Wakeboarding club kicked off campus

Due to high-risk liability and possible involvement in hosting a Halloween party, CPWBC had its privileges revoked

Christina Joslin

The Cal Poly Wakeboarding Club was recently kicked off campus and is no longer able to host a booth in the University Union or affiliate itself with the university.

CPWBC had its privileges revoked as a university-affiliated club because members violated the bylaws held within the club's charter.

"Essentially, the wakeboard club was asked not to promote organized activities off campus due to the nature of the sport and its risk to the members," assistant director for programs Darren Connor said. "Administration recently discovered that the club's Web site directly violates this bylaw." At the end of spring 2004, CPWBC was informed that in chartering the club was not going to be renewed due to the high-risk liability of the club.

"We were told that our sport was too dangerous," said Lindsey Gross, agricultural business and vinculature senior and activities director for CPWBC. "So, we sat down over summer and reworked our bylaws and reorganized the club to meet the university's standards."

In essence, under in new charter, CPWBC was able to hold meetings on campus to discuss wakeboarding, but no scheduled trips to the lake were to be made with the club as a whole.

The second violation made by the club was during Halloween. On Oct. 30, there was a party on O'Conner Street with more than 1,000 people attending with a total of 17 kegs.

"We discovered, from an outside source, that the party was co-hosted by the Cal Poly Wakeboarding Club," Barlow said. "This creates a problem due to underage drinking, having no third party vendor for the alcohol and no security guards."

The party was broken up by the San Luis Obispo Police Department leaving hundreds of people walking the streets.

"As a whole, CPWBC was never associated with the Halloween party," said Jason Adamson, indicated technology senior and president of CPWBC.

"A few club members were friends with the home owner and helped keep the party under control. Actually, the sheriffs even took pictures with some of us because they were impressed by how well the party was controlled and how quickly we got people out."

"At least 80 percent of my friends come from the club," business junior and activities director Chris Atena said. "We love going camping together, playing mud football, having bonfires at the dunes and taking our boats to the drive-in."

A pill for every problem

Randolph E. Schmid

WASHINGTON — Americans are cramming their medicine chests ever fuller in the struggle to lower cholesterol, treat depression, reduce inflammation and ease other illnesses.

More than 40 percent of the population is taking at least one prescription drug and one person in every six takes three or more, the government said Thursday. Both figures are up about 5 percent from previous years.

"The fact is that we have more drugs available that actually do help people," said Dr. Ellsworth C. Seeley, who teaches medicine at the University of Kentucky. He cited drugs to deal with high blood pressure, cholesterol and diabetes, among others.

Denis Shear, a professor at Pennsylvania State University's college of health and human development, found mixed news in the report.

"Certainly, in the 1990s there were lots of advances in being better able to target drugs to conditions," he said. "But there is danger that people are overmedicating ... taking so many medications that they can interact, make one ineffective or cause harm."

"Americans seem to look for that magic pill, don't they?"

— DENNIS SHEA

professor of health and human development

And, he added, "Americans seem to look for that magic pill, don't they?" In many cases the patients pressure physicians: "Give me the pill, I don't want to change my diet, I don't want to exercise." It is an easy way out but may not be as effective, he said. The benefits of improved diet and exercise can extend beyond any single aliment, he added.

Seeley said the increase may result from some overmedications, but he believes that has sometimes been exaggerated.

Many elderly need several drugs to maintain their standard of living, both agreed.

"And there are drugs that are not lifesaving drugs in that sense, such as drugs for migraine headaches, that have certainly improved the quality of life for migraine sufferers," Seeley added.

Dr. Sidney Wolfe of the public interest group Public Citizen suggested the increasingly heavy advertising for prescription products is another reason for the growth in drug use.

The annual report on the nation's health found an average of just over 44 percent of all Americans had taken at least one prescription drug, and 16.5 percent took at least three, in 1999-2000, the most recent data available. Those rates were up from an average of 39 percent and 12 percent between 1988 and 1994, the Centers for Disease Control say.

Drugs, page 2
Drugs continued from page 1

for Disease Control and Prevention reported. Those were the most recent data available.

