Poly students to focus on gay rights

Christina Joslin
MUSTANG DAILY

The Cal Poly Gay, Lesbian, Bisexuals United, Raise the Respect program and the Pride Alliance Center will have booths in the C-enter will have booths in the program and the Pride Alliance Center will have booths in the program.

The Pride Alliance is all about creating an equality between students.”

On Tuesday from 11 a.m. to noon, during free speech hour, the Pride Alliance will have another booth called Different Voices, Different Choices. Their goal is to make students aware of gay rights and how voting directly affects the gay community.

Since this movement, more people are willing to come out and admit that they are gay to family members, friends and loved ones. Due to the conservativeness of San Luis Obispo, not to many students are open about being gay or lesbian, but those numbers are slowly rising.

“It’s good to have our club being seen in the eyes of the campus.”

The GLBU meets every Wednesday in building 53, room 202, to discuss pertinent issues within the community, discuss ways for their name to get out into the public and create a safe harbor for gay students to find a support system.

Ji Jun
MUSTANG DAILY

There is a new solution for students and city residents that will help ease tension in the aftermath of last year’s Mardi Gras clash.

Creative Mediation, a local non-profit organization, in conjunction with Cal Poly, Cuesta and the city of San Luis Obispo, will give residents and students a chance to air out disagreements with the help of a third-party neutral mediator.

The program, called SLO Solutions, will be a free service for one year to anyone living in San Luis Obispo. Depending on how it is received, the community will determine if the pilot program continues.

SpaceShipOne, designed by Cal Poly alumnus Burt Rutan, won the $10 million Ansari X Prize on Oct. 4.

The contest required that the aircraft be flown twice within a 14-day period, carrying at least one person. It also had to reach an altitude of 62 miles.

The prize, given by Ansari X, was given in an effort to create interest in space tourism.

Rutan graduated in 1965, with a bachelor’s in aeronautical engineering. His senior project won the national student competition of the American Institute of Aeronautics and Astronautics the same year.

Aerospace engineering department chair Jordi Puig-Suari is pleased to see family members. The discussion per system.

Poly alumnus wins Ansari X prize

Esmaralda Cisneros
MUSTANG DAILY

SpaceShipOne, designed by Cal Poly alumnus Burt Rutan won the $10 million Ansari X Prize on Oct. 4.

The contest required that the aircraft be flown twice within a 14-day period, carrying at least one person. It also had to reach an altitude of 62 miles.

The prize, given by Ansari X, was given in an effort to create interest in space tourism.

Rutan graduated in 1965, with a bachelor’s in aeronautical engineering. His senior project won the national student competition of the American Institute of Aeronautics and Astronautics the same year.

Aerospace engineering department chair Jordi Puig-Suari is pleased to see family members. The discussion per system.

Mediation gave the mother and daughter a safe place to talk out their differences. Their goal is to make students aware of gay rights and how voting directly affects the gay community.

Since this movement, more people are willing to come out and admit that they are gay to family members, friends and loved ones. Due to the conservativeness of San Luis Obispo, not to many students are open about being gay or lesbian, but those numbers are slowly rising.

“It’s good to have our club being seen in the eyes of the campus.”

The GLBU meets every Wednesday in building 53, room 202, to discuss pertinent issues within the community, discuss ways for their name to get out into the public and create a safe harbor for gay students to find a support system.

There is a new solution for students and city residents that will help ease tension in the aftermath of last year’s Mardi Gras clash.

Creative Mediation, a local non-profit organization, in conjunction with Cal Poly, Cuesta and the city of San Luis Obispo, will give residents and students a chance to air out disagreements with the help of a third-party neutral mediator.

The program, called SLO Solutions, will be a free service for one year to anyone living in San Luis Obispo. Depending on how it is received, the community will determine if the pilot program continues.

There’s a lot of neighbor-neighbor conflict. There’s a lot of neighbor-landlord conflict,” Creative Mediation CEO Jesse Sostrin said.

Rutan graduated in 1965, with a bachelor’s in aeronautical engineering. His senior project won the national student competition of the American Institute of Aeronautics and Astronautics the same year.

Aerospace engineering department chair Jordi Puig-Suari is pleased to see family members. The discussion per system.

“Suing takes a lot of time and you request direct mediation to alleviate stress. In the process of mediation, the parties will have a chance to sit down and come to a compromise instead of having to go to court.”

“T is better, I believe,” Sostrin said.

“We’re hoping that would be the case. Especially in the area of noise see Mediation, page 2

Students and city have new middle man

There is a new solution for students and city residents that will help ease tension in the aftermath of last year’s Mardi Gras clash.

Creative Mediation, a local non-profit organization, in conjunction with Cal Poly, Cuesta and the city of San Luis Obispo, will give residents and students a chance to air out disagreements with the help of a third-party neutral mediator.

The program, called SLO Solutions, will be a free service for one year to anyone living in San Luis Obispo. Depending on how it is received, the community will determine if the pilot program continues.

There’s a lot of neighbor-neighbor conflict. There’s a lot of neighbor-landlord conflict,” Creative Mediation CEO Jesse Sostrin said.

