New CAED dean brings housing advice to SLO

Tom Jones is an expert on smart growth, which aims to lessen rising housing costs and plans areas for growth.

Jamie Brady
MUSTANG DAILY

As his first year as dean of the College of Architecture and Environmental Design comes to a close, Tom Jones is now looking forward to making contributions to the San Luis Obispo community. Affordable housing and sustainable development are key issues facing the county and happen to be areas of expertise for Jones.

Before coming to Cal Poly, Jones served as the executive director of the California Futures Network, a group focused on changing public policy around community growth.

The network began working with the idea of "smart growth," which aims to lessen rising housing costs and plans areas that would meet both the current and future needs of the community.

The difficulty of coming out sometimes depends on the career field.

When searching for a job, it is important to be familiar with individual rights as an employee. California has anti-discriminatory laws in all places of employment and individuals need to know what their rights are when entering the workplace. Individuals can access the Lambda Legal Web site (www.lambdalegal.org) for information on anti-discrimination laws. See Panel, page 2

Clothing drive to benefit San Luis Obispo Women's Shelter

Tarrah Graves
MUSTANG DAILY

Most instances of reported sexual assault occur to women between the ages of 14 and 25. Students enrolled in a class on persuasion (SCOM 322) realize this age demographic hits close to home, and that college students are often the survivors of sexual assault.

In response to this statistic, a group of students have organized a clothing drive, which will be held Friday from 8 a.m. to 6 p.m. in Building 3, Room 114. The event will benefit the San Luis Obispo Women's Shelter, an organization that aids hundreds of women, including college students.

Marilyn DeLaure, professor of the class and adviser of the project, encourages students to become involved in projects that connect with the community.

"Our project is designed to get people on campus and in the community to get excited about an issue that we have an interest in," said speech communication junior Jessica Marler, who is helping to organize the event.

The group's main goal is to reinforce the fact that violence against women is out there. By holding their event following Remember Week, the group strives to continue the awareness of sexual assault throughout the year.

"People should be thinking about this problem all year round — not just at Christmas, Thanksgiving, or during Remember Week," Marler said.

By holding the event toward the end of the school year, the group hopes to stretch their dollars further. See Clothing, page 2

INSIDE

Professor reveals study findings

Rachel Musquiz
MUSTANG DAILY

After extensive research in the White Mountains of California, University of California, Davis anthropology professor Robert Bettinger will present his findings in a talk tonight at Cal Poly. The studies conducted over several years bring to light the characteristics of Native Americans in California as far back as 3,500 years ago.

The presentation is titled "The Highest Native Settlements in North America: Hunter-Gatherer Occupations Above 10,000 Feet in the White Mountains of Eastern California."

The talk will be held tonight from 7 to 9 in the Business Building Rotunda (room 213). Bettinger's research includes what he calls some of the most unexpected and remarkable archaeological sites in western North America, according to a press release.

"The sites show intensive exploitation of resources of plants and animals," associate professor of anthropology Terry Jones said. "It's a great opportunity to see Anthropologist, page 2

COMMUNITY PRIDE

Panel addresses workplace stresses

Rachel Musquiz
MUSTING DAILY

A panel discussion sponsored by Career Services focused on "Being Out in the Workplace" as part of Community Pride Week on Wednesday.

Panelists included community members, Cal Poly staff and Charles Rinaldi-Zamiga from Career Services.

"On a college campus, students are being prepared to enter the workplace," said Maya Andlig, coordinator for gender and sexuality programs for Student Life and Leadership. "We can't deny the issue of coming out in the workplace."

The difficulty of coming out sometimes depends on the career field.

When searching for a job, it is important to be familiar with individual rights as an employee. California has anti-discriminatory laws in all places of employment and individuals need to know what their rights are when entering the workplace. Individuals can access the Lambda Legal Web site (www.lambdalegal.org) for information on anti-discrimination laws. See Panel, page 2

In Opinion, page 13

Notches on the bedpost

To divulge or not to divulge?

Notches on the bedpost

To divulge or not to divulge?
**Panel continued from page 1**

domestic partnership and hate crimes law.

"Sometimes people just won't want to work with gays," said panelist Terri Dunnivant, "Those are always going to be issues."

The Human Rights Campaign has rated major U.S. corporations on their records toward lesbian, gay, bisexual and transgender employees, consumers and investors resulting in the Corporate Equality Index.

Twenty-one companies received 100 on a scale of one to 100, including Apple Computer Inc., IBM Corp., Nike Corp. and PG&E Corp. Before interviewing, the applicant can find out what the company's written non-discriminatory policy regarding sexual orientation, sexual identity and diversity training. Research on the employer is important information to have.

The goal of the panel was to make students aware of the issues they may face when approaching a job search. Panelists discussed that coming out in the workplace is a decision that each individual needs to make.

"It is important to have a plan on how out to be," Rinaldi-Zuniga said.

**Anthropology continued from page 1**

unexpected because it is higher than 10,000 feet in elevation." The National Science Foundation has invited Bettinger to Cal Poly.

The most fascinating discovery is that inhabitants of this area had the capability to occupy such a challenging environment. Previously, it was assumed that if people could live there, it would only be seasonally. However, this research uncovers that humans were living in this area and able to utilize the environment as far for 3,000 years.

For more than 20 years, Bettinger has researched cultural ecology, hunter-gatherers, early food-producing societies and adaptation in arid lands. He has traveled to China, Inner Mongolia and the Gansu Province for fieldwork and projects.

**Clothing continued from page 1**

hopes to catch students as they are packing to move houses or to move.

"I think most students come across clothes they don't wear anymore when they are packing up their things to move somewhere," said Marlier. Instead of just dragging the clothes you don't want with you, you can bring them to the clothing drive and you know they will go to a good cause and help people who can really use them.

In addition to clothing, the drive is also accepting shoes and accessories.

"I think this project is a good way to learn by doing and help a good cause," DeLaure said. "I make the slide show to visualize Bettinger's findings for the audience.

"It's a fascinating environment, in a stark kind of way," Jones said.

The talk is free and open to the public.

"We expect people who have interest in archeology and Native American cultures," anthropology professor and chairman of the social science department Patrick McKim said.