The report, "Health, United States 2004," presents the latest data collected by CDC, the National Center for Health Statistics and dozens of other federal health agencies, academic and professional health associations, and international health organizations.

While the report is dated 2004, it was the most recent data available, resulting in findings from several different years on different subjects.

Americans' life expectancy increased to 77.3 years in 2002, a record, and deaths from heart disease, cancer and stroke, the three leading killers, are all down 1 percent to 3 percent every year since 1998. Infant mortality in 2002 was 7.0 infant deaths per 1,000 live births, up from 6.8 in 2001 and the first increase since 1958. The rise was attributed to an increase in deaths in the first 28 days of life, particularly in the first week. There has been an increase in low birthweight babies, the report noted.

The study found spending on health climbed 4.3 percent in 2002 to $1.6 trillion.

The prevalence of obesity in people aged 20 to 74 increased from 47 percent in 1976-80 to 65 percent in 1999-2000, the report said.

Prescription drugs, which make up about one-tenth of the total medical bill, were the fastest growing expenditure. The price of drugs rose 5 percent, but wider use of medicines pushed total expenditures up 15.3 percent in 2002. Drug expenditures have risen at least 15 percent every year since 1998. The report compared average prescription drug use in 1988-1994 to the average for 1999-2000 and said prescription drug use was increasing among people of all ages, and that use increases with age.

Nearly half of all women reported taking at least one prescription drug during the month before being surveyed, 49 percent, compared with 39 percent of men. Usage peaked at 84 percent for people aged 65 and over, with the top rate at 89 percent for black women over 65.

Even for people under age 18, however, nearly one-fourth, 24.1 percent, were taking at least one prescription medication. The rate rose to 34.7 percent between age 18 and 44 and for those 45 to 64 it was 62.1 percent.

Schedule continued from page 1

Graphic: Communications Department is the only one to have a program of UGS type.

"It's a big learning objective and it's great to say we print our own catalog," Macro said.

He said that people will pay money for a dozen eggs to support the poultry department and they need to purchase the course schedule because it supports the student-run firm.

UGS is currently running surveys during UU hour and at their office in building 26, room 212 A. They are trying to gain information about whether or not students want to keep the printed course schedule.

"We wanted to make the students aware and able to voice their opinion," Petersen said.

The data from the surveys will then be used to show the University Scheduling Office what students want and also what will be lost if UGS loses this account.

"The key here is what's the educational value that we gain?" Macro said.

"It's not about the money, I think it's important that we support all student entities," he said.

This Holiday Season, Send Your Parents & Grandparents to College for $40

The Osher Lifelong Institute at Cal Poly is for people 50 and over, retired or semi-retired, who want to continue learning through interesting and stimulating classes and special events in the arts & humanities, history & current events, health & medicine, science & technology, and personal enrichment. No tests, no grades, and no papers—just learning for the joy of it. Wish you had it so easy? The upcoming winter/spring term offers single- and multi-session events throughout San Luis Obispo County. For only $40 per term, members can choose from a variety of course offerings.

Buy your gift certificate on campus from Cal Poly Continuing Education (Jespersen Hall; Building 118) or by calling 805-756-2053.

Osher Lifelong Learning Institute
CALPOLY CONTINUING EDUCATION

NEED CASH? WE PAY MORE!

TEXTBOOK BUYBACK

December 2-11, 2004
4 Locations!

* Drive Through Location on Campus
(Oh, baby! No off campus Or Cal Poly)

December 6-10
9:00am - 5:00pm

December 6-10
8:30am - 4:30pm

Dexter Lawn

Front of El Corral

December 2-3
9:00am - 3:00pm
7:30am - 6:00pm

December 11
8:00am - 3:00pm

Courseware Service Window

Deck of El Corral (Building W)

10% BONUS

Deposit your buyback cash into
Campus Express & receive an extra 10% Cal Poly ID Required for Buyback

*See store for details

El Corral Bookstore

A NONPROFIT ORGANIZATION SERVING CAL POLY SINCE 1911

www.elcorralbookstore.com
VENTURA — A federally-funded project to place 559 mission bell "El Camino Real" markers along Highway 101 from Los Angeles to San Francisco is nearly complete.