Rutan graduated in 1965, with a bachelor’s in aeronautical engineering. His senior project won the national student competition of the American Institute of Aeronautics and Astronautics the same year.

Aerospace engineering department chair Jordi Puig-Suari is pleased to see family members. The discussion per system.

“Suing takes a lot of time and you request direct mediation to alleviate stress. In the process of mediation, the parties will have a chance to sit down and come to a compromise instead of having to go to court.”

“T is better, I believe,” Sostrin said.

“We’re hoping that would be the case. Especially in the area of noise see Mediation, page 2

There is a new solution for students and city residents that will help ease tension in the aftermath of last year’s Mardi Gras clash.

Creative Mediation, a local non-profit organization, in conjunction with Cal Poly, Cuesta and the city of San Luis Obispo, will give residents and students a chance to air out disagreements with the help of a third-party neutral mediator.

The program, called SLO Solutions, will be a free service for one year to anyone living in San Luis Obispo. Depending on how it is received, the community will determine if the pilot program continues.

There’s a lot of neighbor-neighbor conflict. There’s a lot of neighbor-landlord conflict,” Creative Mediation CEO Jesse Sostrin said.

Rutan graduated in 1965, with a bachelor’s in aeronautical engineering. His senior project won the national student competition of the American Institute of Aeronautics and Astronautics the same year.

Aerospace engineering department chair Jordi Puig-Suari is pleased to see family members. The discussion per system.

“We’re hoping that would be the case. Especially in the area of noise see Mediation, page 2
College employees give big-bucks to Kerry

As of the end of August, Kerry has collected more than $4.6 million to Bush's $740,000. **

LOUIS ANGELES - Employees of colleges and universities nationwide are donating much more to the current presidential campaigns than they did in 2000, and the majority of the money is going to Democratic candidate John F. Kerry, according to a newspaper report.

This year, as of the end of August, Kerry had collected more than $4.6 million from faculty, staff and others affiliated with colleges and universities. That's compared with about $740,000 flowing to President Bush, the Los Angeles Times reported Thursday.

In 2000, Bush and former Vice President Al Gore collected less than $1 million on campuses.

The increase is due to the Iraq war, the surge in Internet fund-raising and recent changes in campaign finance regulations, according to political analysts and education officials.

But the overwhelmingly Democratic slant of these contributions has been an issue for some conservatives.

"How can a democracy and an institution which is committed to academic freedom and intellectual pluralism can such a monolith exist?" questioned David Horowitz, a conservative intellectual who has extensively criticized colleges and universities for bias against conservatives.

At the University of California, the surge in donations is striking. Employees have given nine times as much to the presidential campaigns as they did in the last election, with 95 percent going to Kerry, according to the Times.

UC employees have given more to Kerry's presidential bid than any other group of employees at a company or institution nationwide, according to data compiled by Dwight L. Morris & Associates, a nonpartisan research group that analyzes campaign finance reports for the news organizations.

As of the Aug. 31, UC employees, the majority of them professors, had given Kerry more than $580,000. Bush had received about $260,000. The high numbers reflect in part the University of California's vast size, with 10 campuses, and three national laboratories.

Harvard University employees ranked second on Kerry's overall list of industry contributors, with $261,000 donated. Stanford, Columbia and the University of Michigan were also in the top 20.

The University of Texas, in the president's home state, produced $40,000 in donations for Bush's campaign, more than any other school. Kerry received about $67,000 from its employees.

The donations will have a limited effect. Money from colleges and universities nationwide represent less than 3 percent of Kerry's total donations and about 5 percent for Bush.

That puts states such as California a likely bet to go Democratic, raising money is the most effective way to influence the elections, said Kirk R. Smith, a UC Berkeley environmental health sciences professor and a Kerry contributor.

"It doesn't do much good to go out and canvass locally," he said. "So what can you do, especially if you can't go to another state to campaign? Money is one thing you can do."

Issues of war and peace have historically energized college campuses in a way that standard domestic issues do not, said Travis Benson, director of state policy analysis at the American Association of State Colleges and Universities. "That's a pretty good idea that we're trying to get the campuses to think through it." (The donations will also have a limited effect. Money from colleges and universities nationwide represent less than 3 percent of Kerry's total donations and about 5 percent for Bush.)

John Kerry

"How can a democracy and an institution which is committed to academic freedom and intellectual pluralism can such a monolith exist?" questioned David Horowitz, a conservative intellectual who has extensively criticized colleges and universities for bias against conservatives.

At the University of California, the surge in donations is striking. Employees have given nine times as much to the presidential campaigns as they did in the last election, with 95 percent going to Kerry, according to the Times.

UC employees have given more to Kerry's presidential bid than any other group of employees at a company or institution nationwide, according to data compiled by Dwight L. Morris & Associates, a nonpartisan research group that analyzes campaign finance reports for the news organizations.

As of the Aug. 31, UC employees, the majority of them professors, had given Kerry more than $580,000. Bush had received about $260,000. The high numbers reflect in part the University of California's vast size, with 10 campuses, and three national laboratories.