This event hosted in association with the Social Science Club, the Social Sciences Department and the College of Liberal Arts.

**Victims speak out in school shooting case**

Chris Kahn

GRUNDY, Va. — The killer shuffled into the courtroom one last time. His rage long since boiled away, he wept with the teenage son of one of his victims. Choking on tears, he said he was sorry.

Peter Odighizuwa, a failed student at this tiny coal town's college law school, went to prison on more than six life sentences for a campus shooting spree that killed three and wounded three others.

And for many of this town's 1,100 residents, that's how it ended. The shooting survivors, however, say they simply can't let go of their fear and anger.

In lawsuits totaling $23 million, former students Stacey Beam, Rebecca Brown and Martha Short, and the family of slain student Angela Dales, allege officials at the Appalachian School of Law could have prevented the Jan. 16, 2002, attack. They claim school officials were well aware Odighizuwa had a history of outbreaks and spousal abuse, and should have realized he was a threat to the student body.

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CSU Board approves student fee hike

Trustees approve 14 percent student fee increase; governor promises enrollment growth, salary raises

Ryan Pearson
ASSOCIATED PRESS

LONG BEACH — California State University trustees approved a 14 percent increase in student fees on Wednesday as part of a budget deal with Gov. Arnold Schwarzenegger that promises eventual enrollment growth and salary raises.

The trustees voted 10-1 in favor of the increase that will go into effect this fall and leave a resident undergraduate paying $2,300 annually. Nonresidents would pay an additional 20 percent in fees, bringing their annual cost to $10,170.

Student trustee Alex Lopez cast the lone no vote. During the meeting, students and faculty pleaded with trustees to delay action. "This is outrageous," said Blanca Castaneda, 36, a sociology graduate student at California State University, Los Angeles. "The students are fed up."

Chancellor Charles Reed called it a difficult decision but said "when California is in a deep budget hole, everybody has to be part of the solution."

He pointed out that CSU fees are still less than those at 15 comparable institutions nationwide.

"I don’t think we’ve priced anybody out of the system," Reed said.

Trustees also increased graduate fees by 25 percent, except for teacher credential candidate fees that would go up 20 percent.

Student fees have jumped sharply in recent years at the 23-campus system. In December 2002, CSU increased fees for graduates and undergraduates by 10 percent. A 30 percent hike followed last July.

In San Francisco, a committee of the University of California regents discussed a fee increase Wednesday but deadlocked with a 5-5 vote. The panel then referred the issue to the full board on Thursday.

Some members said they would rather tell students what fees are likely to be and then take a final vote after the state budget is finalized this summer. Others said it would be better to give students a decision now.

UC officials were part of the agreement with Schwarzenegger to hike fees by 14 percent. That would leave a UC resident undergraduate paying about $6,200 annually. Graduate fees would jump 20 percent this fall under the plan.

The deal with the governor calls for both university systems to approve additional 8 percent hikes for undergraduates and 10 percent increases for graduates during each of the next two years.

Critics said the moves will keep many students from attending college. But administrators insist that higher education will still be affordable and financial aid will be available to those who need it.

Richard West, chief financial officer for the CSU system, said the main achievement of the deal with Schwarzenegger is that, after years of uncertainty, it allows the universities to plan their budgets for the coming years.

Without a deal, the schools could find themselves facing far greater damage as the result of last-minute scrambling to pass the state budget, he said.

Reed said the deal "lets us see some light at the end the tunnel, although it’s going to take one academic year to get there."

Other aspects of the agreement with Schwarzenegger, including a return to enrollment increases in 2005, must be approved by the Legislature.

After years of sharp funding decreases, UC and CSU have been promised 3 percent general fund increases for two years starting in 2005-06. Starting in 2007, the budget would increase 4 percent to cover costs such as raises and health benefits.

An additional 1 percent would be added starting in 2008-09 specifically for academic support such as instructional materials and libraries.

The plan also promises state money for enrollment growth starting in 2005, adding 5,000 students a year to the nine-campus UC system, which serves about 200,000 students, and 8,000 a year to CSU, which has about 400,000 students.

The agreement leaves in place the 10 percent cuts in freshman enrollment this fall at both systems.

This year, the universities had to turn away thousands of qualified students due to funding cuts. Some students were diverted to already overcrowded community colleges for their first two years.
State Briefs

SAN FRANCISCO — Hewlett-Packard Co. and Dell Inc. got the highest scores in an annual ranking of computer makers’ environmental programs. American companies such as HP, Dell and IBM Corp. scored better than many foreign brands, including Sony, Duxwo and Fujitsu, according to a report published Wednesday by the Silicon Valley Toxics Coalition.

But none of the manufacturers reported recycling rates greater than 2 percent.

The study, published online with the Computer TakeBack Campaign, accuses more than a dozen American, Japanese and Korean computer makers of failing to reduce “e-waste,” including lead, polystyrene chloride and other hazardous materials used in computer manufacturing.

Billions of pounds of toxins — including dangerous cathode ray tubes and mercury — sit in garages and basements, or in landfills in developing countries.

LOS ANGELES — Two Chinese men were convicted Wednesday for smuggling themselves and 17 immigrants inside a cargo container unloaded from a ship arriving from Hong Kong in February.

The jury found Jian Rong Tan and Wen Huse Chang guilty of conspiracy, bringing illegal immigrants into the United States for financial gain and harboring illegal immigrants. They are scheduled to return to court Aug. 26 and face between three and 85 years in prison.

Tan and Chang traveled with the smuggled immigrants, who were kept inside a 40-foot-long container aboard a Cypriot-flagged vessel called the Ningha. Immigration officials said the men acted as “enforcers” to ensure none of the immigrants escaped.

LOS ANGELES — The California Supreme Court refused Wednesday to consider press arguments to eliminate a publicity gag order in the child molestation conspiracy case of pop superstar Michael Jackson.

The one-line order of the court, which did not comment on the issues involved, said merely: “Review and application for stay denied.”

— Associated Press

National Briefs

NEW YORK — Outraged relatives of World Trade Center victims heckled former Mayor Rudolph Giuliani on Wednesday as they hoped that he would be grilled by the Sept. 11 commission in the face of gentle questioning and effusive praise from panel members.