Most of the original mission bell dots dotting E1 Camino Real — more than 400 of them — were stolen.

John Kobelski, the San Antonio mortgagor who owns the original bells in San Luis Obispo, is left without the bells he purchased from the California Department of Transportation. The project is scheduled for actual service Thursday afternoon to decide her penalty.

WASHINGTON — President Bush on Thursday selected Nebraska Gov. Mike Johanns, a Republican attorney who grew up on an Iowa dairy farm, as secretary of Agriculture to oversee the nation's farm and food programs.

Bush said Johanns was "an experienced public servant from America's agricultural heartland" with a long record of being "a faithful friend to America's farmers and ranchers."

WASHINGTON — A hormone patch that works to restore a woman's sex drive should not be approved until additional studies to determine in risk, federal health advisers said Thursday.

WASHINGTON — A horn­

ence urged a decisive turning point, Russian President Vladimir Putin took the government's side in a deepening dispute over how to proceed once the judges issue a ruling.

TEL AVIV, Israel — Israeli Prime Minister Ariel Sharon said Thursday he planned to replace his minority government with a broad coalition to push through his Gaza withdrawal plan and promised not to launch attacks on Palestinians unless provoked during the Palestinians' election campaign.

Sharon's governing coalition has disintegrated in recent days after the premier fired the moderate Shas Party for voting against the budget.

RAMALLAH, West Bank — Shaking up the race to replace the late Yasser Arafat, imprisoned spring­

leader Marwan Barghouti announced his candidacy for the Palestinian presidency in a last­minute decision to challenge the establishment candidate.

Barghouti's announcement hours before Wednesday's midnight deadline to register for the Jan. 9 election threatened to upset the so­

far smooth transfer of power from Arafat to his decades­long deputy, Mahmoud Abbas.

LOS ANGELES — County health officials are having trouble finding a TV station willing to air a public service announcement about syphilis that employs a lumpy, red cartoon character named "Phil the Sore." Los Angeles-area broadcasters said the ad is in poor taste, but the county health agency said it is simply trying to reach gay men — the group at greatest risk of getting the sexually transmitted disease, which has been on the rise in recent years.

In the 3­second ad, Phil fol­

lows two men going home together. As the men later part, one of them, dressed in a bathrobe and under­wear, says, "Let's do it again sometime." Phil then calls in his whole family, whose members carry boxes labeled "brain damage," "ruh" and "blindness" — all of which can result from syphilis.

None of the five Los Angeles­

area television stations that were approached has run the ad.

KCBS spokesman Mike Nelson said he was troubled that the ad took such a lighthearted tone about a serious disease. At KNBC, spokeswoman Erin Dineen said her station rejected a request to run the spot during prime time's "Will & Grace," a show that features gay characters, but would run it after midnight.

— Associated Press

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Tis the season for easy gift ideas

Nicole Stivers

Want to know the secret to getting gifts for everyone on that holiday list without breaking the bank?

It's the thought that counts. The price tag of a gift is not important to most people. Family and friends are much more appreciative of a gift that shows a little thought and effort.

The most important thing to remember when giving someone a gift is to think about what interests them. Does the person like to listen to music, cook, watch movies or pamper themselves? Theme buying is easy with a theme in mind.

Still don't know what to get for your mom, brother, significant other or roommate? Here are some ideas to get those wheels turning.

The computer can be used to create a one-of-a-kind calendar. Personalize the gift by adding pictures for each month and important dates, like birthdays and anniversaries.

If you have a collection of photographs to choose from, give your friend a disposable camera and an album to put the photographs in, once they are developed. Frames and albums can be purchased at craft and discount stores.

Undoubtedly there is someone on your list who enjoys cooking or baking. Create a themed recipe collection. Pick one type of food or ingredient they like, such as brownies or garlic. Search cookbooks and Internet Web sites for a variety of recipes featuring their favorite fixings.

Make it even easier for the food-lover by providing them with cookies-in-a-jar or a meal-in-a-basket. For cookies or other baked goods, collect all of the dried ingredients and layer them in a mason jar. Attach the baking instructions and list of required wet ingredients. For ready to cook meals, collect items such as a package of pasta, a jar of sauce, focaccia bread mix and a bottle of wine and place them into a decorative basket.

