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THE OBJECT
Be the first reader to successfully navigate through each section.

THE CONTENTS
Each game edition contains the following:

5 ACADEMICS Congratulations! You made it to Cal Poly, so now what? Insider’s tips, college facts and everything you need to know to earn a 4.0

21 LIFESTYLE Make them wonder how you do it. How to look fly, party and make the grade and other nuggets of wisdom from people who have been there

29 SURVIVAL GUIDE Freshman year will either make you or break you. Get the lowdown on health services, jobs, how to stay safe and more

41 ENTERTAINMENT Beat boredom and stay hip. You heard it here first — the music scene, making out at the drive-in and all the UU has to offer

49 DINING Trust us — even if you have a meal plan, you’ll want to get the 411 on the best places to eat in SLO. We give you the top five places to chow down, the dish on delivery and a comprehensive restaurant guide

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INSIDE

• Breaking down each college
• Cheap textbooks? Yes, it's possible
• Poly tops in graduating minorities
• A dean's study theory
Each quarter, students are required to purchase new textbooks for classes. In the search for the cheapest textbooks, they are now turning to the Internet.

Karen Velie

The rising cost of textbooks is adding extra pressure to already strained student budgets. About 46 percent of Cal Poly students have gone without purchasing required textbooks, according to a random survey of 30 students last month.

The survey also revealed Cal Poly students are primarily concerned with either cost or convenience when deciding where to purchase textbooks. About 7 percent of the students surveyed prefer to buy books through online student-to-student textbook exchange. At www.screwthebookstores.com, students are able to buy and sell textbooks directly to other students in the area.

“The site was founded three years ago by Ben Wilson, a 2002 Cal Poly graduate, and Kirk DeClark, a 2001 University California Davis graduate. “The foremost benefit of exchange shopping is that it saves students money,” DeClark said. “Students are often able to sell an edition of a book that is no longer in use at their school.”

The service is free and students are able to view books before they make a purchase. “The biggest drawback is that if enough people aren’t using the site we have a lack of selection,” DeClark said. “It only gets better if more people use it.”

Cal Poly is among the top 100 universities to graduate minority students. Christopher Gunn

Cal Poly has been named one of the top 100 universities in the nation in awarding undergraduate degrees to minorities, according to July’s issue of the magazine “Black Issues in Higher Education.”

Cal Poly was ranked 60th and was grouped with 14 other California State Universities that made it to the magazine’s annual “Top 100” list.

The list, compiled by “Black Issues in Higher Education,” comprises the top universities nationwide in terms of conferring degrees upon minority students. The list is compiled from information supplied by the United States Department of Education.

“It’s encouraging that we’re getting results,” Interim Provost see Graduation, page 10
Graduation
continued from page 8
Robert Detweiler said. "We ought to be encouraged that we are con­
tributing."

In terms of universities awarding undergraduate degrees in agricul­
ture, Cal Poly was highly ranked, receiving a ranking of No. 5 in
degrees to all minorities.

In correlation to the No. 5 rank­
ing, Cal Poly was also named No. 2 in degrees awarded to Native
Americans; No. 3 in degrees award­
ed to Hispanic students and No. 4
in degrees awarded to Asian
Americans in the same category.

"It is also discouraging that there aren't more colleges graduating
minority students," Detweiler said.

According to the Cal Poly 2003-
04 fact book on enrollment sum­
mary statistics, while there were
4,416 minority students enrolled
during the 2003-2004 academic
year, only 1 percent of Cal Poly's
total enrollment was African-
American. That is 166 African-
American students in a total col­
lege year average enrollment of
18,246 students.

Increasing diversity within the
Cal Poly community is still a chal­
lenge particularly with African
American students, according to
Detweiler.

In reference to the percentage of
enrolled African American students
at Cal Poly and the 60th overall
national ranking, "It's kind of dis­
couraging for America, it's a nice
reflection on Cal Poly," Detweiler
said.

Despite the lack of African-
American students enrolled in the
university, Detweiler acknowledged
that for a polytechnic university it
is encouraging that Cal Poly is
among the nations leaders for
Hispanic and Black engineers.

"Both Cal Poly and the nation
still must do more to encourage the
success of minorities," he said.

The next step for Cal Poly is to
continue its efforts in improving
diversity according to Assistant
Vice President for Admission,
Recruitment and Financial Aid Jim
Maraviglia.

Maraviglia, described as the man
charged with increasing diversity at
the Cal Poly, relayed his office's
efforts in increasing Cal Poly's
diversity.

"We do different things within
targeted recruitment," Maraviglia
said. "We have adapted 42 different
partnerships with high schools in
California.

Through targeted recruiting,
Maraviglia hoped to improve the
chances of minorities throughout
California to get into Cal Poly as
well as the CSU system.

"Our role is to increase the
number of eligible applicants," 
Maraviglia said. "Less than 5 per­
cent of black graduates coming out
of high school are CSU eligible." 

"The nation should be doing its
best to get all ethnic groups
through higher education," Detweiler
said.
Don't even think to blink because... more eye candy lies ahead.
Study

continued from page 10
to the number of students placed on AP. Directly following the implementation of the program, the number of students placed on the Dean's List increased by nearly ten percent.

Bailey made the point that despite the fact that this was just one class of students and that their number of Dean's List eligible students increased, there was a direct correlation between the implementation of the program and the increased performance of the students in the science and math department.

"Only 50 percent of the people that begin college receive a college degree," Bailey said. "A student may have not needed to study in high school to make good grades, but you can't do that here."

Although Bailey seems open to the idea of joking about his 25 to 35 hours per week program, he is vigorously dedicated to the idea of implementing good study habits in Cal Poly students, habits that one day could translate to a successful individual and a lifelong love of learning.
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Germany and Cal Poly have study abroad agreement

Ashley Lopez
MUSTANG DAILY

Cal Poly is one of 10 United States universities that will partner with German institutions in a new international study program starting in 2006. The German Academic Exchange Service, a national agency for the support of international academic cooperation, will provide funding to the 10 German host colleges and universities for the first three years.

Nine leading study abroad experts from the United States and Germany selected the programs with requirements used as part of a recent national competition among many of the top higher education institutions in Germany. The German Academic Exchange Service encouraged German universities to create study abroad programs that meet the needs of the U.S. market. The programs had to be developed with an American institution and offer credit-approved courses with preference for programs in the areas of science, engineering, music, design and art.

"These are areas in which German universities are known for excelling in, but which are not often enough exploited by U.S. students," Program and Information Officer for the German Academic Exchange Service Laura Montgomery said.

Munich University of Applied Sciences will be the host institution to Cal Poly. MUAS and Cal Poly have cooperated in student and faculty exchange, as well as special projects since 1998. The collaboration with MUAS has been most apparent within Cal Poly's engineering department with mechanical engineering as a primary focus.

"Engineers only make up 2.9 percent of students studying abroad," Montgomery said. "We want to give future engineers a first exposure to the German education system, language and culture."

Cal Poly Mechanical Engineering Chair James Meagher and the MUAS President of International Relations Rolf Herz, have been developing and collaborating on the exchange program, which they hope will offer a wider appeal to engineering students.

Boca Tech is the new sponsor of the program. Students will learn about new developments of mechatronics with special consideration of application and automotive engineering and an opportunity to tour and examine well-known German automakers, BMW and Audi.

"Engineering students are normally hesitant to study abroad due to their rigid curriculum structure and the difficulty of getting credit for work at other institutions," Meagher said. "This program will offer an extensive cultural exchange as well as a technical exchange."

A second program will be offered for five weeks. All classes will be taught in English with a one-week intensive German language component. The program has been developed for the sophomore or junior level and will emphasize German education and cultural standards.

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LOOKING
INTOASI

Student perspectives about ASI and an explanation of its role by the ASI president and the chief of staff

Erick Smith
MUS.DAILY

Associated Students Incorporated is the student-run and student-elected governing body at Cal Poly headed by President Taylor Middlestadt, an architectural engineering senior, and Chief of Staff Becca Swanson, a psychology senior.

The purpose of ASI is to act as the eyes and ears of Cal Poly's student body. When student recommendations are desired by officials, such as Cal Poly President Warren Baker, Middlestadt and Swanson respond with what they believe to be student's opinion on the issue.

"The vision of ASI is to be every student's connection to the ultimate college experience," Middlestadt said.

A field poll of nine students revealed that five were unaware of how ASI functions to serve students. Those who said they underestimated ASI, see ASI, page 16

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• Record the make, model and serial number of your computer. Return a completed warranty card to the manufacturer.
• Store your laptop in a satchel and don't leave it in visible places.
• Back up files to your desktop regularly and keep critical files on a disk separate from the laptop.

Lock up your laptop or lose it.