“My son was murdered because of your incompetence,” shouted Sally Regenhard, whose firefighter son died in the trade center.

Seated three rows behind Giuliani, she jabbed her finger at the former mayor and waved a sign that read “Fiction” as he gave the city’s emergency response a glowing review.

NEW ORLEANS — A jury began deliberating Wednesday how much Big Tobacco should pay for a quitsmoking program for Louisiana smokers, whose attorneys want the industry to fork over $1 billion.

The jury did not reach a decision Wednesday and was to resume Thursday morning.

In July, the same state district court jury found that cigarette makers had deceived the public with an addictive product and schemed to market cigarettes to children.

The jury rejected calls for medical monitoring for present and former smokers in the state, but said the industry should have to provide free quit-smoking programs, setting up the trial’s current phase that involved about two months of testimony.

The industry argued that the $1 billion figure was excessive. The plaintiffs include any Louisiana resident who smoked before the mid-1990s when the suit was filed.

WASHINGTON — Republicans muscled a compromise $2.4 trillion budget for 2005 through the House on Wednesday, but moderates who fear they'll be pushed to the brink by the Senate were holding out to see if they can push it through the closely divided Senate later this week.

The House approved the measure by a narrow party-line 216-213, with GOP leaders hoping moderate Republican senators who voted against it will moderate their stance and a Senate defeat loomed as a real possibility.

A failure of the GOP-run Congress to complete a budget would be a significant election-year embarrassment for the government's borrowing limit later this year.

— Associated Press

World Briefs

BAGHDAD, Iraq — A U.S. aircraft fired on a house in the desert near the Syrian border Wednesday, and Iraqi officials said more than 40 people were killed, including children.

The U.S. military said the target was a suspected safehouse for foreign fighters from Syria, but Iraqis and a helicopter had attacked a wedding party.

Associated Press

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University of Oklahoma professors remember Nick Berg

Norman, Okla. — Nick Berg, former Lloyd Noble Center employee and University of Oklahoma student during 1999-2000, has received intellectual praise from his former professors.

William McManus, associate professor of construction science, said Berg had various interests and began developing the paper brick during undergraduate independent study.

The paper brick was compressed paper in the form of a brick and was intended for use as a building material, said Richard Ryan, associate professor of construction science. Ryan said Berg's desires to help others were likely what led to Berg's paper-brick project.

"Berg was really interested in third-world countries and taking this kind of effort and trying to apply it in places where they didn't have building products," Ryan said. "I really think he did what he was doing with the brick because he had aspirations of helping people. He was a real nice fellow."

John Fagan, electrical and computer engineering professor, said Berg was an excellent man with a creative spirit and referred to Berg's murder as an "awful loss."

Berg was a tremendous human being with lots of promise, Fagan said.

Danny Akins, Berg's former co-worker at Lloyd Noble Center, said Berg was very intelligent.

"He was brilliant," Akins said. "He was always coming up with stuff."

Akins said Berg mentioned going to Africa because he thought of an irrigation system that would bring water long distances. Akins said he never saw any of Berg's inventions but said Berg would show his co-workers sketches of his innovations.

Akins said Berg constantly spoke about traveling the world and worked multiple jobs.

"While riding his bike down the street, he would see somebody that needed some help and help them out... and (Berg worked) for a couple of temporary services," Akins said. "He's one of the nicest guys I've ever met."

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Is youth vote in trouble?

Joseph Thomas

COLORADO SPRINGS (UNIVERSITY OF COLORADO)

BOULDER, Colo. — Youth voter apathy is a problem facing the entire nation. Polls show young voters as being among those least likely to vote. While many hope there may be a reversal in the trend this November, they differ in what will get youth to the polls.

According to the 2000 federal census, of youth ages 18 to 24, only 36 percent vote. Moreover, the census said, the largest reason given for not voting is being “too busy.”

In contrast, American Demographics Magazine points out that in 1972, 50 percent of American youth voted in the presidential election. There is sentiment that the youth of today need a political rallying point to increase their voter turnout to Vietnam-era numbers.

In 1972, the 26th Amendment to the U.S. Constitution gave 18-year-olds the right to vote in federal, state and local elections. The idea behind the amendment arose from the contradiction voiced in Vietnam War protests — declaring one country fight the U.S. Constitution gives 17-year-olds the right to vote.

The Vietnam War provided a political rallying point in 1972, and some think the current military conflict in Iraq could be a political rallying point for the current generation, especially youth voting in 2004 elections.

“The Iraq (military conflict) is on the scale of Watergate and Vietnam,” in terms of voting impact, said State Rep. Alice Madden, a Boulder Democrat. “For youth it is probably one of the most emotionally traumatic things that have happened (in these lifetimes)”.

Some do not necessarily agree this is the political rallying point youth will need to motivate them to participate in the upcoming elections.

Spinn Protopsaltis, a doctoral candidate in policy affairs at the University of Colorado at Denver, argues different causes will drive the youth vote.

“If the economy improves between now and November it (Iraq military conflict) is going to play a much smaller role,” he said.

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U. Colorado commission report made public

Sex, drugs and alcohol used to recruit football players; panel says university leaders are accountable for student safety

Adam Ewing

COLORADO DAILY (UNIVERSITY OF COLORADO)

BOULDER, Colo. — After three months and $200,000, the group looking into the University of Colorado football recruiting scandal concluded in its final report, released to the public Tuesday, that sex, alcohol and drugs were used in CU football recruiting, but said there is "no clear evidence" that CU officials knowingly sanctioned it or were directly involved.

The Independent Investigative Commission, created by the CU Board of Regents in February, said there is "widespread agreement that sex and alcohol have long been staples of recruiting activities here and nation wide."

The 51-page report, which includes indexes and attachments was created after 15 panel meetings and 56 witness testimonies, said CU’s administration is ultimately responsible for the safety and conduct of both students and players.

"The university’s leadership must be held accountable for systemic failures that jeopardized students’ safety and allowed for ongoing misconduct in the football recruiting program," read the report’s executive summary.