Listen to KCPR 91.3, when you're not reading the Daily

Mediation continued from page 1

and relational issues within the neighborhoods," Bryn said.

Bryn used a garage-band practice as an example.

"Maybe a neighbor went next door and knocked on the door and said, 'Hey come on! If they get no cooperation, I'll call this mediation where they could come to a compromise and the band could practice between certain hours or not at all. But that there's some compromise reached.'"

For computer engineering senior Joel Canlas, mediation would have helped him and his three roommates when they moved out of their house.

"The landlord basically tried to overcharge for the damages we had," Canlas said. "I think we lost $500." Without the help of an outside party, Canlas and his roommates were presented to pay prices based on estimates and not actual receipts.

"If you ask for a receipt and they give you company estimates, it's as good as a receipt. It's stupid," Canlas said. "He (Canlas landlord) was supposed to actually do a walk-through two weeks before the move-out date so we had two weeks to fix things. But he never did that walk-through. If mediation had been available, Canlas would have used it."

"We were, pretty mad," he said. "We couldn't really do anything about it because we didn't know. A lot of students don't know what the deal is."

Now that they do, Sostrin is also hoping to involve students and residents in the mediation process. The seminars are free. Students and residents willing to volunteer their time can be trained as mediators.

The plan is to have two mediators, one student and one non-student, when it comes to disagreements between permanent residents and students.

"Our organization has been around since 1983. We've offered mediation services the whole time. The reason for SLO Solutions is to make it easier for students to use the service. Now we have the universities and the city helping us to promote and advertise," Sostrin said.

Is Sports your life? We want you!

Become a Mustang Daily Sports writer or columnist

Come by the office, building 26 room 226, or call Dan at 756-1796

Students

Why fight parking? Traffic??

Make your life easier...

Take SLO TRANSIT

541-BUSS

Bus subsidy paid for by Cal Poly parking fees.

For more information contact

Commuter & Access Services

at 756-6680.

Listen to KCPR 91.3, when you're not reading the Daily

Get more information from

Commuter & Access Services

at 756-6680.

Listen to KCPR 91.3, when you're not reading the Daily

Get more information from

Commuter & Access Services

at 756-6680.
State News

San Luis Obispo — County health officials concerned about the West Nile virus are having trouble eliminating the mosquito problem at Laguna Lake because of the area’s impermeable ring of reeds.

A helicopter was used last month to blanket the lake with a granular insecticide and the mosquito population dropped 30 percent, but health officials said the population quickly climbed back to previous levels.

Sacramento — Secretary of State Kevin Shelley has hired a private detective to question former aides about a suspected shift of funds from a community center grant into his campaign fund, a shift that also has prompted probes from federal and state investigators.

Meanwhile, records tardily released by Shelley’s office show he billed taxpayers $1,284 last year for airfare to Hawaii to speak at a California Correctional Peace Officers Association legislative conference and to attend a wedding.

Yuba City — Hundreds of Catholic priests are gathering next week at Yuba City’s St. Isidore Catholic Church to attend just the third synod since the Sacramento Diocese was formed 118 years ago.

It’s the first such gathering in nearly 75 years. About 450 bishops, priests, deacons and laitymen are expected to attend, along with about 100 other guests who will not be formal delegates.

About 250,000 medallions have been shipped to the church from the Vatican and will be given out to parishioners during the event. As many as 200 volunteers are preparing to provide for the delegates.

— Associated Press

National News

Washington — The House on Thursday passed the second bill in three days that would require Internet users.

The bill, known as the “Internet Spyware Prevention Act,” passed 413-0. It would give the Justice Department $10 million to crack down on companies and others that secretly install spyware and those who attempt to trick victims into disclosing personal details and financial information in e-mail scams popularly known as “phishing.”

— Associated Press

International News

Berlin — Germany’s intelligence chief said Thursday he believes that Osama bin Laden is alive and continues to exert influence in his al-Qaeda terror network.

“All indications are that he is alive,” August Hanning, head of Germany’s Federal Intelligence Service, said at a news conference.

German intelligence officials believe, as they have for some time, that bin Laden is living in the Afghan-Pakistani border area.

Hanning said. He did not specify which side of the border.

— Associated Press

El al, — An explosion tore through a resort hotel in Egypt’s Sinai Peninsula, where Israelis were vacationing at the end of Jewish holiday Thursday night, killing at least 30 people and wounding more than 160, officials said.

Two smaller blasts were reported later at other tourist sites in the Sinai, and witnesses gave reports that car bombs caused all three explosions.

Egyptian officials said they had no evidence of terrorism but that it was unlikely the three blasts could be coincidence.

— Associated Press

Ebaliva Refugee Camp, Gaza Strip — Two Palestinian boys, ages 15 and 14, were killed in an Israeli missile strike Thursday, their relatives said.

Another teenager, a 13-year-old boy from Jebaliya, died Thursday of wounds suffered last week during the Israeli offensive in northern Gaza, hospital officials said. The army said its muscle was aimed at militants about to fire a Qassam rocket.