Mustang Daily study tip # 24: Turn off AIM
For more tips, pick up the Mustang Daily.
continued from page 13

stood ASI had previously been involved within the organization or had contact through clubs. "Students are not entirely aware of everything within the program because ASI fails to explain what they do and the projects they are involved in," art and design senior Diana Madsen said. Middlestadt said he is aware of student misunderstandings, and he hopes to inform students that his door is always open so that students with comments and concerns will feel free to talk with him.

In an effort to break down existing barriers and be more visible on campus, Madsen said. In an effort to break down existing barriers and be more visible on campus for this year, we in ASI need to be visible by having student leaders representing ASI at events on campus," Middlestadt said.

As an organization, Middlestadt and Swanson work in conjunction with the board of directors, which has 25 seats. The board of directors is based around Cal Poly's seven colleges as each college receives between three and five seats on the board.

Elections are held each spring, along with the election of ASI president. Students vote other nominated students from their college onto the board. Other opportunities are given to students who are looking to take part in the decision-making process apply for a seat on the board of directors.

Swanson added, "Students need to get into the ASI office because their voice can have power."
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Women study more than men, survey says

Diya Chacko
Dana Tovar (USC)

LOS ANGELES — Recent studies of American college students have shown that the girls are beating the boys in terms of time studying, grades and time taken to graduate.

A Student Monitor survey of 1,800 students revealed that female students study more often, more efficiently and for longer periods of time than male students. Male students, on the other hand, are more likely to study later at night, skim their textbooks and party more often.

As a result, female students are achieving higher grades and graduating in less time than male students. Male students, on the other hand, are more likely to study later at night, skim their textbooks and party more often.

This research confirms that hard work matters and quantifies the difference between those students with a set of solid study habits and those without," said Eric Weil, managing partner of Student Monitor, in a press release.

Student Monitor publishes nationally syndicated market research studies targeting the U.S. college student body as a consumer group.

The study found that women are 35 percent more likely to study everyday, 21 percent more likely to study 15 or more hours weekly and 23 percent more likely to thoroughly read their textbooks.

By studying more and harder, these students achieve higher grades and graduate in four years or less.

Results from the study showed that nearly half of female students study daily compared to a third of the male students.

More than one in four men found themselves studying late at night compared to less than one in five women. Lastly, the study found that men party 20 percent more than women.

According to the University of Southern California Fall 2004 Scholarship Report, the average GPA of female students is 3.0, while the average GPA of male students is 2.878.

"Those numbers are the average GPAs of the entire USC student body," said Nisha Alie, a sophomore in the USC Baccalaureate/Master Program. "When you think about it like that, the gap is actually pretty wide. Maybe girls are just more focused at this time."

At least some of the females at USC seemed to agree and individually reflect the study's findings.

"I study highly efficiently and have a lot more focus," said Nicole Williams, a junior majoring in...
Men and women study in different ways and to different degrees, according to research. The Associated Press says women are 35 percent more likely to study daily than men; 23 percent more likely to study 15 hours or more per week; and 20 percent more likely to party. Men study 20 percent more often than women.

The Association of American Publishers is the principle trade association of the U.S. book publishing industry and its members include most of the major U.S. commercial publishers. Hildebrand said that there is a constant move to improve textbooks for an increasingly diverse student body. He quoted an Aug. 17 press release published by the ACT stating that only half of ACT test-takers who graduated in 2005 have college-ready reading and math skills. "The key thing is to find what combination of instructional learning tools and time on task — actual application of time and hard work — will give the student the greatest success," Hildebrand said. "We can then balance the tools of the professors against student success."
The shortage of teachers is not as severe in San Luis Obispo due to the declining enrollment in the area. With high real estate values, the city is less prone to attract young families that feed the enrollment of the community's schools.

"Shortage has more to do with the region than the level," Brown said.

Urban areas have growing enrollment and have a greater need for teachers.

Middle and high schools are impacted most by the teaching shortage.

Gov. Arnold Schwarzenegger is proposing $1 million in funding and programs that would advance more math and science teachers for middle schools and high schools. Math and science are in high demand for these grade levels. Since San Luis Obispo County has a sufficient amount of teachers for its schools and its enrollment of students, Cal Poly has tried to make partnerships with schools that have such growing enrollments. Recently, the College of Education has developed programs to send student teachers to schools in the Bay Area and Los Angeles. There are currently about 400 liberal studies majors. Each year about 120 students graduate with a teaching credential. Graduates of the program are surveyed yearly. The results indicate that 90 percent of graduates stay with their jobs as teachers.
INSIDE

• Fashion wisdom
• Rock steady with these tips
• Study hard, party hard
• Dating tips for the SLO student
Pretty fly for a Cal Poly guy

College isn’t just about showing up to class in pajamas. Find out how Cal Poly guys keep it fresh on the West

Story by Erick Smith
Photos by Matt Wechter

MUSIANC; DAILY

What is Erick Smith sporting?

• A personalized haircut thanks to store-bought clippers
• A fitted Hurley T-shirt
• School-ready Dakine backpack
• O’Neill cargo shorts
• And Quicksilver sandals to top the beach bum look

Upon rolling out of bed one morning I went about my usual routine of showering and brushing my teeth. But, as I went to get dressed, there was nothing in my closet. Everything, from my shoes to my hats, was gone. All I had were hangers and a few cobwebs.

Initially, I believed my roommates were plotting against me, but soon I found out that they too had empty closets. The scene seemed like a warped version of the Twilight Zone. And so began the quest to buy an entirely new wardrobe.

Alex Hayek agricultural business sophomore suggested to start at Copeland’s Sports, Moondoggies and Central Coast Surfboards (CCS).

“I like to go to Moondoggies to get beach bum wear like sandals, shorts and shirts,” Hayek said.

After observing students on campus, it becomes obvious that the common footwear trend for Cal Poly Mustangs are sandals. According to Hayek, people mainly wear Reef’s, Rainbow or Quicksilver on their feet. Though Hayek said he prefers Reef’s, Rainbow have become such a popular item among Cal Poly students that they can now be purchased at the El Coral Bookstore. As for other types of footwear, civil engineering junior Blake Silwood said he chooses to shop at Copeland’s for athletic shoes and socks.

But Moondoggies was named top choice in surf shops by Cal Poly students in the Mustang Daily’s 2008 Best for Cal Poly edition, followed by CCS. Both stores offer a wide range of skate shoes from companies like DVS to Etnies.

Moving upwards, its common to see many have variations of cargo pants hanging on most of the racks. Matt Hensch, a graphic communications senior, said he chooses to shop locally at Mervyn’s because of the cost.

While Mervyn’s is home to clothing brands like Sideout, as well as Quicksilver, Volcom, Billabong and Hurley.

When weather cools down, Cal Poly students can be seen wearing jeans, but warm weather does not always deter people from wearing the popular denim blue pants. During one summer day, while sitting outside of Campus Market, 18 of 22 who passed by in a five minute period were all wearing jeans.

Upscale jeans are available at Gottschalks or large corporate stores in town like Express for Men and Abercrombie and Fitch. Even with pants and shoes, however, restaurants and other places of business

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Everybody loves a Cal Poly gal

SLO fashion doesn't mean no fashion. Find out how Cal Poly gals stay chic in this small town.

Story by Kristen Oato
Photos by Matt Wechter

I went to bed last night after making a mental list of my schedule. My roommates and I had a long and busy day ahead of us. These included particularly stressful activities such as going to class, the beach, dinner and downtown.

Thank god I woke up early, because I was in for a shock. When I went to look in my closet and dresser for something to wear, I couldn't believe my eyes. There was literally nothing in them except for unclothed hangers and empty drawers.

I figured the incident must be part of a really dumb practical joke, so I went upstairs to ask my roommates about my mysterious vanishing wardrobe, only to find them equally confused.

For some strange reason, all of our closets were empty. But rather than worry about trivial little things like where our clothes were or who took them, we decided to go ahead and solve the problem. We went shopping.


For the most part, if someone wants to dress trendy or casual they will. It's all what you prefer.”

We decided the proper attire for class would be a mix of trendy and casual. After a quick conference, we decided to check out the new Abercrombie and Fitch and Banana Republic.

“There's a good mix of styles at Cal Poly. You see everything from surfer types to girls in Juicy Couture to high maintenance fashion,” liberal studies senior Ashlee Esinger said. “I've noticed girls wearing skirts with ruffles, longer tanks and big designer bags from Coach or Dooney & Bourke.”

Armed with this information, my roommates and I headed off to Coverings. Right away, we noticed the Michael Stars, Splendid and C & C California tanks, and I quickly grew curious about trends for fall.

Business senior and Coverings employee Allison Bruso told me the new way to pull off the bohemian look was to get layered.

"Think, chunky sweaters, big belts and long, layered necklaces are going to be popular. Celebrities like Jessica Simpson, Mischa Barton and Sienna Miller are really influencing what people buy," Bruso said. "Wooden accents are all over accessories like bangles.”


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“What is Kristen Oato fashioning?"