The IIC recommended CU President Elizabeth Hoffman “evaluate” CU Chancellor Richard Byyny’s Athletic Director Richard Tharp and head football coaches Gary Barnett to determine whether they are “capable of and committed to providing the leadership necessary to effect profound changes in culture, structure and reporting systems at the university.”

The report said, “Byyny and Tharp failed to effectively communicate and develop solutions to identified recruiting problems,” adding that Barnett “behaved with insensitivity toward issues of sexual assault and sexual harassment and did not follow protocol in these areas.

According to the report, Hoffman “failed to provide sufficient oversight until pressured by the governor and lawmakers.” It said the regents should evaluate whether Hoffman can restore CU’s integrity.

CU Regent Jim Martin said he was pleased with the report and said most student athletes are hard-working, positive campus community members.

He told the Colorado Daily Tuesday that the real challenge for CU would be how to “effectuate” the IIC’s recommendation for “profound changes in culture.”

“Personal changes ought to be on the table, but I have not lost confidence in the president nor in coach Barnett,” Martin said.

When asked if he supports firing Tharp and/or Byyny, Martin said, “Without getting out in front of other board members, I’m in favor of holding someone accountable; if that is Jim Martin stepping down, Jim Martin would step down. I’m not out for anyone’s job. I’m out for the real meaning of cultural change.”

He said the Board will vote to refer the report on to Hoffman at Wednesday’s meeting, but he said the regents should handle the issue rather than passing it on to the president directly.

“I still think the issue needs to be dealt with by the entire board,” Martin said. “Hoffman has taken some hits in this report, so she can’t necessarily be the final reporter of the report, nor if you have a publicly elected board.”

State Sens. Peter Groff, D-Denver, and Dan Grossman, D-Denver, who supported the panel and delivered a legislative inquiry, said, “We can no longer afford to allow the success of the football team to be an excuse for conduct that undermines the reputation of the university and the academic mission that defines it,” they said in a joint news release Tuesday. “There needs to be accountability for the failures that the commission has uncovered. But, more importantly, the Regents need to give serious consideration to the systemic changes recommended by the commission.

CU astrophysical and planetary sciences professor Theodore Snow, who co-authored the Boulder Faculty Assembly’s proposal for interlegislative reform that was unanimously approved at the group’s meeting earlier this month, said he agreed with the IIC’s report and its recommendations and was glad to see it reach the same conclusion regarding “how autonomous the athletic department has been.”

Oregon man arrested for stealing underwear

Daly City, Calif. — A Daly City man was arrested by the Daly City Police Department Friday for allegedly stealing more than 40 pairs of women's underwear.

Magdaleno Johnson, 28, allegedly entered an apartment at 1811a p.m. through a closed window and proceeded to take all of the victim's underwear, valued at more than $100, from her closet and dirty laundry container.

Johnson was witnessed crawling into the bathroom by another tenant, who called the off-duty site contact. The responsible party at the apartments reported the incident to CPD.

Johnson was arrested for first-degree burglary, second-degree theft and trespass of property.

CPD found more than 170 pairs of women's underwear in Johnson's own apartment.

A Tigard man is being held on charges in Yamhill County Jail after a police raid Thursday found thousands of pairs of women's bras and underwear.

The News-Register reported that "police said the undergarments, apparently taken from Linfield, George Fox, Willamette and other Oregon colleges, had been organized into boxes, neatly labeled as to state and school. The dates extended back four years, they said."

Sum Kim, 30, is being held on $500,000 bail.
High school leaves troubled California Charter Academy

SACRAMENTO (AP) — As the state's largest charter school operation, the Victorville, Calif.-based California Charter Academy, which has 8,200 students sites operated by the Victorville, California Charter Academy, had cut its income at two of its charter schools, one of which is now defunct to another school. The charter has a staff of six, and in its share of state funding, one of the six charter schools it operates in February after the California Charter Academy, which has 8,200 students, prepares to fight this week for its full share of state funding, one of the six staff of the school midyear.

February after the California Charter Academy, which has 8,200 students, sites operated by the Victorville, California Charter Academy, had cut its income at two of its charter schools. The charter had cut its income at two of its charter schools, one of which is now defunct to another school. The charter has a staff of six, and in its share of state funding, one of the six charter schools it operates in February after the California Charter Academy, which has 8,200 students, prepares to fight this week for its full share of state funding. The state had cut its income at two of its charter schools, one of which is now defunct to another school. The charter had cut its income at two of its charter schools, one of which is now defunct to another school.

In February, however, CCA officials unannouncedly demoted him to a teaching position and tried to replace him with the son of CCA's chief executive officer, according to CCA documents. His staff would also be replaced, Dickinson said he was told. After he met with parents to explain what was going on, CCA fired him.

Lise Woolery, spokeswoman for California Charter Academy, said the staff changes were personnel issues and she couldn't discuss them.

The changes weren't initiated because of the students' academic performance, she said, and the CCA public safety program is still operating.

School sheds 'failing' label under No Child Left Behind

SALT LAKE CITY (AP) — A Uinta County elementary school that serves a disadvantaged American Indian population has been taken off a list of nonperforming Utah schools in part by teaching reading and arithmetic to the beat of music.

The 300-student W. Russell Tedd Elementary School, which serves the Uinta County elementary school that serves the American Indian population has been taken off a list of nonperforming Utah schools in part by teaching reading and arithmetic to the beat of music.

"We had a celebration. We're pretty excited," school principal Robert Stearmer said Wednesday. The Ballard, Utah, school, about 110 miles east of Salt Lake City received late notice it met federal standards for the school years 2001-02 and 2002-03.

"This year we hope to make that three years in a row," he said.

Utah's political and education officials have been hostile to the escalating demands of No Child Left Behind mandates, saying they don't come with enough funding, but Stearmer said he "has no problems with accountability."

"I'm a taxpayer just like anybody else. I have a right to know whether schools are doing a good job," he said.

The Utah Legislature nearly voted earlier this year to forfeit some federal funding for Utah schools if it didn't meet the No Child Left Behind program, but decided instead to give the issue some study. State education officials were scheduled to brief legislators Wednesday on modifications federal officials are making to the standards.