Magazine subscriptions are an easy and inexpensive gift. Many companies offer discounted rates online. Since magazines take one to eight weeks for delivery, wrap up a current issue and attach a card letting the receiver know what they will be getting in the mail.

A great theme basket for any woman is a pamper kit. Purchase sample sizes of lotions, bath gels and add votive candles, chocolate and a loofah. For a caffeine lover, include a coffee mug, gourmet coffee packs and chocolate-covered espresso beans. If someone on your list enjoys movies, include a certificate for a movie rental, microwave popcorn, soda and their favorite candy.

If you really cannot afford to spend any money at all, there are still things you can give as gifts. Write cards to all of your friends and family telling them how much they mean to you. If you are not into being mushy, suggest a holiday swap party. Ask everyone to bring things they have not used in a few months and everyone can take turns choosing what they like.

Remember, it is the thought, not the price tag, that counts.

JND rocks UU hour

Not mentioned in this article is everyone's favorite gift that keeps on giving, the Chia Pet, also available as Shrek and an elephant.

U.S. AIR FORCE CROSS-COUNTRY RACE

THINK OUTSIDE

FOUR PERPENDICULAR SIDES ON A GEOMETRICALLY SQUARED BASE.

It takes ingenuity, teamwork and a great deal of effort to pull off some of the high-profile engineering projects being done in the United States Air Force. Engineers who come aboard are immediately put on the fast track and have advancement opportunities typically not found in the private sector. From weapons systems and space station materials to the next generation of planes, whatever the project is, it's always fresh, always important and always cutting edge. If this sounds like something you might be interested in, visit our Web site at AIRFORCE.COM or call us at 1-800-423-USAFA to request more information.

The best gift you can give this holiday season is a ride home.

Thanks for designating a driver.

Responsibility Matters
A dark and entertaining ‘Dream’

Louise Dolby
MUSTANG DAILY

Goodbye America. Hello absurdity. The student-run production of Edward Albee’s “The American Dream” opened Thursday in the Blackbox Theatre on campus and it makes a mockery of American society in a black comedy featuring characters such as an 86-year-old grandma and a cross-dresser.

Set in the 1950s, the play follows five characters: Mommy (Katie Hunter), Daddy (Ben Payfer), Grandma (Dickie Copeland), Mrs. Barker (Chris Farley Elliot) and Mike Matzke as the young man.

Mommy and Daddy are a generic couple in a sexless, dysfunctional relationship where Mommy is constantly challenging Daddy’s masculinity and belittling his role as “man of the house.” To Mommy, he is her puppet she can control and blame as she pleases. Daddy is a patient, yet spineless character who tolerates Mommy’s ranting and raving only because he literally and figuratively has him by the balls.

Grandma is a character condemned for her old age, and stands in the way of her son’s self-actualization. Grandma is the most intelligent and “normal” character in the play and is the only character to escape the confines of the apartment.

Mrs. Barker serves as comic relief as she constantly harangues Mommy, he is her puppet she can control and blame as she pleases. Mike Matzke as the young man.

The student-produced play, “The American Dream,” asks the audience to consider their own lives and find humor in the absurdity of reality. “In the play, like in life, almost anything goes,” Pohl said. “Things happen for no reason.”

The play challenges audiences to search for satisfaction and not chase the ideals of the American Dream since they are based on status and power, rather than personal values or true happiness.

“The American Dream” continues its run tonight and Saturday at 8 p.m. in the Music Building room 212. Tickets are $6 for students and $7 for general admission and can be reserved by calling 801-4561.

Your Ad Here

Call Mustang Daily Advertising at 756-1143
LETTERS TO THE EDITOR

Israeli speaker Pappe displayed one-sided/Arab propaganda

Opposing political speaker Prof. Bassem Orfouh described a political atmosphere that was 'one-sided' (to put it nicely), saying he was 'offended' by the display. However, I believe this display was not biased. It was a result of the different opinions presented around the Arabic world. If we are free to express our opinions, we should also be allowed to see all sides of the story.