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• J. Crew layered tanks
• Abercrombie & Fitch destroyed jeans
• And Rainbow flip-flops to complete the fusion of NorCal and SoCal styles

For the most part, if someone wants to dress trendy or casual they will. It's all what you prefer.”

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see Gals, page 23
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Gals
continued from page 23

After browsing the racks, I picked out a pair of Citizens of Humanity jeans and Jeffrey Campbell shoes. With one quick swipe of plastic, we set off to find swimsuits for the beach.

Next, we went to SLO Swim and found ourselves overwhelmed with the variety and amount of swimsuits. Although the store’s owner, Shelley Filip, was out on a buying trip, employee Linda Rudd shared her knowledge. “Surf-cut suits are big right now, as are string bikinis,” Rudd said. “Embellishments are going to be huge for fall. We’re seeing beads and sequins on the new suits.”

Each of us picked out suits made by companies like ViX, O’Neill and Roxy. We were so excited by our purchases, we headed down to Central Coast Surfboards to look for more board shorts and cover-ups.

“We sell a lot of Kenneth Cole heels. For fall, there’s lots of embroidery and dark jeans,” said Erinne Lisby, business junior and Uptown Jean Co. employee. “In terms of colors, we’re getting in browns and golds. We also carry Gucci and Ben Sherman brands.”

Our last stop was Express to find outfits for the night. Luxe tops and dress pants in a variety of colors filled the room. The store also had a good selection of jewelry and purses. “For going out, most girls wear pumps or stilettos,” Cesare said. “Chandelier earrings, name brand jeans and cute tops are staples.”

With our arms full of bags, we trekked back to the parking garage. Although we were all satisfied with our purchases, we couldn’t help but wonder what happened to our original clothes.

Well, at least we’ll be well dressed — and with just enough time to make it to class.

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Cal Poly school of rock

Nick Hoover
March 17

As you walk into the dorms, you've probably got that crazy idea that many before have dreamed of — "I want to get into a band!" Trust me; you're not alone.

Following this guide might be the difference between playing downtown on a bench and selling platinum albums.

Where to find other musicians
If playing as loud as you can isn't attracting anyone, a few of these sources might get you hooked up with some other musicians.

The Mustang Daily Classifieds are free for students and an easy way to let people know you're looking to jam. They have a special classified section called "The Music Box" where you can regularly find people searching for bands, or bands searching for players. Finally, try visiting Two Dogs Coffee at 1017 Monterey Street in downtown San Luis Obispo. There comes a time when every guitar player is piled high.

Other SLO music shops don't carry the amount of percussion gear that this place offers. Lessons are available as well.

Lightning Joe's, in The Village of Arroyo Grande, offers more advanced equipment and a greater selection of amplifiers for guitar players.

Places to jam
If you're getting tired of rocking' out in your buddy's garage, it might be time to take your tunes public. These venues are in order of size and level of playing.

First, try out Cal Poly's University Union. That's right, you can rock out with your professor — well, maybe not. Check with ASI for booking information. Bands play every Thursday at 11 a.m. at UU Hour. Worried about a thin crowd? Don't. Classes aren't normally scheduled for that time, so every student passing by will be sure to hear your sound whether they like it or not.

Nautical Bean, at 11660 Los Osos Valley Road in San Luis Obispo, is great for acoustic performances or small gigs. Located in the Laguna Shopping Center, this is a great place to launch your musical career.

Ciclo's, at 78-G Higuera Street, is a smaller venue, but has a great creoleside atmosphere.

Mom's of a quiet or acoustic strip than a hardcore drop-D singing guitar solo spot.

Or, why not play a set at San Luis Obispo's Farmers' Market? What could be better than hundreds of people walking down the streets of SLO on Thursday evening? Plenty of people to play for, and lots of space. Check with the Downtown Association early, as booking a gig can be tough with other competitors looking for a spot.

There is also the Frog and Peach Pub, at 728 Higuera Street, which is the spot for live music in SLO because of its intimate setting. If you've got a funk or reggae sound to your music, this is the venue for you. Be sure to bring your "A" game because Frog and Peach is no stranger to fantastic bands.

Then there's SLO Brew, at 1119 Garden Street, which is one of the largest venues for live music in SLO. The venue has two bars, one upstairs and the other downstairs, with a huge sound system ready for the bigger bands who can draw in a crowd. Watch out, though, because Papa Roach, A Perfect Circle and other bands that you hear on the radio have passed through SLO Brew at one point in their careers.

Final words:
Need some advice? Talk to bands who have gigs around town. They can point you in the right direction. Also, check out the Cal Poly school of rock.

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LIFESTYLE

26 Special Edition

Nerds can party too

You don’t have to be a hermit to stay off academic probation, but you do need to perfect your balancing act

Chris Gunn

A calculated flick of the wrist sends a small, white eggshell-colored ping-pong ball in the direction of 10 red party cups, each glinting in the light from liquid spilled during the last game and the inevitable loss of fluid during refilling. After a second in the air, it turns downward to the pyramid of cups across the table. A click in the air is the sound the ball makes as it hits the back of the white inner cup and drops into the fizzy yellow glow of a quarter cup of Natural Ice.

This is the life of a college partyer: nights playing Beirut around crowds of people and roaming the streets with a 6-pack and a hankering for a rowdy party.

Depending on the week, the click of a ping-pong ball against plastic party cups, or the bump of Lil Jon’s latest hit could be a three-night ordeal.

Three nights a week may seem like a lot to some people, but during the time of one’s life when friends and having a good time are as important as the learning that goes on in their college classrooms, it is important to understand how to get by — or better yet, to excel.

Partying in college can be fun, enjoyable, and, in heavy doses, the beginning of major problems. That is why it is important to have a good time while at the same time finding a balance between school and after hours activities, social science junior Vanesa Mathews said. “When you’re in college, school is your life,” Mathews said. “If you’re not doing well in your classes then part of your life sucks. It just feels better knowing your life is taken care of.”

Finding a balance and settling into a routine is the key to maintaining a positive learning experience while at the same time having a good time outside of school.

“I’m going to have to buckle down this year,” Mathews said, referring to the upcoming school year.

Buckling down and finding a nice medium between partying and school is the best solution, according to Mathews. Software engineer senior Broc Miramontes agrees. “Balance between work, partying and school is essential,” he said. “The more you party during the weekend, the harder you have to work during the week.”

What’s Miramontes’ secret to success? “I don’t sleep, I eat shitty and I stay up late,” he said. And it seems to work. Miramontes maintains a 3.71 GPA, logging his name on the Dean’s list quarter after quarter.

“I’m for moderate partying,” software engineering senior Meshaal Al-Rushaid said. “Having a social life doesn’t have to hinder your ability to get a good grade.”
Central Coast Dating 101

Nick Hoover
MUSTANG DAILY

While you might think that your Sex Panther cologne is going to seal the deal, you might have a better chance of landing a good date if you follow the advice the Mustang Daily has for you. That's right, it's the top five places to take a date. Some of these choices were pulled from the deep archives of seniors who unwillingly provided their secrets. Some things should be kept from the public eye, but we're committed to quality journalism at the Mustang Daily, so giving up this information was our journalistic duty.

The big screen: The Palm Theater

There's more to it than going to the movies, it's where you go to the movies. Every guy tries to take a girl to the movies, but how many guys take their lady to a movie and finish up with some suntanning on a towel. If you're going to need 'em, Sea Pines Golf Course in Los Osos is set on the south end adjacent to Mooro Bay. Several holes overlook the ocean, and since it's only a 9-hole course you won't get exhausted trying to find your ball out in the rough. To take it down a notch, you can always hit the driving range too.

To the links: Sea Pines Golf Course

There's always that edge during the first few dates, and the easiest way to eliminate it is to make yourself look like an idiot. Throw your clubs in the trunk, get your best pair of plaid pants on and make sure to bring a few extra balls... because you're going to need 'em. Sea Pines Golf Course in Los Osos is set on the south end adjacent to Mooro Bay. Several holes overlook the ocean, and since it's only a 9-hole course you won't get exhausted trying to find your ball out in the rough. To take it down a notch, you can always hit the driving range too.

Where everybody knows your name: Happy Hour at the Cliffs

Happy Hour at the Cliffs Resort in Pismo Beach is the place to be from 4 to 7 p.m. on weekdays for happy hour at the bar. Buy your special someone a drink, eat some free tacos and watch the sun set over the ocean. You can explore the shoreline below, lay down on the lawn in front of the resort, or sit at your table on the patio underneath an umbrella with the sun gleaming in your partner's eye. Be prepared for your date to be impressed by your choice, because this place is a gem.

Guys
continued from page 22

might be inclined to withhold ser­vices because there is still the T-shirt requirement. During the day, students wear a variety of shirts from brand names like Levis to band shirts bought atconcerts. Also worn among Cal Poly men are collared shirts, both long and short-sleeved of varying styles. Recently, however, stripes are a pop­ular among shirts.