— Associated Press

Religious Directory

Newman Catholic Center
Serving the Catholic students of Cal Poly and Cuesta Colleges
1472 Foothill Blvd (805)-543-4105
Open M-F 9am-5pm
Sunday Mass: 6 pm at Nativity of Our Lady
221 Daly Ave.
Mass Mon. – Thurs. 11:10 am
at the Newman Catholic Center
(located behind CP health center)
Check us out on the web at
gnewman.org
JND kicks off fall tour at Mother's Tavern

Christina Joslin
UNIVERSITY DAILY KANSAN

This weekend the streets of San Luis Obispo and Pismo Beach will overflow with soulful, powerful sounds.

JND, previously under the name Joe N Direct, will be playing at Mother's Tavern at 9:30 p.m. this Saturday.

On Sunday, they are playing "Live on the Rocks," an all ages show on the grass at the Cliff's Resort from 3 to 5 p.m.

This exciting new band creates "a fusion of rock, R&B, soul and funk," lead singer and songwriter Damon Castillo said.

"The college crowd out here always has a lot of energy, but people of all ages come out and enjoy our shows," bass player Brian Lanzone said about the crowd he expects at The Cliffs. "It's good to see everyone dancing together and having a good time. The local support in SLO is excellent."

JND won the "Best of SLO" award for Best Band for the past four years.

"This is our hometown and we love going all out for this city," Castillo said. "We enjoy rocking out and having fun."

Castillo, who went to the Berklee College of Music, has written all of the songs for the band. He uses his past experiences to create some heartfelt, commanding lyrics.

"Is there anything other than love, whether it is love gone good, love gone bad or love gone astray," Castillo said when asked about his songwriting.

"Our music is all about the things funky."

Back out of the heart of the Central Coast, JND is a six-piece ensemble that was formed in 1996. Throughout the past seven years, JND has had three different bass players. The first was Matt Taylor. However, he died of cancer in 2001, and his replacement, Brian Triplett, was replaced by Lanzone.

"Matt was an incredible bass player," Lanzone said. "It was a terrible loss, but at the same time, it's such an honor to be playing with a band that encompassed such a rich musician. I learned a lot from Matt without him even knowing it."

The band's latest release, "Enhanced," is a five-track EP filled with passionate lyrics and irresistible musicianship. A new CD will be released this winter.

"Every album has been different so far, and the new one is no exception," Lanzone said. "It takes the best from the first record, adds newer production and some stronger songwriting."

JND is soon to leave on their Northwest tour, starting in Mill Valley on Oct. 15, continuing through California, Nevada, Idaho and Montana.

"Over the years the band has developed a good fan base in the San Francisco Bay Area. We seem to be up there again with the underground, Manson said. "JND has done four or five northwest tours, and is gaining many more fans."

For more information on JND's tour dates, the band and their music, check out their Web site at www.jnd.com.

JND is stoked to leave on their northwest tour starting Saturday. Besides its show at Mother's Tavern on Saturday, the band is also playing a free, all ages show Sunday afternoon at The Cliffs Resort in Shell Beach. The band's sound is a mix of funk, jazz, R & B and soul.

Hometown band JND are embarking on a northwest tour starting Saturday. Besides its show at Mother's Tavern on Saturday, the band is also playing a free, all ages show Sunday afternoon at The Cliffs Resort in Shell Beach. The band's sound is a mix of funk, jazz, R & B and soul.

'Less We Forget' Marilyn Manson

Abish Latif
UNIVERSITY DAILY KANAN

LAWRENCE, Kan. — It's hard to pinpoint the exact moment that Marilyn Manson had the title of "white-trash hell tanner" wrenched from his sickly-white fingers by the next great white hype, Eminem. The most visible moment of his passing was in the video for Eminem's "The Way I Am," which was released in the wake of Columbine, which should have been Manson's defining moment.

Instead his ghoulish visage was relegated to window dressing among several jump cun in the clip, in which Marshall Mathers railed on social critics who tried to "blame it on Marilyn." While on the surface it was a shout-out to all the white metalheads who had dismissed Em as another Vanilla Ice, it also reduced Manson to a permanent role as a visual reference to demonic rock. From that moment on, the image of Manson's crucifix-laden, stagnate-stained carcass was all anyone needed to see to simultaneously recall and reject the man's entire career.

"Less We Forget: The Best of," the band's new greatest hits album, is a 17 track affair that demonstrates Manson's growth from cartoonish freak to Bowie-esque conceptual artist and then back to cartoonish freak, if not in that order. "The Beautiful People," "Disposable Teens" and "mObscene" all couple crunching guitars with genuine hooks while lesser known standouts "Tourniquet," and "The Nobodies" dispatch the spooky.

Of the various cover songs included, the epochal "Sweet Dreams (are made of this)" slams along with the Sneaker Pimps collaboration "Long Hard Road out of Hell." The inclusions or rarities like "Personal Jesus" simply illustrate how Manson has made a pretty sizable living out of bullying irony like it stole his lunch money.

What's missing are the cuts that created buzz for the band before it hit big with "Snells Like Children." Even without "Cake and Sodomy," the consistency of what did make the album is surprising evidence of the band's stranglehold on all things heavy throughout the Clinton administration.