Morgan Elam's articles are increasingly confusing

I found his articles to be contradicting. For example, in one article he claims that alcohol is not good for your health, while in another he suggests that a moderate amount can be enjoyed. This makes it difficult for me to understand his overall position on the topic.

MUSTANG DAILY

A better booze: holiday survival tips

A s the holiday season approaches, we know how much sugar and alcohol gets served in your face. If you're planning on eating a feast, you might want to consider some alternatives to traditional beverages. For example, sparkling water with a twist of lime and a swizzle stick can be a refreshing option. Or, try cutting your wine serving size in half and make up the difference with club soda to create a refreshing wine spritzer. Better yet, try it in moderation.

1. Set your limit.
   If you do not set a clear limit for yourself, it will be easy to overindulge in food and beverages, especially when faced with all those tempting holiday treats. Here are some four tips to keep your belly from jiggling like a bowl full of jelly this holiday season.

2. Cut the calories.
   It is possible to drink wisely when you're watching calories, although a little planning is involved. For instance, stock up on low-calorie, calorie-free mixers to whip up drinks such as vodka and club soda, rum and diet Coke or gin and diet tonic, as that looks like the real thing. For example, order a sparkling water on the rocks with a twist of lime and a swizzle stick.

3. Eat before you drink.
   If you imbibe on an empty stomach, the alcohol will be absorbed into your bloodstream more quickly and the liquor will go straight to your head. Include some pre-party munchies that contain fiber, protein, and healthy fat. Snack on whole-wheat crackers and cheese or peanut butter and jelly on whole wheat bread. This will help prevent overeating and minimize cravings for high-fat party foods.

4. Prevent Hangovers.
   Alcohol breakdown takes place in the liver. Just one ounce of alcohol takes anywhere from three to five hours to break down, but it depends on your weight, food intake, menstruation or the presence of prescription drugs. By-products of fermentation that provide unique flavor and distinctive characteristics in wines, beers, and whiskies, white wines, wines, and vodka. Since the liver must process these specific impurities, it is best to avoid mixing your drinks. Follow these simple tips to have a healthier holiday season, and remember to always drink responsibly.

Star West and Jane Wilson are nutrition seniors and members of the Peer Health Nutrition Team. Contact them at 736-6181.

MUSTANG DAILY CORRECTIONS

The Mustang Daily staff takes pride in publishing a daily newspaper for the Cal Poly campus and the neighboring community. We appreciate your support and are thankful for your careful reading. Please send your correction suggestions to editor@mustangdaily.net.

LETTER TO THE EDITOR

Morgan Elam's articles are increasingly confusing

I was surprised when I found out that Morgan Elam was once a Mustang Daily reporter. I have always been a fan of his articles, but now I find them to be contradicting. For example, in one article he claims that alcohol is not good for your health, while in another he suggests that a moderate amount can be enjoyed. This makes it difficult for me to understand his overall position on the topic.

MUSTANG DAILY

Your health surviving the college years

A fter a full day of classes, you might be feeling a little tired. For a quick boost of energy, try a sparkling water on the rocks with a twist of lime and a swizzle stick. This will help prevent overeating and minimize cravings for high-fat party foods.

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We're going to start the New Year off with a clean slate. (all letters will be edited)

So send your new letters to the editor at opinion@mustangdaily.net.
Shopping mall security guards are being trained to spot suicide bombers

Matt Apuzzo
ASSOCIATED PRESS

MANCHESTER, Conn. — In a shopping mall or supermarket, past the Abercrombie & Fitch and the cell phone kiosks, tucked away by the Barnes & Noble, a conference room full of security guards is learning how to spot suicide bombers.

They are being taught blue patterns and behavior profiles, how a bomb is packaged and how a bomber is recruited.

Suburban shopping mall security guards are receiving the type of training that just a few years ago was reserved for the Israeli police and the U.S. military.

“If they’re carrying a bag, look for that white-knuckle grip. They’re carrying that package and they’re holding onto it for dear life,” Patrick Chagnon, a Connecticut State Police detective and national counterterrorism instructor, tells his class of 10 students as the Shoppers at Buckland Hills mall bustle with holiday shoppers carrying bags and boxes of all sizes.