The Todd Elementary School's success shows that even a school serving minority and at-risk students can achieve tough academic standards.

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The Utah Legislature nearly voted earlier this year to forfeit some federal funding for Utah schools if it didn't meet the No Child Left Behind program, but decided instead to give the issue some study. State education officials were scheduled to brief legislators Wednesday on modifications federal officials are making to the standards.

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Mix me up, mix me down

Rules, rules, rules. They're everywhere, but when it comes to making the perfect compilation CD, they actually matter. Story by Stacey Anderson. Photo illustration by Crystal Myers.
Following the rules makes the perfect mix perfect

Our poor, poor grandparents — they had it so rough. Not only did they have to walk 15 miles uphill in the snow to get to school, they were strapped down to now-antiquated cards plastered with wanly smiling blossoms of tentative romantic methods of communication. Thorny the snow to get to school, they were they had it so rough. Not only did whatever ridiculous decade name odds were emotionally anemic at best. Cartoon animals — all of their methods were emotionally anemic at best. Luckily, we all live in the now, in whatever ridiculous decade name we'll assign to the present. While our predecessors had to rely on unique thought and execution, we can rely on the one lasting declaration of emotion in this creatively bankrupt world: the mix CD.

The all-purpose music compila-
tion ("comp," on the streets) suits every occasion and every wallet. Plagiarism in the best sense, it gently encourages the listener to associate the eloquence of the music with the permanent mood memory. It's the equivalent of pre-commencement. Segue gradually from fast to slow, punk to classical through several songs. And using The Eagles' "Hotel California" at any point will just incite major trouble, if not from your listener then from me. I freakin' hate that song.

Yanni does not follow Metallica. Choosing varied musical genres in one compilation is exciting for the recipient but cannot be done with schizophrenia abandon. Using a musical curve of style and tempo fuses the tracks together logically and does not jar the listener when another random style shrieks up to commencement. Segue gradually from fast to slow, punk to classical through several songs. And using The Eagles' "Hotel California" at any point will just incite major trouble, if not from your listener then from me. I freakin' hate that song.

Be honest, you don't know who Yngwie Malmsteen is.

Introducing your listener to new music is the payoff of making a mix (unless your comp includes a lot of Marvin Gaye). Brooding your horizons is a great perk but don't show in music-snob buzz names if they leave you cold. You should enjoy your final creation, too, because it ultimately represents the time and energy you spent sharing your favorite art with another person. Don't get caught in the "but it's too mainstream" trap; it's beautiful and unique if it genuinely moves you and made you think of your recipient. The sign of a truly great, reflective compilation: You want a copy for yourself.

You may have 99 problems, but a theme shouldn't be one.

Giving a random mix of no identified cohesion is the equivalent of presenting a dime-store grab bag. Even if the only shared significance is that the songs start with the same letter, whip up a creative title. Songs of some unifying sound work well together, such as songs that all involve handclaps, all wear about collegiate awkwardness (in that case, just copy Weezer's "Pinkerton" verbatim) or are all duets. Give the collective an umbrella that all songs can logically be protected under. Even "Music to Feed the Fish Bottle" bears "Mix One."

Forget that English essay, write a track listing.

Remember when you first heard that song on the radio and you fell in love? Yeah, that one. You wanted to know the name of it and who it was by, but five other songs followed it and then the DJ started rattling on in some Payola spiel about how Christina Aguilera is "totally going to the next level" and halfway through banging your head against the wall you completely forget which song you wanted information on. Unless you're purposely trying to cause frontal lobe damage, don't make your listener jump through hoops to understand what you're presenting them. Cover art and disc labels are a convenient way to convey the overall mood of the disc and also identify song names. Show off those calligraphy chops.

The listener can and will hunt you down.

After all the above criteria are met, look back on your shining new disc and honestly appraise its appeal to your listener. Did you jam in some emo even though your recipient swore upon bibles to beat up every member of Brand New? Will that Frank Sinatra balled really fly with your angry young Misfits aficionados? Keep the listener's interests in mind and try to expand them without yanking them to the breaking point.

A solid rule: If they might like it and you leave it in, that's great. If they probably won't like it and you leave it in, that's acceptable. If they will definitely hate it and you leave it in, get ready for the fire and brimstone. What did I say about no Eagles?
Negative body image, overexercising make for dangerous combination

Nicole Angioni
MUSTING EIGHT

Cal Poly students are often considered over-achievers, hard workers and even perfectionists. Although this is viewed as a positive quality in most cases, there are a few instances where this mentality could cause physical and mental harm.

One such case is exercise. For some, exercise is a great release and an essential component of life, but for others it becomes a serious obsession that dictates their entire personality and lifestyle.

Compulsive exercise is a tool used by many people with anorexia and bulimia to control a distorted body image. A psychologist recently found that Cal Poly was no exception.

"I thought I had a great control group of healthy females here on campus," said Cynthia Breaux, a psychologist and part-time professor at Cal Poly. "I was wrong.""People will need to make a conscious decision and get disgusted with a really skinny body before anything can be done to counter this trend."

-CYNTHIA BREAUX
psychologist

Breaux conducted a study on Cal Poly females and found that they retain a stinging distorted view of their body image and eating than the national average.

She has her own theory as to why. Studies have established that people on the West Coast tend to be more vulnerable to eating disorders than people on the East Coast. Breaux hypothesizes these results stem from the weather. The West Coast tends to be warmer, which is indicative of less clothing. When people wear less clothing, they desire to appear in better shape and multifunction if it's under too much pressure.

Compulsive exercise is a way for people to purge themselves of guilt and pain. It's also sometimes seen as a form of punishment because the person might have eaten more than a certain number of calories that day or done poorly on an exam.

Whatever the trigger, exercise is seen as a way to counter this trend.

"As with any eating disorder, exercise is a tool used to counter this trend.

Experts say they look for certain signs of healthy exercise, over-exercising; frequent injuries; panic attacks if it becomes a dangerous combination.

Exercise in moderation is healthy, but overexertion can prove to be extremely debilitating.

"As with any eating disorder, exercise is a tool used to counter this trend."