If Manson frightens you beyond belief, you better shelter your soul from Nine Inch Nails, "The Fragile," but everybody should listen to Manson's "Mechanical Animals." That album was just plain awesome.

Download of the day

Sir Mix-A Lot
"Jump On It"

The lesser known of his two hits, "Jump on It" provides endless metropolitan shout-outs and takes you back to the days of Fresh Prince of Bel-Air. San Luis Obispo, jump on it!

Have a suggestion for the Download of the Day? email us at artsandculture@mustangdaily.net

Please include your name, year and major and why the song should be downloaded.
San Luis Obispo hosts controversial film festival, Take Back America

Nicole Stivers
MUSTING EDIT

The Take Back America Film Festival is showing this weekend at the San Luis Obispo Library. The festival will feature three films Saturday and eight films Sunday focusing on President Bush and his activities during his presidency.

"Young people are the ones who may not know about these things or have the opportunities to see these films," said Bob Banner, editor of HopeDance, the event organizers.

The festival is an opportunity for community members to discuss topics not found in mainstream media, Banner said. The goal of the festival is to educate viewers and allow people to network with one another.

"I'd like to create a town hall atmosphere," Banner said.

Steven Schlotterbeck, vice president of the Cal Poly Young Democrats and sophomore aerospace major, said he doesn't think these kinds of documentaries will have a direct impact on voters but hopes they will spark dialogue.

"It'll bring up different ways of thinking that people haven't thought before," Schlotterbeck said.

The festival will begin on Saturday at 4:30 p.m. with the film, "Bush's Brain." Based on the best-selling book by journalists James Moore and Wayne Slater, the film studies Karl Rove, one of Bush's closest advisers.

Following dinner, provided by the San Luis Obispo Library, the film "Before You Don't Vote" will begin at 6:30 p.m. The film, directed by Robert Greenwald, provides a close look at Rupert Murdoch's Fox News and its effects on society. In the film, media experts comment on the dangers of large corporations controlling what Americans watch, read and listen to.

The last movie on Saturday will be "Hijacking Catastrophe: 9-11, Fear and the Selling of the American Empire," starting at 8:30 p.m. This documentary argues that fear is being cultivated and manipulated by the Bush administration.

The festival reconvenes on Sunday at 12:30 p.m. with the film "You Don't Vote." This documentary features interviews with more than 50 politically involved Americans. All from different backgrounds, each person comments on why citizens should vote, even if politics and politicians are not what we want them to be.

"There's Something about W" immediately follows the first movie. The film contrasts the president's promises with changes that have actually taken place. The president's own words are blended with commentary from experts and comedians like Al Franken and Bill Maher.

The film of the day, "Invincible Ballots: A Temptation for Electronic Vote Fraud," begins at 4:45 p.m. The film, directed by Robert Greenwald, is an award-winning filmmaker William Gazecki, is in an investigation into the dangers of all electronic computerized voting.

"Liberty Bound," begins at 3 p.m. The documentary was made by a young woman as she traveled across America in search of answers to 9/11. She addresses, among other topics, the country's move toward fascism, the Patriot Act and the government's reasons for going to war.

"The Art of Resistance" begins at 4:45 p.m. followed by "Arlington West." The film is by Robert Greenwald. The film contrasts the president's reasons for going to war.

"The Art of Resistance" is a short film showing poets, puppeteers, comics, animators, musicians exercising their right to dissent.

"The Yes Men: The Horribly Stupid Stunt" follows two men as they impersonate World Trade Organization representatives. At a conference in Azeria they suggest auctioning votes to the highest bidder as a free-market solution to democracy.

The last film of the day will be "The Oil Factor. Behind the War on Terror." This documentary is made by a young woman as she traveled across America in search of answers to 9/11. She addresses, among other topics, the country's move toward fascism, the Patriot Act and the government's reasons for going to war.

Tickets for individual films cost $5. Tickets for all of Saturday's films cost $10 and $20 for all of Sunday's films. Tickets for the entire film festival cost $25. To order tickets visit www.hopedance.org or call (805) 544-9663.

AT&T Wireless to sell digital music through cell phones

Alex Veiga
ASSOCIATED PRESS

Los Angeles AT&T Wireless is diving into the digital music market with a new service that enables its mobile phone users to browse and purchase songs online and then retrieve them online via computer.

The service, dubbed mMode Music Store, was scheduled to launch Tuesday, and represents its first attempt by a wireless carrier to compete for a slice of the music download market. Up to this point, mobile music sales have centered on ringtones, the song snippets used to customize ringer and other sounds on mobile phones.

At launch, mMode Music Store will offer roughly 750,000 tracks priced at 99 cents each. Full albums will start at $9.99. To buy songs on the service, an AT&T Wireless subscriber would use their phone's browser to search for tracks and, on some phones, listen to 30-second song samples.

Users would then have to go online to the mMode Music Store Web site and download the songs they bought onto their computer. Like many other music download stores, the tracks on mMode would download as Windows Media Player files and could then be burned onto CDs or transferred onto portable digital players.