Some brands worn on campus are Structure and GAP. These companies specialize in both regular T-shirt and a variety of collared shirts providing a vast array of looks for many Cal Poly guys. If you're in the market to buy dress shirts, which are usually seen as a clothing choice for a night downtown or at a party with friends, Gottschalks has an entire department dedicated to such attire. As a way to keep warm during SLO winters, sweatshirts and snowboard jackets are usually used as a way to shield the cold weather during the walk from class. The same companies that put out clothing, also have a market in winter clothing too, but there are also specific winter clothing brand names like Forum and Burton. There are also guys who support Cal Poly, including everything from campus clubs and organizations, by donning logo sweatshirts, jackets and shirts. Cal Poly clothing and accessories are available at either El Coral Bookstore or the Cal Poly Store located in downtown San Luis Obispo.

Finally, after all clothing and accessories are bought, it might seem convenient to head out and get a haircut. According to the 2005 Best for Cal Poly the Mustang Daily found most students preferred to head to Supercuts located in the Madonna Plaza, but other top selections included Designer Cuts and University Barbershop.

The other option always exists to buy hair clippers and take on the hair-cutting situation personally, which is what I do. Just be warned, it may take a few tries before you get the hang of it, so make sure not to use your clippers before a date until completely comfortable with your clipping skills. With everything covered, including a new haircut, the only thing left to do is put on your threads and take it for a test run, whether it's across campus or out on the town.

There's always that edge during the first few dates, and the easiest way to eliminate it is to make yourself look like an idiot.

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LIFESTYLE

28 Special Edition

Rockstar

continued from page 24

Grand Vanguard has a yearly guitar competition hosted at The Graduate.

Also, for the drummers out there, The Drum Circuit has an annual drum competition at The Graduate as well. If you want to smoke some older guys who think they've got their tapping and arpeggios on lockdown, this is the place to battle like Mad Max in the Thunderdome.

Dating

continued from page 27

The big guns: Sycamore Hot Springs and some Italian cuisine

For $30 an hour, you and your date can relax in their private redwood mineral spa. Secluded from view, this is a perfect choice if you need some alone time in a beautiful setting.

Open from 7 to 1 a.m., you've got an open solution to your privacy problems.

If you're looking for the ultra combo date in a box, take your date to Buona Tavola in San Luis Obispo, next to the Fremont Theater. This Italian restaurant was recently remodeled, and has a beautiful outdoor patio laced with white lights, gas heaters and a fantastic menu.

Their wine list never seems to end, and you'll be pleasantly surprised by the look your date gives you at the end of this evening.

What happens after the mineral springs and restaurant is something you'll have to keep to yourself.
INSIDE

- Stay safe on campus
- For your health: What center offers
- Wage war on the 'Freshman 15'
- No excuse for underage boredom
Safety in SLO town

Jennifer Gongaware

Cal Poly doesn’t have a history of violent acts and crimes, but they do occur periodically.

In 2003, there was one murder, 20 forcible rapes, 19 robberies, 97 aggravated assaults, 344 burglaries and 131 car thefts in the city of San Luis Obispo, according to www.cirtyrating.com, which is well below the national average.

"No matter how safe we are going by the numbers and statistics, there are crimes in town," Commander Bill Watton said.

According to Luis Obispo, the crime rate in San Luis Obispo has dropped 52 percent, with a large number of activities off campus, which increases the likelihood of a crime occurring.

"Typically we see people in trouble when alcohol is involved," Watton said. "They drink too much, which can lead to aggression and a fight or a sexual assault.”

It’s hard for the Sexual Assault and Rape Prevention Center in town to track the number of actual sexual assaults, since a majority aren't reported, said Shannon Chasin, who works in crisis services.

"Usually it’s between two college students," Chasin said. "A majority occur between acquaintances. It’s not the man hiding in the bush synopsis.”

Chasin advises students to be cautious about where they are at and who they are with.

"The biggest thing is to be aware, trust your instinct and don’t get yourself alone, always use the buddy system," Chasin said.

The University Police Department hears rumors of drugs placed in drinks from time to time, but it’s not a mainstream thing, Watton said.

If a sexual assault does occur, the SARP center provides free services such as confidential counseling, clinical therapy and advocacy and accompaniment to law enforcement training and court proceedings.

Their 24-hour hotline, 545-8000, connects callers to state certified sexual assault counselors.

To prevent a sexual assault, the SARP center provides women empowerment and self-defense courses privately to dorms or clubs.

They will be on campus during WOW at the Awareness Fair with additional information.

University police provide an escort van for students Sunday through Thursday from dusk until midnight. They stop outside of the library and Rec Center every half hour and drive students up to a half-mile off campus.

For those living in the dorms, there are also precautionary measures to take to protect yourself and your belongings. Although the outside doors to the dorms are locked at all times, some people do not close the door all the way and Watton suggests locking rooms at all times.

In case of an emergency a 911 call from any campus phone is dispatched to the University Police Department, while cell phone calls are not, so be sure to request the dispatch when calling.

Emergency markers make it possible to alert the authorities during campus emergencies.
Bathroom etiquette or not

Rebecca Bauman
The Collegian (Pittsburg State U.)

PITTSBURG, Kan. — When asked about her experiences in Pittsburg State University's residence hall bathrooms, Anna Passley had an immediate response: "People can be so gross." She spoke of residents refusing to flush toilets or remove hair from shower drains or mop up puddles as examples of the discourtesy she's witnessed in PSU's communal washrooms. But she says that she has come to accept that dealing with other people's messes is an unfair part of dormitory life. "I'm sure these people do the same kind of stuff when they're at home," said Passley, a junior in elementary education who lives in Dellinger Hall. "But then again, maybe because they know that these facilities aren't really theirs they don't care about keeping them clean."

Many students like Passley complain to friends, roommates and family about the discomfort a lack of common courtesy presents when one is living among so many. Toss in the fact that bathrooms, like kitchens, can be breeding grounds for bacteria and other nasty microorganisms, and college co-eds are left with all the makings of an unhappy residence hall experience.

In 2002, GOJO Industries, makers of hygiene products like Purell hand sanitizer, studied the hand-washing habits of more than 130 students from four major universities. Four weeks of observing communal restrooms showed that only 38 percent of female students washed their hands with soap and only 8 percent of male students did so. "It's the most basic stuff that people forget to do," Passley said. "It gets ridiculous. Every time I go to use the bathroom I have to check the toilet seat just to make sure it's clean."

Wes Himan, an English senior who lived in Tainter Annex during his freshman year, says he finds more subtle deficiencies in common courtesy equally vexing. "I hate it when there are three stalls," Himan said, "and a person decides to use the middle stall and leave the other two vacant. There's no barrier there, there's no real space between stall users. It's disconcerting."

Himan says he likes to shuffle his feet or clear his throat while he's using a stall so people are aware that they are not alone. He says this can prevent other residents from having a false sense of security while in the restroom and doing something they later might find embarrassing. "I want people to know that I'm in there," Himan said. "Personally, I feel uncomfortable not knowing if someone is in the bathroom with me."

Folks like Himan might find comfort in knowing that there is an advocacy group addressing their see Bathroom, page 32
The infamous Frosh 15

Karen Velie

NEWS EDITOR

Generations of first-year university students have dreaded the "Frosh 15"—the weight gain of 3 to 15 pounds that plagues many first-year students. Is the "Frosh 15" fact or fable?

The truth is, the average male gains nearly a Long Island ice tea, it will be at least 300 calories. A shot or a beer is at least 300 calories. Yerk-Dominguez said, "If you have a Long Island ice tea, it often has more than 1,000 calories."

Though the campus dining facilities are loaded with high-calorie fried foods, they also offer many healthy alternatives. Students who are watching calories can choose leaner meats, order the salad bar and choose water over sugary drinks. Students that are watching calories can choose leaner meats, order the salad bar and choose water over sugary drinks.

Nutrition education and counseling is available through the Health Center. The nutrition team consists of food science and nutrition majors that have been trained in providing consultations and presentations on nutrition related subjects. "Come in and get a consultation, and we will tell you what nutrition options are available at the different venues," Yerk-Dominguez said. "We will explain what menu items fit your dietary guidelines."

Each month, a different nutrition topic is the focus of table tents at the on-campus Garden Grill. A nutrition newsletter is provided by Peer Health Education and is available at www.chef.calpoly.edu/peerhealth. To avoid the "Frosh 15":

• Exercise regularly
• Keep late night and between meal snacking to a minimum
• Keep healthy snacks on hand
• Choose water over sugary drinks
• Watch the size of your portions and avoid going back for seconds
• Choose lean fat and healthy options when possible
• Avoid alcohol; it is loaded with empty calories.

By paying attention to diet, exercise and lifestyle habits, students can effectively avoid the "Frosh 15.