-Mark Youngman

PHOTOS BY KATIE ZEALEAR

Exercise is moderation is healthy, but overexertion can prove to be extremely debilitating.

Medicine, commonly perceived as the "gold standard" for exercise prescription, recommends that for cardiovascular training one should work out three to five days a week, with low to moderate intensity, for approximately 20 to 30 minutes of continuous activity.

For females, cardiovascular training is the component of exercise that is most commonly over-exaggerated, while in males it tends to be strength training. Compulsive exercising equally affects males and females, regardless of the type of training with which one has an affinity.

With any disease, there are high risks of not only severe illness but also death.

"Many eating disorder patients die due to the lack of nutrition and the irreversible damage to the body, mainly the heart and other organs," Glasmeier said.

"Obese exercisers can also die — the body can only take so much abuse."

Commonly, people blame the media for their part in body image portrayal. The pressure to be as thin as possible in models or a strapping male is pervasive in American culture.

England took an active approach to this problem in June 2000 when the British Medical Association officially blamed media obsession with the "slimming supermarket" for health problems in many British girls. Some think the type of action has to be taken in America before the "super-skinny" or "ultra-thin" ideals of our culture can dissipate.

"People will need to make a conscious decision and get disgusted with a really skinny body before anything can be done to counter this trend," Breaux said. "Simply put, men need to back off and women need to stop competing."

-EL CORRAL BOOKSTORE 1933

PHOTO ILLUSTRATION BY KATIE ZEALEAR
Hayes wrong about Middle East conflicts

In Barry Hayes' column, "The hypocrisy of the Bush administration" (May 18), he really showed me that he is really on the job in the Middle East. Comparing the gruesome beheadings of Nick Berg, a civilian, to the assassinations of two of the most prominent leaders of one of the largest terrorist organizations in the Middle East is like comparing ... well, it actually has no comparison.

Of course the United States is condoning these acts. Hayes is mistaken in believing the two are equivalent. I can even come to think how you can call the administration hypocritical for calling on the Arab world to condemn Berg's murder. Everything Israel does is in retaliation to what the terrorists do. So, if you are to compare the two, the US is on the right side.

Children who have been homeschooled often have the luxury of interacting with children who have gone to public schools. They have not had the type of upbringing that teaches them to be mean to others, to be judgmental, and is just bad for the future. They may now grow up to feel that cultures other than their own are wrong.

There is also a social aspect to his proposal. Many of the people who would be able to afford to homeschool their children are upper-class whites. This could lead to a new kind of school segregation because the white children would be homeschooled or sent to private Christian schools, while minority children would still be attending public schools. "Just as it would be foolish for the warrior to give his arrows to his enemy, it is foolish for Christians to give their children to be trained in schools run by the enemies of God," the resolution says. They are not considering the fact that not all teachers are enemies of God. Many teachers may be church-goers but must leave their religious beliefs at home to teach all children fairly. Perhaps it should be the family's job to teach their children about religion, and the educator's job to teach them knowledge they will need for the future.

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Shorn told the AP he considers sending children to government schools as "the grossest kind of sin," saying Christians don't want to be confronted with the idea because it would be inconvenient and financially challenging to pick up the public tab.

Shorn is a homeschooling dad, and obviously has the time and money to have his opinions published. This is not a proposal for others to follow, but many other colleges around the state and nation. There was plenty of competition: Who could get the most heads, who could drink the most, etc? The only logical conclusion I could come to when I read the article "SLO's infamous Mardi Gras: The party is officially over" (May 13). When I was coerced into voting "yes" on the recent fee referendum by student athletes, I was told that sports would not be cut if the vote passed. What gives?

California has no Mardi Gras parties. Mardi Gras parties are really a sport

I found the article, "A sport or not? Cheerleaders respond" (May 12) very insightful. I had never considered arguments made by the cheerleaders in the article and it gave me new respect for them. Cheerleading is in fact a sport.

As I was looking over some pictures from this year's Mardi Gras, though, I couldn't help but think about the cheerleading article again. The cheerleaders argued that cheerleading is a sport because many of them get hurt. Just after Mardi Gras, I read many articles about hundreds of people being sent to the hospital for Mardi Gras-related injuries. If that is the case, there should be no competition. I then thought about their argument that cheerleading is a sport because they compete in similar events. As we all read in many newspaper articles, most of the people partying in San Luis Obispo did not attend Cal Poly, but many other colleges around the state and nation. There was plenty of competition: Who could get the most heads, who could drink the most, etc? The only logical conclusion I could come to when I read the article "SLO's infamous Mardi Gras: The party is officially over" (May 13). When I was coerced into voting "yes" on the recent fee referendum by student athletes, I was told that sports would not be cut if the vote passed. What gives?

Kend Rods is a business senior.

Hayes showed lack of political knowledge

Do Mustang Daily political columnists have any knowledge of politics? After reading Barry Hayes' article "The hypocrisy of the Bush administration" (May 18), I assume the answer is no. Hayes first l'd like to say you need to think about your arguments. Hayes must have written a sincere column, because the Bush administration's policies are not greatly different from previous administrations. Hayes also wrote an argument that Bush actually supports the right for Israel to exist. Hayes must be very old to even consider that Israel does exist. Israel does have a right to exist. Hayes made comments about the assassination of an innocent American by Terrorists, to the "assassination" of an American terrorist leader. Israel does not need to make a distinction between them. Hayes also wrote that "I  assume the answer is no. Hayes first l'd like to say you need to think about your arguments. Hayes must have written a sincere column, because the Bush administration's policies are not greatly different from previous administrations. Hayes also wrote an argument that Bush actually supports the right for Israel to exist. Hayes must be very old to even consider that Israel does exist. Israel does have a right to exist. Hayes made comments about the assassination of an innocent American by Terrorists, to the "assassination" of an American terrorist leader. Israel does not need to make a distinction between them. Hayes also wrote that "In Barry Hayes' column, "The hypocrisy of the Bush administration" (May 18), he really showed me that he is really on the job in the Middle East. Comparing the gruesome beheadings of Nick Berg, a civilian, to the assassinations of two of the most prominent leaders of one of the largest terrorist organizations in the Middle East is like comparing ... well, it actually has no comparison.