The skeleton of the music store was developed by Loudeye Corp., which distributes digital music.

"From our view, it really turns the mobile phone into a kind of a remote control for buying music," said Sam Hall, AT&T Wireless' vice president of wireless services in Redmond, Wash. "Our intent is to have the mobile phone become the discovery platform."
 Poor choices can add 'Freshman 15'

Andrew Vasquez

LAWRENCE, Kan. — College students eat fast food for breakfast, lunch, dinner and even between meals. Fast food is a part of America's obesity issue, but college students must become aware of the problem. The Center for Disease Control reported in 2003 that the prevalence of obesity among adults ages 20 through 74 nearly doubled from 15 percent in 1976 through 1980 to 28 percent in 1999 to 2000.

Despite our best intentions to eat a healthy diet, cravings and the demands of school, work and time send us in search of the quick fast food fix. No one can stop you from eating fast food, so here are some tips for when you have your next burger and fries craving.

Don't eat it all at once

A regular-size meal provides two servings of grain, 3 ounces of protein and 260 calories, which is just right for a single meal. But if you switch from a regular burger to a Big Mac value meal with a large soda and a large Coca-Cola, your calorie total soars to 1,400 calories — almost a day's worth of calories for the average college student.

Fried chicken tenders are not healthy

Even though chicken sandwiches, fish sandwiches and chicken tenders seem to be a healthy alternative, they aren't if they're been dunked in a hot-oil fryer. When fried foods are dunked in a vat of oil they soak up even more calories. For example, the five-piece McDonald's Chicken Selects breast strips have 630 calories, 33 grams of fat and 46 grams of carbohydrates. A Big Mac has a similar 580 calories, 30 grams of fat and 46 grams of carbohydrates.

So watch how much fried food you eat. Even fish sandwiches are unhealthy because they are usually fried. Items that are baked, broiled, roasted or grilled are better food choices. But ask for the sauce on the side so you control how many extra calories, fat and carbohydrates you eat.

Drink better

Even if you choose healthy drinks, you are still consuming many calories. One 12-ounce soda contains about 150 calories and 15 ounces of straight liquor adds up to 100 calories — about the same as a large slice of bread. Trimming down your drinks mean trimming down your waistline.

Another plea to bring back the sex column

This is in agreement with Sarah Bradley's (Oct. 7: "Please to bring sex column back to the newspaper."). I must say, Sarah, I definitely agree. Lacking skills like bow hunting, skills, nunchuck skills, computer hacking skills and being an engineer to boot, I rely on J-Spot's clever idioms and obviously completely true anecdotes to provide me with the necessary information to get through the week. I'm sure everyone responds to someone so obviously a virgin.

Will Brown
Mechanical engineering senior

LETTERS TO THE EDITOR

Got something to say? can you say it in 250 words or less?

Send your letters to the editor to opinion@mustangdaily.net

GOT SOMETHING TO SAY? can you say it in 250 words or less?

Send your letters to the editor at opinion@mustangdaily.net

LETTER POLICY

Send us your love, hate and more

Mustang Daily reserves the right to edit letters for grammar, proficiency and length. Letters, commentaries and cartoons do not represent the views of the Mustang Daily. Please limit length to 250 words. Letters should include the writer's full name, phone number, major and class standing. Letters must come from a Cal Poly e-mail account. Do not send letters as an attachment. Please print the text in the body of the e-mail.

By e-mail: opinion@mustangdaily.net
By mail: Letters to the Editor Building 26, Room 226, Cal Poly, SLO, CA 93407

LETTER FROM THE EDITOR

Thank you for your concern about the sex column. We understand that over the past two years we have become a staple in the Mustang Daily and something readers look forward to each week; however, for the first two weeks of publication we ran and hook-ups with women (props to you my man!).

So watch how much fried food you eat. Even fish sandwiches are unhealthy because they are usually fried. Items that are baked, broiled, roasted or grilled are better food choices. But ask for the sauce on the side so you control how many extra calories, fat and carbohydrates you eat.

Emily Wong and Allison Terry
Journalism seniors

LETTER TO THE EDITOR

Thank you for your concern about the sex column. We understand that over the past two years we have become a staple in the Mustang Daily and something readers look forward to each week; however, for the first two weeks of publication we ran and hook-ups with women (props to you my man!).

So watch how much fried food you eat. Even fish sandwiches are unhealthy because they are usually fried. Items that are baked, broiled, roasted or grilled are better food choices. But ask for the sauce on the side so you control how many extra calories, fat and carbohydrates you eat.

Emily Wong and Allison Terry
Journalism seniors

LETTER TO THE EDITOR

Thank you for your concern about the sex column. We understand that over the past two years we have become a staple in the Mustang Daily and something readers look forward to each week; however, for the first two weeks of publication we ran and hook-ups with women (props to you my man!).

So watch how much fried food you eat. Even fish sandwiches are unhealthy because they are usually fried. Items that are baked, broiled, roasted or grilled are better food choices. But ask for the sauce on the side so you control how many extra calories, fat and carbohydrates you eat.