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View frame features the "cathead" by Jerry Newman
17 vital college commandments

David Swindle
(DAY NEWS [BRANSON] U) MUNCIE, Ind. — She would die of embarrassment, so I'm not going to say who gave me the magnet. It's holding up a funny picture of Christopher Walken on the fridge. Frank Zappa with the quote "If you want to get laid, go to college, but if you want an education, go to the library."

Not bad advice. One good turn deserves another; hence, presented in random order: "Dad's 10 Commandments for incoming."

1. The most important piece of college advice my father ever gave me was, "Take the professor, not the class." Find out who the great profs are, who you click with, and stick with them. Remember — "best" is not a synonym for "easiest."

2. Unless you're one of those evil "morning people," do not sign up for a class that starts before 10 a.m. "Morning people" do not sign up for a class that starts before 10 a.m. "Morning people" do not sign up for a class that starts before 10 a.m. "Morning people" do not sign up for a class that starts before 10 a.m. "Morning people" do not sign up for a class that starts before 10 a.m. "Morning people" do not sign up for a class that starts before 10 a.m.

3. If your foreign language skills are limited. The dreaded "Freshman 15" is very real. Just because you have money on your meal card or dining plus does not mean that you have to spend it — you'll just end up with a drawer full of junk food and an unattractive gut.

4. Escape the dorms as soon as possible. For less than you're paying for a class that starts before 10 a.m. "Morning people," do not sign up for a class that starts before 10 a.m. "Morning people," do not sign up for a class that starts before 10 a.m. "Morning people," do not sign up for a class that starts before 10 a.m. "Morning people," do not sign up for a class that starts before 10 a.m. "Morning people," do not sign up for a class that starts before 10 a.m. "Morning people," do not sign up for a class that starts before 10 a.m.

5. Going along with No. 1, befriend your professors. I can vouch for the English, political science and foreign language departments; there are plenty of friendly, talented people. Remember, these are deeply passionate individuals who have dedicated their lives to the subjects they teach. In my experience, when they get devoted students, they tend to open their arms. My theory: We remind them of ourselves when they were our age.

6. Bracken Library is a treasure trove. Between loads of periodicals, popular new books, a solid selection of tapes and DVDs and a vast collection that has inspired legitimate shock and awe in me many a time, you're a moron if you don't take advantage of it.

7. A prime dorm exodus argument: the food. Healthy possibilities are limited. The dreaded "Freshman 15" is very real. Just because you have money on your meal card or dining plus does not mean that you have to spend it — you'll just end up with a drawer full of junk food and an unattractive gut.

8. Sharing a dorm room can be difficult, whether it's with a best friend or a stranger. First, it's good to know each other's class schedules. My old roommates and I would actually post them up on the wall. Why is this important? It helps to know when you'll have the room to yourself. Why? I refer you to the above Frank Zappa quote.

9. Further, regarding that particular subject — amorous activities. It's good to simply have a frank, roommate-to-roommate talk on the subject. Set up codes. The first is to signal a request to vacate the premises. For example, go to the dorm fridge, peer inside and knock on the handle or "FIP" write on the white board."

10. The cafeteria in the student center sells grapefruit halves for fifty cents. Eat two daily.

11. It's a good idea to keep a couple of Red Bulls and assorted heavily caffeinated beverages in the fridge in case of emergencies or planned writing marathons. Generally, I'd caution against writing whole papers the night before they're due; however, I have had success in the past doing so. Last semester I pulled a Red Bull-aided, nearly 24-hour writing marathon — with one break for classes — of two papers totaling about 50 pages. It yielded two of the best papers I've ever written. See page 34 for details.

Polyratings is a popular tool used by students before class scheduling. Students post their comments about professors and classes they've taken.
Vitals
continued from page 33
I've ever written, as well as an A
continued from page 33

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Jennifer Carter & Alex Mann
M A R T H A  S T U D E N T

AUSTIN, Texas — Your professor hates you. Your roommate acts as if he just landed in a new planet. And just when you think it couldn’t get any worse, the food suxks. Students who are approaching their first semester of college are saying it doesn’t matter if you’re mature enough to handle it. It’s nice to start your college career on a firm base, instead of starting off in the hole and trying to pull yourself up. In other words: Work harder this first semester than you normally would. Be careful about skipping classes and wasting time playing video games or surfing the Internet because, in my experience, those who indulge in those activities a bit too much are often the first to go.

13. So, the class you’re in looks comparable to a pleasant drawing and quartering? The prof has goat legs, horns and a familiar goatee? DROP THE CLASS. It’s very simple: Just drop it and try and pick up something else. You can do that in most cases of classes. I say the same thing to students of a conservative political philosophy who might find themselves at the mercy of some punko commie liberal lunatic prof. If you treasure your complete Ann Coulter library and take “Peace Studies and Conflict Resolution,” I’m not going to listen to you and David Horowitz whine about “liberal bias” and “indoctrination.”

14. As freshmen, the vast majori­ty of you will be under the legal drinking age.

That certainly won’t stop you from drinking, but should you choose to break the law, I would recommend drinking at quiet, small parties instead of the massive, crazy-loud parties. Cops don’t bust parties that they can’t find. You might want to just crash them overnight, too, to avoid resident assistants and residence hall staff who will boot you. Of course, if you lived off campus, then it would be another issue.

15. There are plenty of online communities with which you can get involved:

• Friendship is kinda difficult when you’re new on a new campus.
• How can you avoid the awk­ward silences with him or her?

Q. — What do you do if your roommate has a “busy love life?”

A. — (Dakarai Aarons) I’d suggest talking about where you all are from, how many siblings you have and all that jazz. You have a whole year to get to know each other, but starting with the basics will help give you a foundation to keep communication going.

Q. — What do you do if your roommate has a “busy love life?”

A. — (Katie Goodloe) Often, this results in your being “e-xiled.” The good news is that it forces you to socialize elsewhere in the lounge, the quad or the student recreational area. I met some of my best friends this way. Your roommate should respect your right to the room, too, and you. •BNB Business Bureau.

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Jennifer Carter & Alex Mann
THE RUUT AUSTIN STUDENT

AUSTIN, Texas — Your professor hates you. Your roommate acts as if he just landed in a new planet. And just when you think it couldn’t get any worse, the food suxks. Students who are approaching their first semester of college are saying it doesn’t matter if you’re mature enough to handle it. It’s nice to start your college career on a firm base, instead of starting off in the hole and trying to pull yourself up. In other words: Work harder this first semester than you normally would. Be careful about skipping classes and wasting time playing video games or surfing the Internet because, in my experience, those who indulge in those activities a bit too much are often the first to go.

13. So, the class you’re in looks comparable to a pleasant drawing and quartering? The prof has goat legs, horns and a familiar goatee? DROP THE CLASS. It’s very simple: Just drop it and try and pick up something else. You can do that in most cases of classes. I say the same thing to students of a conservative political philosophy who might find themselves at the mercy of some punko commie liberal lunatic prof. If you treasure your complete Ann Coulter library and take “Peace Studies and Conflict Resolution,” I’m not going to listen to you and David Horowitz whine about “liberal bias” and “indoctrination.”

14. As freshmen, the vast majori­ty of you will be under the legal drinking age.

That certainly won’t stop you from drinking, but should you choose to break the law, I would recommend drinking at quiet, small parties instead of the massive, crazy-loud parties. Cops don’t bust parties that they can’t find. You might want to just crash them overnight, too, to avoid resident assistants and residence hall staff who will boot you. Of course, if you lived off campus, then it would be another issue.

15. There are plenty of online communities with which you can get involved:

• Friendship is kinda difficult when you’re new on a new campus.
• How can you avoid the awk­ward silences with him or her?

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Q&A

continued from page 34

should encourage her to talk with someone if she’s being unsafe. But you are not your roommate’s keeper, and you’ll get along best if you realize that early on.

Q. — How do you balance partying and studying?
A. — (Rori Harrington) If you’re so tired in class that you can’t keep your eyes open, you are partying way too hard. If you are getting straight A’s and can count your friends on one hand, it’s probably time to give yourself a break. You should be able to have fun without dropping a letter grade.

Q. — What are alternatives to the party scene for meeting people?
A. — (Kate Goodloe) Hang out in your lounge during the day. Intramural sports can be a good way to meet people. Gossip in the back of a lecture hall. The teacher might get mad, but you can make good friends. Check out the bands at nearby clubs. The more people that go along, the more fun.

Classroom survival

Q. — What are some tips for adjusting to new professors and teaching styles?
A. — (Ben Malcolmson) It’s not that different. Don’t overthink everything, and don’t try to impress the professor with your English 4 AP knowledge. Teachers and classmates don’t care.

Q. — How do you decide which classes to take?
A. — (Ben Malcolmson) Find the best professors and take their classes. If the professor is good, it won’t matter what the subject material is.

Q. — What are the best ways to manage your time and stay on top of homework?
A. — (Philip Gray) Do your homework ASAP. If you have an hour after a class, start the assignments you just got. Finish them as soon as you can. If a paper’s due at the end of the semester, write it early, then review it before you turn it in.