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Birth rights take a new twist in court decision

Commentary

Imagining you are a 54-year-old homeless man addicted to cocaine. Imagine your significant other, a 35-year-old homeless woman with her own set of problems, is the mother of four children, three of whom you fathered. All four children have been placed in foster care because you have no ability to care for them. And now, you may not have any more children under penalty of law. In a March 31 ruling made public last week, Family Court Judge Marilyn O'Connor of Rochester, N.Y., issued a startling decision: Rodney Evers, the gentleman in question, and a woman identified in court documents as Stephanie P., may not procreate until they prove they can look after their children.

The case, reported in an article by The Associated Press that ran in The Register-Guard, raises an interesting and important question: Is the right to procreate absolute? Certainly, the facts of the case are disquieting. Evers and Stephanie have problems so intractable it is difficult to imagine the couple ever pulling out of them.

Would it not be a sound strategy to help themselves in order to better their future? They rely on the foster care system to meet the results of their irresponsibility.

And yet, if the ability to have children is a fundamental right, then aren't some people simply not able to have them? Thomas Jefferson wrote about in the Declaration of Independence, then what is an unalienable right to bake cookies or any of the other rights we exercise with nary a thought. A right to procreate also fundamentally affecting a person as the decision whether to bear or bring forth a child. If you are going to have a constitutional democracy that gives its citizens fundamental rights, you accept the fact that some will use those rights irresponsibly. Gun owners, for instance, criminals will get away with crimes and racists will get away with hate speech.

Learning to deal with these problems in a way that doesn't infringe on citizens' rights is part of a mature society based on freedom. Though it might annoy O'Connor, Evers doesn't forfeit his right to procreate simply because he is homeless and addicted to cocaine.

Interestingly, the article notes that O'Connor's ruling has "outraged civil libertarians," as well it should. They often fail to help themselves and even continue self-defeating behavior, whether due to poverty, a lack of education or simple helplessness.

In any case, violating the right of Evers and Stephanie to procreate isn't enough to solve this problem.

Chuck Stinchomber is a writer for the Oregon Daily Emerald at the University of Oregon.

Sex, lies and body counts

Commentary

I've decided that humans are a relatively mellow bunch of creatures when it comes to sex. A quick look at the animal kingdom shows the types of things most species have to do in order to obtain a partner, whether it be in the confines of a primate or the copulation of a random partygoer next week. Could it possibly be that the sex- swapping nature of the college student has erased jealousy from the faces of our nonsensical moral legislators? I mean, it would seem that the age of one-night stands, "ex-sex" andbosey calls have wiped out the relevance of one's sexual past. Gents are not so lucky. Alas, at some point between age 18 and 25 our animal curiosity kicks in and we begin to ask our girlfriends the question that has been lurking in the minds of men since the creation of sex itself: Just how many dudes have you slept with?

Indulging the asking of the sexual tally mark is a pivotal moment in the life of any sexual relationship. Answer incorrectly and all sexual past could be at stake. My advice (whether the inquirer is a man or woman) is to simply laugh it off, play dumb, or simply say, "I don't want to shock the 'shock jock.'"

It's ok to laugh, to occasionally bring up the tally mark. I've even heard some people say, "I don't want to shock the 'shock jock.'"

With the worst of it, there are some people in the world that think Berg's being had was fair retaliation for American soldiers' abuse of Iraqi prisoners ... one Gaza mother even said Berg "deserved it." So this thing is serious. Everything relating to war in a time of war is serious. That's what makes Marconi's act even more deplorable.

If you don't present a sliver of news value when he played the clip, He laughed as a man's head was cut off.

Marconi offered a sincere vocal apology on his Web site. He said he actually put himself through more punishment than anybody else ever could. But as sincere as that sounded, I don't think personal punishment is enough for Marconi.

Let's shock the "shock jock." Let's tape a radio to his head and replay his shocking segment over and over. Let's make him man the KNRR phones, which have been ringing solidly since Wednesday. And I can guarantee that not many people are calling to congratulate Marconi on his journalistic integrity.

Whatever we do, it won't be enough punishment for one of the most despicable acts I've ever heard of.

Peter Rockeaday is a writer for the Oregon Daily Emerald at the University of Oregon.

DJs offered too much shock

Commentary

In 1896, Guglielmo Marconi invented radio. On Wednesday, another Marconi destroyed it.

On Wednesday morning, Portland disk jockey "Marconi" played the audio track from the most gruesome video on the market, that of the beheading of Nick Berg in Iraq. If you thought that video was the worst thing in the market, Marconi's replay was even worse. By 1,000 percent.

Marconi, KNRR's resident news director, reportedly went to Iraq to find Saddam Hussein in jail. According to a Chicago Tribune story run in the end, whether you're a man or a woman, the real solution to this comudrum is to simply never ask for a body count. It's a way to shock the "shock jock."

To women, on the other hand, the number of conquests notched into the sexual bedpost of their new boyfriends seems almost as important as personality, handsomeness and wallet size. One man who has this has something to do with feeling "special" and not being used as a sexual pawn in the nefarious plan of some sex-craved college guy, but hey, as a sex-craved college guy myself, I'm for it, no answer.

Ladies, if indeed having too many previous sex partners is a real problem, the only way to vanquish the residue from two- girls' night is to dive deeper and deeper into sexual debauchery yourself. Sure, your boyfriend may be a dirty-man-whore who's slept with half of sorority row, but you can be the only woman he's ever seen covered in fondue and dancing from the steps of a real life sex swing. It's almost like re-capturing your virginy, Really, it works.

In the end, whether you're a man or a woman, the real solution to this comudrum is to simply never ask for a body count. It's a way to shock the "shock jock." How many women who have been subjected to the sexual experience, regardless of what the stat card says. Either way, you're having sex, which is always better than just sitting around. Why suffer the occa- sional nagging question about past boyfriends, girlfriends, threemomes and orgies?

Next week, those who fear sex and booties will have their honest share of all available sex. Nowadays, chest beating, horn locking and fighting to the death are reserved for important things like settling a tie in football or averting a low-blow joke about our masses.

