoor Deli also serves breakfast, complete with an espresso bar.

The deli is located at 980 Grand Ave., Grover Beach, Business hours are Monday through Friday, 7 a.m. to 4 p.m. and Saturday, 9 a.m. to 4 p.m.

Back Door Deli, like an island, provides a relaxing vacation from the ordinary.
Crazy laws for the insane

H
t's crazy! No, he's sane! Wait — who defines crazy?

What's crazy is that an insane person can be treated for insanity only to be considered sane for execution.

On June 6, Arkansas executed Charles Singleton, a convicted murderer and diagnosed schizophrenic. Singleton was sentenced to death in 1979 after murdering Mary Lou York during a grocery store robbery.

In 1997, Singleton was diagnosed with paranoid schizophrenia by a prison psychologist. The question then became whether or not Singleton, a mentally ill person, could be executed. Prosecutors argued that Singleton was sane when he committed the crime. But, it is entirely possible that Singleton was already experiencing the effects of schizophrenia at the time of the murder.

According to the National Alliance for the Mentally Ill, schizophrenia, like most mental illnesses, is caused by defects in the brain. Often, this means biology is the cause of mental illness, and a person is born with the disease.

Singleton was 19 at the time of the crime and symptoms of schizophrenia start to appear between the ages of 15 and 34. These symptoms usually develop slowly and may include strange statements or behavior, anger, confusion and indifference to the opinion of others. Schizophrenia is one of the most damaging of all mental disorders. If the disease is left untreated, a person should not be held responsible for their actions.

The Supreme Court agreed in a 1986 decision to exempt the mentally ill from execution.

If the insane can't be executed, why was Singleton executed? He was executed because a Supreme Court decision in 1990 allows for the forced medication of inmates in certain cases. Singleton was one of those cases. He was forced to take anti-psychotic drugs after a prison medication review panel found him a danger to himself. Giving a mentally ill prisoner medication is understandable since prescription drug treatment is usually successful in making the prisoner sane. But once a person is sane, it becomes completely legal to execute them.

According to a 2003 ruling by the 8th U.S. Circuit Court of Appeals, states may forcibly administer anti-psychotic medication to control a prisoner's behavior, even if it makes them sane for execution.

First the courts decided to ban the execution of the mentally ill. Then they decided the mentally ill can be forcibly controlled with medication, and finally, if the medication is a success, mental illness no longer an issue and the prisoner can be executed.

The legal system is the one with the mental illness: it's called split personality disorder.

Letters to the editor

Safe storage of nuclear waste is needed

Editor,

The issue is similar to the David and Goliath story, and as my name is David, it is frighteningly close to home.

No matter how you feel about nuclear power as an energy source, the Achilles heel of the industry is safe storage of high-level radioactive waste. When nuclear plants were first licensed, high-level radioactive waste was expected to be removed from utility sites within a few years. Shockingly, this has not been the case.

Decades have passed and still high-level radioactive waste sits in our vulnerable earthquake-prone coastal zone. Soon the re-racked and over-crowded radioactive fuel pools will be full and Posei has asked to meet with the Nuclear Regulatory Commission to add more nuclear fuel assemblies.

This David is going to put his faith in the Mothers for Peace and guarantee the safety of our children.

David Weisman is a Morro Bay community member.

A suggestion of ways to conserve fuel

Editor,

As if the energy crisis wasn't bad enough, the new gas prices ruin our wallets. To reduce our fuel use, I suggest the following:

1. Maximize gasoline tax with being used to pay the state deficit.
2. Everyone ride bicycles and walk more.
3. Abolish the Off Highway Vehicle Division of State Parks, which spends tax dollars to promote vehicle use for 'recreation.'

If our culture is to become sustainable we must first kick our addiction to fuel which is running out — the only positive and rational solution.

Bill Denoonen is a Nipomo community member.
Mustangs sweep meet

• After wins over Columbia and Boise State, the Mustangs travel to the Midwest to face No. 1 Oklahoma State and No. 13 Oklahoma

By Anastasia Kilham

The Mustang wrestling team travels to Stillwater this weekend to take on top-ranked Oklahoma State.

While the team does not expect an overwhelming victory, they do hope for a solid performance against the former NCAA Division I powers.

Cal Poly wrestler Steve Esparza understands firsthand the skill level his team will encounter this weekend.

Esparza wrestled for Oklahoma State for one year before deciding to return to California and attend school closer to home.

This weekend, he will wrestle a former teammate whom he lost to before. He is optimistic about the upcoming challenge.

"It's on all of our minds of becoming one of the best teams in the country," Esparza said. "We plan to keep our heads up and stay focused."

Darrell Vasquez will defend a recent victory over Oklahoma State's NCAA champion Johnny Thompson. Vasquez was recently acknowledged for his success at the Reno Tournament of Champions that took place over the winter break.