Campus life

Q. — What’s the best way to get to know your campus and new city?
A. — (Lauren Smiley) Get out of your dorm room. Say yes to invitations. College is your time to meet new people and try new things, if for nothing more than the stories afterward.

Q. — Should you join fraternities and sororities?
A. — (Philip Gray) Greek life isn’t for everyone. In fact, it isn’t for most people. But don’t eschew other student organizations.

Q. — What are the best ways to earn money?
A. — (Lauren Smiley) Get a campus job that allows you to study, like the checkout desk at the library or monitoring a computer lab. There’s nothing better than getting paid for studying.

Q. — What should you do if you hate your dorm food?
A. — (Kate Goodloe) It took me almost two semesters to learn you can boil water in a microwave. That opened the door to pasta, rice and real macaroni and cheese. (Make sure you use a glass container, not a metal one.)
The Health Center basics

The Cal Poly Student Health Center is capable of providing a wide array of services to its student community.

Karen Velie

The Student Health Center provides basic healthcare to currently enrolled students with valid student identification; basic healthcare is also available at other CSU campuses for students enrolled at Cal Poly. Routine medical visits, urgent care services, x-ray, routine lab tests, education and counseling services are provided at no cost.

Oral health consultations are available on a limited basis, at no charge and by appointment with Dr. Ryan Ross and Dr. David Lacey. If ordered, a panoramic x-ray is provided at no cost. Both dentists offer discounts to students on further dental care.

Vision screenings are available on a limited basis, by appointment and for $25 with Dr. Derek Coombs. Coombs offers a student discount on contact fittings.

A specialty clinic in orthopedics is available by appointment. Orthopedic supplies are available at cost and for rent.

The Health Center pharmacy provides prescriptions and over-the-counter items at a cost. Over-the-counter items include toothbrushes, contact solutions and acne creams. It is all cash and carry, insurance is not accepted.

“Check your prices with us,” pharmacist June Celling said. “Most of our items are very cost effective.”

Individual, couple and small group counseling is available through Counseling Services. Students may discuss issues including homesickness, stress management, depression, roommate issues, dating problems, substance use, anxiety or suicidal feelings.

The Health Center is open Monday through Friday from 8 a.m. to 4:30 p.m. except for Wednesdays during the academic year when Health Services opens at 9 a.m. Appointments are recom
Health
continued from page 36

mended as wait times for the walk-in clinic range from 30 minutes to one hour.
For medical treatment referrals, emergencies, hospitalizations and after-hour care, stu-
dents will need supplemental health care insurance. For information on a policy available to CSU students, contact health services for a brochure.
All new students born before Jan. 1, 1957, are required to pre-
year we saw a lot of students
have worn themselves out," said

day.

Sheryl Dunlap, director of the Health
Services, in

Health and Counseling Services there are
four counselors and two doctor-
technician and one full-time and

Vaccinations are available at the
Health Center at a cost. Students
required vaccinations may have a
proof of hepatitis B vaccinations.

The impending arrival of the
school year is quite the scary notion,
but not because I already can't
remember which classes I signed up
for in the spring (one of my classes has
"sexuality" in the title — I'm sure of
it) or because I know that my final
registration will surely be blocked for
the fifth consecutive semester.

In truth, my fear stems from the
anticipation of the most horrid of all
tasks — something that has plagued
the beginning of each of my previous
two college years. Three words.
Move-in day. Damn, that's actually
as much dread as move-in day.

There are currently five physi-
nurse practitioners, an

Other than members of Health and Counseling Service
staff, no person or agency may receive information about a patient without the written con-
ent of the student.

There are currently five physi-

Erik Goetz
Counselor Desk (938-7300)

CHARLOTTESVILLE, Va. —
Here we are in the flip-flops and flat

During the time when students are

"I need no further proof of this
than turning down to the Sno-Cone
stand near the beach at about noon.

Adults regress under the scald-
ing heat to the point of screaming
when each other such as: "Back
off, you son of a bitch! That grape
cone is mine! I know you ordered
an entire apple!" without a hint of
honor.

However delicious Sno-Cones may
be (and believe me, I'm not disputing
that they are), this is not an appro-
riate reaction. The heat is clearly to
blame. And if this anger is a product of
the word "grandmothers" going to
parade spots on the bed. Your
muscles when it conies to the organi-

Nothing, with the possible excep-
tion of mines (who creep me out
beyond all reason... eek), fills me with
as much dread as move-in day.

"Waxy." But hey, buck up — you only
have three more move-in days left in
your college career. And, if you need
another reason to be happy, consider
this — at least you're not a creepy
moans, however, have other ideas.
They want you to put your pillows in
a special pocket on the bed. Your
posters must be STRAIGHT because

Erik Goetz, Counselor Desk (938-7300), explains the vaccination requirements for students.

If parents dominate the process of
moving the boxes, mothers flex their
muscles when it comes to the orga-

A Paris dance studio, a kiva, a
perhaps a cowhouse... a million
places. That alone, my friend, is worth
celebrating.

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Counselor Desk (938-7300)
The myths of college life

Jennifer Green
KALEIDOSCOPE (U. ALABAMA-BIRMINGHAM)

BIRMINGHAM, Ala. — Welcome back everyone. In the case of you freshmen, welcome to college. How long you all must have been waiting to get here. Believe it or not, I’ve been waiting for you to get here myself... roughly half of you anyway.

Those of you newcomers lacking the Y chromosome provide an aesthetic quality to campus unparalleled by even the finest of sculptures and shrubbery that surround us. Because of the selfless landscaping contributions made by those freshmen deficient of the Y chromosome, I feel it my duty to give a small something back to your entire class. I’ve compiled a short list of college myths, followed by realities to help guide you in your journey.

Myth No. 1
That vacant room on floor whatever of your dorm is haunted because some heartbroken coed drops her pants in there back in the 1950s. This whisperer exists on every reputable campus nationwide and is gobbled up by every freshman who’s gullible enough to believe it;
them passed on by every junior then passed on by every junior then passed on by every junior.

In reality, that dorm room is vacant due to the structural design of your building. The engineers could not remove all of the asbestos from behind its walls. University officials, scared to mention that there’s even a trace of the dirty stuff in your hall, keep the room locked and slip rumors of a haunting. Those screechy cries heard late into the night are not coming from the “haunted” room. They’re coming from the room of the former high school Joe Jack who’s dreams of starting at running back for UAB were quickly squashed by the first 265-pound “manimal” that compromised his bone structure during tryouts.

Myth No. 2
In the event that a Dart bus hits you, you get a 4.0 for the semester. If you don’t know what a Dart is, it’s a bus you can ride around campus that looks like a trolley car. Inevitably, someone is going to tell you that getting hit by one of them will lead to you being able to bar- gain a 4.0 for the semester in return for your silence.

In reality, you’ll be waking up most mornings only feeling like you’ve been hit by a Dart bus. Thank select upperclassmen for these mornings. Their friend making method consists of buying and distributing bottles of cheap vodka to people like you. Further, they will try to convince you that their way of life is THE way of life. If you want to end up drunk, fat, lonely, a failure, and in debt for the next four years, you are barely going to be eating just barely better than a stray dog does. You’re going to leave here with as much debt as someone who just bought a brand new Corvette, sans the Vette. Your first job won’t even require that you have a degree.

The best years of your life will be when you come back to your alma mater and see how much of a better place it has evolved into since your stint here. Your best years will be when you’re watching ESPN and you see UAB pull an upset over some SEC school your idiot boss with a Napoleon complex went to. It will invigorate you. It will make you determined to come back to your roots and make a home game. Remember that you’re going to be eating just barely better than a stray dog does. You’re going to be able to pay your rent.

In reality, for those of you not born into vast sums of wealth, for the next four years, you are barely going to be able to pay your rent. Your 1982 Volvo is going to break down at the worst of times. You’re going to be eating just barely better than a stray dog does. You’re going to leave here with as much debt as someone who just bought a brand new Corvette, sans the Vette. Your first job won’t even require that you have a degree.

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Wisdom for campus survival

Jim McCormick
THE DAILY COGER (HOU)

HOUSTON — Tuesday marks the beginning of my penultimate semester as a student at the University of Houston. During the last three years, I've had many adventures with the various elements of the university bureaucracy, most notably the Department of Residential Life and Housing; and I'm well qualified to impart some of the wisdom I've gained in the three years of my life as a campus resident.

There's never enough room. This is something you've got to get used to because it's a part of dorm life everywhere. Most of the furniture is quite old, and I'd recommend getting your own office chair to replace the rather uncomfortable ones supplied in the room. In fact, if you're a resident, most of your furniture is in bad shape, as you've probably already noticed. The more of it you can replace, the better off you'll be. However, remember that it's not OK to throw your desk out of your third floor window and burn it, as I suggested a couple of years ago.