Emily Wong and Allison Terry
Journalism seniors

LETTER TO THE EDITOR

Thank you for your concern about the sex column. We understand that over the past two years we have become a staple in the Mustang Daily and something readers look forward to each week; however, for the first two weeks of publication we ran and hook-ups with women (props to you my man!).

So watch how much fried food you eat. Even fish sandwiches are unhealthy because they are usually fried. Items that are baked, broiled, roasted or grilled are better food choices. But ask for the sauce on the side so you control how many extra calories, fat and carbohydrates you eat.

Emily Wong and Allison Terry
Journalism seniors

LETTER TO THE EDITOR

Thank you for your concern about the sex column. We understand that over the past two years we have become a staple in the Mustang Daily and something readers look forward to each week; however, for the first two weeks of publication we ran and hook-ups with women (props to you my man!).

So watch how much fried food you eat. Even fish sandwiches are unhealthy because they are usually fried. Items that are baked, broiled, roasted or grilled are better food choices. But ask for the sauce on the side so you control how many extra calories, fat and carbohydrates you eat.

Emily Wong and Allison Terry
Journalism seniors

LETTER TO THE EDITOR

Thank you for your concern about the sex column. We understand that over the past two years we have become a staple in the Mustang Daily and something readers look forward to each week; however, for the first two weeks of publication we ran and hook-ups with women (props to you my man!).

So watch how much fried food you eat. Even fish sandwiches are unhealthy because they are usually fried. Items that are baked, broiled, roasted or grilled are better food choices. But ask for the sauce on the side so you control how many extra calories, fat and carbohydrates you eat.

Emily Wong and Allison Terry
Journalism seniors
Read the Mustang Daily and all your wildest dreams will come true
An equally challenging slate awaits women's soccer team this weekend

MUSTANG DAILY STAFF REPORT

At the weekly sports press conference, coach Alex Crozier let the media know that this was big. "On the matchup against undefeated UC Riverside, he said it was, "the biggest of the season to date, maybe our biggest game all year." Cal Poly (6-1-3) goes back out on the road this week for Big West Conference games at UC Riverside on Friday at 3 p.m. and Cal State Fullerton on Sunday at 1 p.m. UC Riverside is yet to lose a game, and has only allowed four goals over 11 games. The record could be a bit misleading as Riverside tied one of its first conference games after going undefeated beforehand. The Mustangs are ranked 14th in the Big West against defending UC Irvine 3-1 last Friday at Sharon Day; Heather Bryan and Katie Collins scored goals. Two days later, Cal Poly blanked Long Beach State 1-0 as Day scored the lone goal and Liz Hill recorded the shutout in goal with eight saves. Like Cal Poly, Cal State Northridge and UC Santa Barbara are also off to successful starts in Big West play. UC Riverside is 10-0-1 overall, but the tie came in a scoreless Big West match last week against Cal State Fullerton. Four Highlanders are in double figures in points, led by Racie McElrath with six goals and three assists for 15 points. Amber Plumlee has four goals and five assists for 13 points, while Jenna Leonti has notched five goals and two assists for 12 points. Renee Sciacchetti has four goals and three assists for 13 points, while Serena Leonti has notched five goals and two assists for 12 points.

The honors to Bertoni and Skidmore were the fall's first such top finisher in both tournaments. Bertoni was honored with the title of Big West Men's Golfer of the Month. Bertoni, the 2004 Big West Men's Golf Team Co-Captain with Jeremy Coupe made five saves while Radames Lafare laid three saves in 82 minutes for Cal State Northridge, which notched its third shutout of the season. There were 28 fouls in the match — 15 on Cal State Northridge. The Mustangs scored in the 30th minute and were rescued goal by Willie Sims, his seventh goal of the season. The game was Cal Poly's opener in conference play against the defending Big West champion Matadors. Over the next two weekends, the Mustangs will play four home games before traveling on the road for their second game against the Santa Barbara Gauchos. The Mustangs face UC Irvine after UCSB.

HONOR

Bertoni earns Big West Men's Golfer of the Month

MUSTANG DAILY STAFF REPORT

After finishing first in two men's golf tournaments in September, Cal Poly junior Travis Bertoni was honored with the title of Big West Men's Golfer of the Month. Bertoni was co-champion of The Gold Rush hosted by UCLA with an 11-under-par 205 total and also won the Pacific Invitational with a 12-under-par 204 total. Bertoni, the 2004 Big West Conference Player of the Year, has seven career wins. Thus far in the season, he has registered eight rounds under par in nine tournaments played. The 204 total at the Pacific Invitational was a career best for Bertoni.

54 holes. Cal Poly returns to action Oct. 11-12 at the Berkeley Invitational, to be held at The Meadow Club in Marin. The team then has nearly a month off before its next competition coming at the Countrywide/CS Northridge Championship at Wood Ranch in Simi Valley. Winning the women's honor was Idaho freshman Renee Skidmore. She earned the honor of September's Big West Female Golfer of the Month. She debuted with a tournament title at the Ladies' Fall Invitational with a 6-over 222 (71-74-77). She finished her second tournament in a third-place tie, shooting a 2-over 146 (78-74). She finished in second place in the Inland Empire Invitational. She was the Vandal's top finisher in both tournaments.