Chagnon’s students are also told to watch for people wearing oversized clothes, and are instructed to make eye contact with shoppers and look for either excited or focused people or those who won’t return a look. Another tip: Terrorists often ritually shave their bodies before carrying out a suicide bombing, he says.

Around the country, enrollment in these suicide bombing classes has increased in the past year, and the students include not just elite SWAT team members, but also local patrol officers and private security forces.

“Everyone has an obligation to be a soldier in this war,” Connecticut Homeland Security Director John Burtula said.

In Israel, mall security guards, bus drivers and hotel managers are added eyes and ears for the police. That is what state and federal officials are trying to build in the United States.

In New York City, apartment doormen and supers are being trained to be on the lookout for cars or trucks that are parked outside for a long time; for anyone who takes pictures of the building or lingers too long outside; and for new tenants who move in with little or no furniture.

The International Council of Shopping Centers held about 20 anti-terrorism classes this year and plans dozens more next year, said Malachi Kannagah, who helps organize training for the organization. A class of mall security directors recently received training at the FBI Academy in Quantico, Va., he said.

“Our attitude is that everybody has a role:民警, security engineers, maintenance people,” Kannagah said.

“The more people you train, the more eyes you have, the more people you have aware, the better your opportunity to prevent things.”

Such training frequently is met with skeptical questions: Is al-Qaida really going to attack a Connecticut shopping mall? Anti-terrorism instructors say a bombing is nearly twice as likely at a commercial establishment than at a government building or military installation.

“A mall is packed with people. Government buildings usually are not,” said Matt Mendelberg, a former Israeli military official whose company, ISDS International, teaches a three-day, $1,500 course on suicide attacks at Springfield, Mass. Mendelberg says about 60 people, including security agents for major U.S. corporations, have taken his class since it started last year.

Chagnon’s lectures for mall security officials keep them on the lookout for cars parked for a long time; for anyone who takes pictures of the building or lingers too long outside; and for new tenants who move in with little or no furniture.
Cal Poly students, coaches and athletes give their two cents on the recent NBA fan-player fight
involving Ron Artest and others

Christina Joslin
MUSTANG DAILY

On Nov. 19, Ron Artest, former Indiana Pacers player, was thrown out of a fight involving a number of fans at the Detroit Pistons — Indiana Pacers game at the Palace in Auburn Hills.

After a short run-in with Ben Wallace of the Detroit Pistons, Artest went onto the scorer's table before a cup was thrown at him. Along with Jackson, Artest bolted into the stands and traded punches with some of the fans.

Ever since, a media storm has surrounded the issue of fan-player interaction and the right response to such a situation. Cal Poly students and athletes had differing opinions of their own.

"It's not about the game anymore. Players have to keep a certain composure. They are really hurting the integrity of the game," said Shaun Hakt, intramural sports supervisor.

Artest has said that he regrets his actions, wishes he had not gotten into a fight with fans, but feels that his season-ending suspension was too harsh, as do certain Cal Poly students.

"To be suspended for an entire season is way too long," said Mike Lavaggio, biochemistry senior and former lacrosse player. "He knows that he made a mistake and it's not right that they're trying to make an example out of him. In contrast, being an athlete, you have to take the comments of the fans with a grain of salt. Their job is to get under the skin of the player, just as our job is to play the game."

There have been very few complaints about the Cal Poly fans that choose to support a variety of different events and games, but there have been some degrading comments made on occasion to opposing teams.

"One area I am concerned with is our fan support keeping a sportsman-like attitude," women's basketball coach Faith Minnaugh said. "We're very appreciative of the support we receive from the community and the student body. However, I've been told by opponents that our fans are sometimes yelling derogatory expletives. I would like to see those fans find a way to support our teams without humiliating our opponent. Demeaning comments display a lack of class and Cal Poly students are the best in the nation and deserve better representation."

The most recent instance of an NBA player running into the stands and hitting a fan was in February 1995. Vernon Maxwell of the Houston Rockets plummeted a heckler in Portland causing the league to suspend him for 10 games and to fine him $20,000.

One of the harshest non-drug related punishments in NBA history was a one-year suspension of Latrell Sprewell in 1997, which was later reduced to 68 games, for choking Golden State Warriors coach P.J. Carlesimo at practice.

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