Things will break quite frequently. A fuse will blow any time you try to watch television, work on your computer and use the microwave at the same time. Your room's sink will probably leak, and you're quite lucky if both Ethernet ports work. Still, you've probably already noticed. The more of it you can replace, the better off you'll be. However, remember that it's not OK to throw your desk out of your third floor window and burn it, as I suggested a couple of years ago.

You'll need it quite frequently. Another phone number to keep on speed dial is your hall's front desk. These people will have a key in the event you and your roommate lock yourselves out of your room at 2 a.m. following a huge party down the hall or a rather messy break-up with your significant other. On a related note, don't get into any kind of trouble involving RHL because their disciplinary system isn't fun — I can tell you that from experience. Of course, if you do find yourself in that situation, forming a professional relationship with Sandy Coldharp, the associate director of RHL, beforehand will come in handy.

She's a good person and is there to help students.

I also recommend at least attending Residence Halls Association meetings — those can be quite informative. I have, on several occasions, gotten useful information at the meetings regarding various things like food service, maintenance issues and study space closures. In fact, get yourself on a committee or two; the officers don't bite.

If you don't have a vehicle, make sure you've got friends who do. Never underestimate the ability of a 2 a.m. run to Home of Pies to lift your spirits after a chemistry test, or go to Will-Mart to pick up a few necessities. Both have hit me on various occasions, and knowing which friends have vehicles can come in handy. Alternatively, try getting a full copy of Metro's bus schedule and route map. Despite what your impressions of mass transit in Houston may be, service inside the loop is fairly complete.

Another person to find is someone who knows how to fix computers. While Technical Support Services can help you until 8 p.m., most of your computer problems will mysteriously happen after that time. In addition, the residence network is riddled with viruses, worms, Trojan horses and spyware. You don't want to know how it happened, but make sure you've got a good firewall, virus scanner and anti-spyware software. Also, using Mozilla Firefox as your Internet browser is a must, as your computer will only remain under your control for a short time if you even open Microsoft Internet Explorer. I'd suggest avoiding any Microsoft software, but that's another column entirely.

Under 21 and bored

Nick Hoover
MUSIC/DAILY

If you're under 21, or think the bars aren't the place that you want to be seen, then here is the guide for you: The minor's guide to SLO living.

During the school year, there are plenty of things to do if you are bored.

Sports
Cal Poly has a full array of Division I sports. In the fall, you can catch a free football game if you are a student, or watch the volleyball team spike the ball at a match in Mott Gym. Later in the year, catch a baseball or softball game (or sometimes both) in the new sports complex. One way or another, you have no excuse. There is plenty of athletic action to be found, so stop wasting away in your dorm room watching ESPN.

Friendly competition
So Johnny across the hall thinks he has a mean game of S-ball? First step: make him play 9-ball to take him out of his comfort zone, and secondly show him what real competition is at the bottom of the University Union. Open late on the weekends, this is the place to be for billiards, bowling and the ever famous Dance Dance Revolution video game. Special pricing for students, and on Saturday nights you can find a few students bowling, their worries away to a disco ball, black lights and some funky music during cosmic bowling. Be sure to bring your "A" game.

People watching
You might not be able to get into the bars, but you can definitely watch the people who do. Find yourself a nice bench, get a waffle cone from Cold Stone Creamery or some good bands if you can catch some good bands if you see Under 21, page 39.

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To the hills
There are so many places to hike, we can’t even list them all. We’ll get you pointed in the right direction though. Check out Poly Canyon first. Located on Poly Canyon Road, which starts at the base of the Centro Vista Apartment Complex, the Canyon is full of wide-open spaces. Be sure to get on a marked trail, and read any postings at the end of the road. Another favorite is Bishop Peak. The best place to park is where the city ends on Football Boulevard. The hike isn’t too difficult, and the views of the city are breathtaking. If you go in the evening, provide yourself enough time to get down the mountain while it is still light outside. Finally, if you want to venture elsewhere in the county, try out Montano de Oro in Los Osos. The area’s status has guides on the best trails. If you’re looking for a place to take that special person of yours, you might try the Bluff Trail. It overlooks Spooner’s Cove, does not require any uphill hiking and it’s got plenty of spots to take a break and enjoy the views.

Gleaming the cube
Check out the skate parks situated throughout the county. Morro Bay’s skate park is right next to Morro Rock, and overlooks the ocean. It has plenty of rails to grind, ramps and a halfpipe. If you’re looking for an empty swimming pool, don’t worry: Grover Beach has your order filled, no pun intended. Other cities in the area with skateparks are Cambria, Paso Robles, Templeton and one is being built in Los Osos.

Fiestas of the Kayak
Johnny Depp might not be there, but if you close your eyes you might be able to imagine it. Kayaking is a great way to spend your weekend. Morro Bay has several kayak rental shops along the boardwalks to get you set up. During high tide, you can cruise all the way back in to Baywood Park to check out wildlife and beautiful scenery. If you get bored paddling away, you can beach your Black Pearl-esque craft on the sand spit between the ocean and the bay. Look closely if you search long enough you can find some neat artifacts from when soldiers were trained for World War II beachfront assault. Be careful though, don’t get stuck in the sand when the tide goes out. And while it may seem like a great idea to battle the crashing waves, Morro Bay’s harbor is rated one of the most difficult to navigate through. Be smart. Keep your kayak and yourself in the bay, and not in the ocean.

You too can be Napoleon Dynamite’s grandmother.
Just don’t hurt yourself like she did. Quad, sand rails and a lot of lifted trucks make their way out on the Oceano Dunes every year. If you are looking for something to do, head out to the beach on U.S. Highway 1 for some fun times with 25 horsepower between your legs. There are many companies to rent ATVs from, and if you want to go for the long haul, you can camp overnight with the gentle sound of the ocean filling your ears. If you’ve got your own machine, make sure it has a flag on it to avoid getting popped by the park rangers. If you do not want to fly over the dunes, you can always drive along the beach in your car too.

Bike night
Get your Huffy aired up, because if you want to cruise downtown with hundreds of other bicyclists, you’ll need to be ready. After Farmers’ Market on Thursday nights, bicyclists hit the streets with headlights and various noise-making devices. The event starts at the Mission Plaza. Make sure you have a headlight, it’s the law, and the police are on bicycles to make sure safety remains top priority. So, if you’re looking for something to do on Thursday night, take your bike to Farmer’s, grab a barbecued turkey leg and ride in style downtown.
INSIDE

• The original KCPR DJs back on the mic
• Behind UU walls
• Party on, minor style
• Local music scene
• Park and watch at the drive-in
Once a KCPR DJ, always a DJ

It's been 37 years since Brown was in the KCPR studio to hear the first words broadcast. But time has only served to increase his love for the station.

Brown stumbled upon this passion for radio in his first days at Cal Poly, when he accidentally wandered into the KCPR studio. "I was there the moment KCPR first went on air," Brown said, "and I'll tell you, it was a traditional kind of thing. Those guys used whatever they could to put that station together."

The first words? As the group of students struggled to make their first broadcast, one voice rang out over the air waves: "IS THIS THE DAWN SWITCH?"

These are words that may sound unexceptional, but they are words that Brown said, "exemplify how vital and real the station is."

Since then, it has become tradition at KCPR to try new things, experiment and say ahead of the crowd.

Brown's excitement since the days when he helped KCPR get on its feet hasn't diminished.

Now, he is more excited about how far the station has come. "That station was put together by a bunch of engineers who got together and made it happen. They put the headline into KCPR," Brown said. "But the people must have put on the flesh."

With many radio stations now run by large companies, KCPR remains one of the only local independent stations.

Welcome to the Neighborhood

Saturday, Sept. 17 • 11am-3pm

New Frontiers is your neighborhood market & deli. Whether you're shopping for groceries, off to a picnic or need a quick meal or snack, New Frontiers has everything you need.

Come to our Neighborhood Fair and enjoy...

A Tasty Barbecue featuring certified all natural chicken and beef.

New Frontiers is your neighborhood market & deli. Whether you're shopping for groceries, off to a picnic or need a quick meal or snack, New Frontiers has everything you need.

Healthworks - A free clinic offering dentistry, chiropractic care and natural health care.

Learn your way around town with the Bicycle Coalition

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I think the community overlooks the value of the station,” Brown said. “Everyone should listen in so that they can broaden their horizons. People should find a way to support this because lower power, independent stations are so hard to find.”

More than a station, it’s a lifestyle. For Neal Losey, KCPR was more than just a college hobby. It helped him realize his love of music could turn into something he would enjoy doing for the rest of his life.

Starting at Cal Poly in 1985 as a history major, it was four years before he learned KCPR. DJ didn’t have to be journalists majors. Losey quickly immersed himself. While most DJs start with one show their first quarter on air, he did seven.

I almost switched majors just so I could do it,” Losey said. “It ended up being the best part of college for me by a long shot.”

One of his favorite parts of being involved with the station was the friendships he gained.