The honors to Bertoni and Skidmore were the fall's first such award.

PREVIEW

Men's soccer to take on nation's No. 1 team

MUSTANG DAILY STAFF REPORT

Cal Poly hopes to end its string of home losses, but must go through UC Santa Barbara to do it.

Scott Popenysk

It will be one of the most anticipated matchups of the season for the Cal Poly men's soccer team this weekend when it faces No. 1-ranked UC Santa Barbara on Saturday at 7 p.m. in Mustang Stadium. Odds are, the rivals will bring in droves of Gauchos fans to fill the stands. "The more fan support for us on Saturday the better," said forward Michael Marchione said. Cal Poly, thus far, has had trouble getting it done on its home turf. The Mustangs are yet to win a home game in three tries and are coming off a frustrating 2-0 loss at Cal State Northridge on Wednesday. The Mustang record is 3-2-3 overall. "We came out flat in the 90th degree heat of the first half and gave up a couple tough goals," senior midfielder J.J. Young said. "When we came back out onto the field for the second half, we fought harder and dominated but couldn't put the ball in the net." UC Santa Barbara has posted a record of 9-0-1, but will need to bring its best play against Cal Poly, which has been awaiting this matchup all season.

Although a loss to Northridge burns the Mustangs record, they did step up their game in the second half and will be feeling good about their overall play and their chances when the Gauchos come on Saturday. "Cal Poly will need to spark off the bench in attacking forward Mark McNulty is still out with a lingering knee injury and senior defender/captain Andre Neidle is coming off a minor groin pull." Somebody will have to step up, allowing the rest of the team to fire off of his intensity. Look for the experience of Cal Poly's season to play a major factor. The Mustangs' players and coaches feel the game will simply come down to who wants it more and who can play a physical mistake-free match. "We are playing with a fire this year that we haven't had the last couple seasons," Young said. "All the guys believe we can win every game and we are getting excited to knock Santa Barbara out of the No. 1 spot." Students are expected to fill up the student section located on the left side of the west bleachers. If Cal Poly can get it done, it should be one of the longest 2-hour bus rides of the Gauchos' season.

Wednesday's results

Cal Poly dropped a Big West Conference game against Cal State Northridge 3-0. Senior Jesse Sisin came off the bench to score a pair of goals, leading Cal State Northridge to the win at the Matador Soccer Field. Sisin served off an assist from Ryan Rossi in the 37th minute to give the Mustangs a 2-0 lead. He then added another goal off an assist from Yossi Raz in the 71st minute as Cal State Northridge improved to 6-3 overall and 1-0 in the Big West.

Cal Poly fell to 3-5-3 overall and 0-1 in conference matches. The Mustangs attempted 13 shots, but could only muster four on goal. At the same time, the Mustangs were outshot 20-13 by the Matadors, including 9-4 in shots on goal.

Cal Poly freshman goalkeeper Jeremy Coupe made five saves while Radames Lafare tallied three saves in 82 minutes for Cal State Northridge, which notched its third shutout of the season. On Friday at 3 p.m. and Cal State Fullerton is 4-6-1 overall and, in Big West play, has played just the 0-0 tie with UC Riverside. The Titans have beaten Fresno State, San Diego, Northern Colorado and UC Davis. Only two Titans have scored more than one goal this season — Kellie Cox and Kendace Wilson with three goals each. Cox also has an assist. The Titans have used three goalkeepers this season who have combined for a 1.16 goals-against average and .740 save percentage with three shutouts. Cal State Fullerton is coached by Ali Khooshehshin in his fourth season and has nine starters back from last year's 9-8-2 team which finished seventh in the Big West.

Cal Poly has an 8-2-1 advantage in its series with the Titans, though in its series with the Titans, though in the Titans' victory, it took a late goal to give the Mustangs a 2-0 loss last season. The Titans have beaten Fresno State, San Diego, Northern Colorado and UC Davis. Only two Titans have scored more than one goal this season — Kellie Cox and Kendace Wilson with three goals each. Cox also has an assist. The Titans have used three goalkeepers this season who have combined for a 1.16 goals-against average and .740 save percentage with three shutouts. Cal State Fullerton is coached by Ali Khooshehshin in his fourth season and has nine starters back from last year's 9-8-2 team which finished seventh in the Big West.

Cal Poly plans to host Cal Poly in its series with the Titans, though in its series with the Titans, though in the Titans' victory, it took a late goal to give the Mustangs a 2-0 loss last season. The Titans have beaten Fresno State, San Diego, Northern Colorado and UC Davis. Only two Titans have scored more than one goal this season — Kellie Cox and Kendace Wilson with three goals each. Cox also has an assist. The Titans have used three goalkeepers this season who have combined for a 1.16 goals-against average and .740 save percentage with three shutouts. Cal State Fullerton is coached by Ali Khooshehshin in his fourth season and has nine starters back from last year's 9-8-2 team which finished seventh in the Big West.