Because of this, humans are able to live in tranquility, freely accepting the fact that the same beautiful young thing gracing the folds of our bed sheets this week may be the object of a random partygoer next week. Could it possibly be that the sex- swapping nature of the college student has erased jealousy from the faces of our nonsensical moral legislators? I mean, it would seem that the age of one-night stands, "ex-sex" and boosey calls have wiped out the relevan­

ty of one's sexual past. Gents are not so lucky. Alas, at some point between age 18 and 25 our animal curiosity kicks in and we begin to ask our girlfriends the question that has been lurking in the minds of men since the creation of sex itself: Just how many dudes have you slept with?

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Peter Rockeaday is a writer for the Oregon Daily Emerald at the University of Oregon.
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**Column continued from page 16**

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There are so many nicknames, you can categorize them. Animals, for example, are "Horse," "Frog," "Dog," and "Scarecrow." We Ervin had to earn the right to "Scarecrow.""We use to call him Zelka," Edwards said. "We were talking about the characters we would want to be and my friend said 'Iron Man,'" then I said 'Yoda' and he said he'd be Zelka. So we all said that was cool. Then about 10 minutes later my buddy chimes in and says 'Isn't Zelka the prince?'

The group made a pact with the "runner formerly known as Zelka" that if he earned 50 points in the year, they'd instead call him "Scarecrow" because Edwards said, "He's small and runs real fast like the horse.

Sure enough, Ervin broke the mark.

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**KICKBOXING continued from page 16**

For those who wish to get in shape but are intimidated by the intensity of a kickboxing workout, Adams said instructors can help them get in shape by allowing them to take it at their own level.

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**SPORTS**

Thursday, May 20, 2004

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Montaña de Oro a golden hiking spot

The 3.7-mile Reservoir Flats Trail is one of many options hikers have to choose from at Montaña de Oro State Park.

Kickboxing a new way to get an effective workout

Kickboxing has surged in a recent trend of health and fitness and many find in benefits to outweigh the roadblock at the gym.

Combining with intense activity and muscle strengthening, those in pursuit of getting in shape are finding kickboxing to be an effective and mentally rewarding workout.

"Core strength within the muscles is established as opposed to puffed-up biceps from working out for four hours daily in the gym," Scott Adams, co-founder and owner of SLO Kickboxing, said.

Many gym offer kickboxing classes, including the Rec Center on campus. However, usually the classes are only cardio activity and don’t give people the chance to actually hit punching bags.

SLO Kickboxing, which was founded by Adams and professional fighter Chuck Liddell, is a niche gym that is primarily dedicated to the sport. Both are Cal Poly graduates and are very successful and active in the industry. Adams is a well-known promoter and Liddell is a celebrity fighter who brings in up to $200,000 a fight.

All instructors at SLO Kickboxing are professional fighters who have gone through rigorous training and know how to break things down for students, Adams said.

"The greatest thing about kickboxing is that you can take it at your own level," Adams said. "The instructors are there to guide people of all different weights and sizes.

Kickboxing is not simply fat fit- ness, it’s a valid and beneficial workout that seeks to help people of all levels get into shape at their own pace, Adams said. "People who come in and work hard see results," said instructor and competitor Eric Sandahl, a 26-year-old Cuesta College student.

The workout aims to improve cardiovascular endurance and increase strength, flexibility and basic knowledge of self-defense, Adams said. "It’s a very structured and dynamic workout," said 32-year-old instructor Saki Goldman, who teaches various classes at SLO Kickboxing through-out the week and competes professionally. "You’re constantly moving your arms and legs.

In preparation for the physical durability of kickboxing, the instructor include a lot of cardio exercise. Professional kickboxers constantly move while trying to punch each other for 10 or 12 three-minute rounds, so the workout aims to build tolerance for the physical intensity of actual kickboxing.

The workout begins with skipping rope, which develops cardiovascular and muscular endurance. The instructors also teach the core in short laps of running periodically throughout the class.

At SLO Kickboxing, the gym provides professional heavy bags that its members use during classes.

Hitting the heavy bags in a form of resistance training that will build power in the arms. Kicking drills with the bag also develop leg power and improve balance.

"It’s very simple and easy to learn, which allows you to take it at your own level," Adams said. "You control your own tempo on the bag.

Another element of the workout is circuit training, which is a series of push-ups, sit-ups and squats. Circuit training combined with cardiovascular activity and resistance training, allows for a full-body workout that conditions virtually every aspect of the body.

"It’s more intense calorie burning than a routine workout at the gym, and kickboxers develop more lean muscle mass, said see Kickboxing, page 15

Names behind the names

If having a nickname means one has arrived as an athlete, the Cal Poly track and field team could send a team to Athens.

Over time, regular names have almost become passé in athletics. We don’t want to call him Eloy Hirsch because he’s “Crazy Legs.” It’s not the 1983-84 University of Houston men’s basketball team, it’s “Phi Slama Jama.”

The same goes for “The Georgia Peach,” “The Galloping Ghost,” “Sweetness,” “Magic,” “The Iceman” and “Shoeshoe Joe.” It never ends.

And the Cal Poly track and field team ... well, almost everyone out there goes by one. A group of guys that are heading to the NCAA Regionals throw off them.

When Paul “Horse” Edwards passes his baton off in the 4x100, it’s to Travis “Train” Morse. Morse passes to “Pap” (Joe Pappalardo) and Joe passes to another Joe, better known as “Oak Tree” (Joe Okator).

But you see Edwards, you quickly understand his story. I’ve never measured horse legs, but Edwards spurns two large limbs that might grow hooves. Paul runs the first (bad pun coming) leg of the race.

“When you see him run he’s powerful like a thoroughbred,” Morse said of Edwards. “To this day doesn’t know why Edwards nicknamed him “Train.”

“You ever see him run and you’ll know why,” Edwards said.

"The Horse” and "Train,” Pappalardo got his nickname because he’s 22 and "looks about 30."

And “Oak Tree?” Morse paused, then said, "Just tall.

On the women’s side, standout sprinter LeBren Martin takes the first (bad pun coming) leg of the race. Maybe too much.

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