"Vasquez is not intimidated by Oklahoma State's high ranking," coach Todd Azevedo said. "They're better than they were before. He is a real blessing to be able to compete, and we are really coming together as a team.

Competing against the best will help the Mustangs see if they are ready to achieve their ultimate goal.

"It's on all of our minds of becoming one of the best teams in the country," head coach John Azevedo said.

Tough turn around for basketball

By Dan Watson

Before men's basketball coach Kim Cromby even had a chance to answer a question after Wednesday's practice, an assistant informed him that starting guard Eric Jackson's hobbled left ankle was indeed fractured — the senior guard's season ended with the death of his father.

Jackson left the team on Wednesday morning, and Cromby's starting lineup was reconfigured for Thursday's game with Long Beach State.

His trip to the funeral left the team without their coach Monday as they fell to Long Beach State in a 67-31 free throw discrepancy.

"He's our leader," Cromby said of Jackson. "Someone went down and all I can do is accept it. I'll run with it."

The Mustangs defeated Columbia University 25-12 and Boise State 22-17 in its home debut.

They are now 4-2 overall, 2-0 in the Pac-10.

Sophomores Ryan Halsey and Vic Moreno and freshman Arturo Basulto all came away with a pair victories.

With Cal Poly trailing Boise State in team points 7-6, Basulto, wrestling in the 285-pound division, came up with the biggest win of his young wrestling career as he gave Cal Poly a 10-6 lead, which lead to its win over Boise State.

Basulto won by decision over Jacob McGinnis, 9-5, in a thrilling, come-from-behind victory. Basulto fell behind early in the first period as he trailed 4-2. In the second period, he scored a huge point near-fall halfway through the period to take the lead, 5-4. Basulto would soon finish McGinnis with a one point escape and a two-point takedown.

Halsey, ranked No. 1 nationally, in the Pac-10 in the 184-pound division, had a strong night as he pinned both wrestlers he faced. In his first match, Halsey was able to pin Sam Kuntz of Columbia in 2:09, and went on to pin Casey Phelps of Boise State in 1:59. Phelps was ranked 5th in the Pac-10. Halsey goes to 17-3 overall.

Moreno, ranked No. 6 nationally, fourth in the Pac-10, won by major decision over Boise State's Clint Wolff, 10-2, and by decision over Columbia's Jeff Sato, 8-1. Moreno now goes to 8-2 on the year.

Athlete of the Week

Sparkling play

By Amy Hessick

She was named by her grandmother after a character in a 1985 movie, but Sparkle Anderson's parents couldn't have known how well their daughter's name would fit her.

Cal Poly's freshman starting point guard shines on and off the basketball court. Coach Faith Minnix and senior guard Carmi Taylor use the same word to describe Anderson — exciting.

She earned Mustang Daily Athlete of the Week honors by leading the Mustangs in points in the team's conference wins this week.

She scored 14 points and sparked a late rally for the Mustangs in their four-point win over UC Irvine. Against Long Beach State, she tallied 15 points.

Anderson said she learned her energetic and impressive style of play from watching a lot of NBA games on television.

"I love to hear the oohs and ahhs, to keep the crowd entertained," Anderson said.

Minniah said even though Anderson has just begun her first season with Cal Poly, she is a great asset to the team.

"She's quick as lightning and I would consider her one of the best point guards in the league," Minnix said.

"It makes for an exciting product when you can get players out there who love the game and work well with their team."

Anderson also plans to run track for Cal Poly, competing in the long and triple jump.

A solid education, friendly people and a great basketball program were the reasons that Anderson chose to come to Cal Poly. She said every day is an improvement for her and the team, and that she is constantly learning.

As for her future in basketball, it looks bright. Minnix says Anderson is still learning a lot about the game, but she has exceptional athletic ability as well as a dedication to the game and her team.

Freshman Sam Temko pins his opponent in No. 23 Cal Poly's 25-12 win against Columbia. Ryan Halsey, Vic Moreno and Arturo Basulto all won matches on the night.

Tough turn around for basketball

By Dan Watson

Utah State is no slouch on defense, either.

"They'll defend like nobody we've seen this year, and as a team right now they are playing better than anyone," Cromby said.

Last year, the Mustangs shot 50 percent from the field in their first game against the Aggies and still lost by 14 points.

It will be important for the Mustang motion offense to get aggressive down low, Cromby said.

Recent free-throw numbers show the Mustangs' inability to effectively bang in the post or to aggressive­ly slice to the hoop from the outside, both things that draw trips to the line.

The Mustangs take the low end of a 67-31 free throw discrepancy thus far in two conference games.

Sophomore Fernando Sampson took Jackson's spot in the starting lineup during Thursday's game with Idaho. It was his first start.

"I'm going to try to take advan­tage of this betterment opportuni­ty," said Sampson on his chance to start over the injured Jackson.

"Someone went down and all I can do is accept it. I'll run with it."