One of the closest friendships Losey formed was with Patty Meni, who is now his wife. When he started as a DJ, Losey said she was his trainer and day by day they formed a tight bond.

“We just had a connection. We clicked,” Meni said. “It was good because we didn’t have to date to get to know each other.”

“I didn’t come to Cal Poly for the degree. I came because I wanted to learn, and at some point I realized what I was doing at KCPR is what I always want to do,” Losey later proposed to Meni on top of the World Trade Center in front of their DJ friends at a music convention in 1993. Meni also was a DJ this summer on KCPR.

Now the music director for KCBS, 90.1 FM, Losey recently realized that his love for KCPR was no shock. As a child, he would bring in record albums for show-and-tell. In high school, he would constantly try to find new music that his friends might like and play it for them.

“And it just felt so natural for me to get involved.” Losey said. “I didn’t come to Cal Poly for the degree. I came because I wanted to learn, and at some point I realized what I was doing at KCPR is what I always want to do.”

The station, however, was not just a way for Losey to get from one point in life to the next. The station, which is all student and volunteer-run, is something he feels is rare and valuable.

“I love that station so much and what it stands for. It’s student-run by volunteers who are passionate,” he said. “No other stations that are local and live as they are.”

And Losey’s devotion has never ceased. After graduating, in 1993, he stayed on as DJ until 1996 and has since continued to offer his service each year for voice training and other behind-the-scenes positions.

For details on how to become a DJ, visit www.kcpr.org or call 756-5277.
At the McPhee University Union, Cal Poly students can get involved in the community, study, eat and even map between classes.

"You have opportunities to go places you won't really have the chance to go once you're old and out of college," Colditz said. "And it's all in a non-threatening atmosphere where the leaders are welcoming." For more about Poly Escapes or a schedule of trips, call 756-1287 or visit www.asi.calpoly.edu/asi/polyescapes.

Arts and Crafts Center

Whether you want free crafts or want to learn how to make your own, the Arts and Crafts Center offers a variety of ways to get rid of your bottled-up creativity.

The Arts and Crafts Center, located downstairs in the UU and funded by ASI, offers classes starting the third week of the quarter in a variety of disciplines, including ceramics, surfboard shaping, jewelry smithing and casting, bike repair, stain glass, flame working, woodshop and photography. Classes are two hours a week for six weeks. If one already has experience with the arts, however, they can pay a fee to use studio space.

A free craft class such as basket weaving, hemp necklace-making or candle-making is offered every other Friday starting the first week of the quarter in a variety of disciplines, including ceramics, surfboard shaping, jewelry smithing and casting, bike repair, stain glass, flame working, woodshop and photography. Classes are two hours a week for six weeks. If one already has experience with the arts, however, they can pay a fee to use studio space.

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Joose, fronted by singer/guitarist Sam Sharp, rocks a fusion of hip-hop, bluegrass, soul and rock.

Jennifer Gongaware

Though San Luis Obispo is far from a major city like San Francisco and Los Angeles, there are still a lot of great live, local music and national acts that come to the city.

The multitude of genres matches the diversity of students that attend Cal Poly. From reggae, funk, punk, blues and swing, the local music scene has something for everyone.

"Surprisingly the student population has become more progressive and forward thinking when it comes to music genres," said Eddie Burges of Numbskull Productions.

Numbskull Productions puts on many live music shows in SLO featuring both local and not-so-local bands. With national acts, they have an 80 to 100-percent turnout rate, Burges said.

Venues used by Numbskull Productions are SLO Brew, the Cal Poly Recreation Center and The Graduate.

Of course, there are other shows organized by other groups that generate crowds at various venues such as The Dwelling, Frog and Peach, Mother's Tavern and the Veterans Memorial Building.

Most mainstream acts are also brought to San Luis Obispo through various sources. O.A.R., Jack Johnson, Long Beach All Stars, Papa Roach and Living Legends have all performed here.

"The local scene is better now than it's ever been," Burges said. "Some bands are even getting label attention." Many mainstream acts are also brought to San Luis Obispo through various sources. O.A.R., Jack Johnson, Long Beach All Stars, Papa Roach and Living Legends have all performed here.

"When we bring the music, most people are pretty supportive," Burges said.

Ford has been writing since he was in 6th grade. He is currently finishing up his first album which contains 17 tracks. He has played many shows in the area including an AIDS Awareness benefit at the Veterans Memorial Building in San Luis Obispo. Ford has been involved with San Luis Obispo's hip-hop scene since he moved to the area and sees the location of the town, in the middle of San Francisco and Los Angeles, as a factor in hip-hop existence.

"It's developed, but there's always been something here," Ford said.

Joose frontman Sam Sharp's signature soul-filled voice sends the crowd into a trance.

The best way to find out about upcoming concerts is to visit www.pollstar.com or go to the venues Web site.

ASL also hosts concerts for students throughout the year, such as Flogging Molly on October 15 at 8 p.m., local acts during Thursday's UU hour 11 to 12 p.m., and "Pre-Funk Friday Concerts" on the third Friday of every month at 5 p.m.

During Farmers' Market, on Thursday nights beginning at 5:30 p.m., there is usually a local band playing on one of the side streets.

For instance, the band Resignation will be playing at Farmers' Market on November 10 and December 15.

Resignation is a popular local reggae band that has a large Cal Poly student fan base. Most of their music is original, but they also play covers of Bob Marley songs.

Joose is another local band with a large fan base in their hometown of San Luis Obispo thanks to their harmonious blend of hip-hop, reggae, soul and rock. Joose frontman Sam Sharp's signature soul-filled voice sends the crowd into a trance.

A majority of the crowd sings along with Sharp as he sings popular songs such as "Froze," "The Doctor" and many others.

"I have seen the music scene change a lot since 2001," said event and promotions coordinator Taylor Stevens for SLY 96 (KSLY 96.1 FM). "It has gone from almost nil to not that bad."

Burges also agrees on the progress of the local music scene in San Luis Obispo.

"The local scene is better now than it's ever been," Burges said. "Some bands are even getting label attention."

"Many mainstream acts are also brought to San Luis Obispo through various sources. O.A.R., Jack Johnson, Long Beach All Stars, Papa Roach and Living Legends have all performed here."

"It's developed, but there's always been something here," Ford said.

Some upcoming shows include the punk group Expendables on Oct. 5 at 8 p.m. at SLO Brew and for all ages.

The hip-hop group People Under the Stars make its debut at SLO Brew on October 13 at 8 p.m., which also an all-ages show.

Tickets can be purchased at Boo Boo Records.

"As far as the students go, we really try to cater to them," Burges said. "We strive to be appealing to them and what they want."

Rich "Intellekt Conduit" Ford, 23, a Cal Poly animal science student, will be the opening act for the Alkoholiks all-ages show on October 4 at 8 p.m. at SLO Brew.

Ford has been writing since he was in 6th grade. He is currently finishing up his first album which contains 17 tracks. He has played many shows in the area including an AIDS Awareness benefit at the Veterans Memorial Building in San Luis Obispo. Ford has been involved with San Luis Obispo's hip-hop scene since he moved to the area and sees the location of the town, in the middle of San Francisco and Los Angeles, as a factor in hip-hop existence.

"It's developed, but there's always been something here," Ford said.
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**At the drive-in**

Jennifer Gongaware

BY LAURA FLOWERS, 22, A MATH SENIOR

Across from the Madonna Plaza, the large screen shows up into the sky and the faded red letters of “Sunset” are the usual sight for Highway 101 commuters. Around 7:30 p.m., as the sun slips behind Madonna Mountain, the headlights of cars can be seen curving around the dirt road leading to the entrance of the drive-in.

Regardless of season, every night the Sunset Drive-In shows a movie at 8 p.m. The movies change weekly and are always first rate.

The drive-in rarely fills its 900-seat capacity, but at 7:30 p.m., when the gates open, cars wanting to nab the “perfect space” make down Elks Lane.

Spaces are aligned in rows away from the screen and are designated by white polls holding speakers to place on the side of cars.

A word of advice: take advantage of the radio station airing the sound of the movie. The speakers are old and do not hang easily on the side of a car or truck.

Arriving early also ensures that you won’t have to irritate other movie-goers by driving around with glaring headlights. But if you do happen to fall into this predicament, expect honks and yells.

There are many different seating choices in a drive-in. The best seems to be in a truck with a flatbed or an SUV with a back door that flips up. Many college students unload couches and chairs to lounge in.

Of course, there’s always the old-fashioned car. “In a car you can recline the seats,” said Katie Cowley, 22, an agriculture business senior. “But the center console is bad.”

There are the normal amount of previews before the start of the movie and this is a great time to get situated in your vehicle. Lay out the blankets, situate the pillows so the metal of the truck or car isn’t digging into your back and zip up your hoodies because it is usually pretty chilly after dark.

There are plenty of snacks and refreshments to buy at the snack bar located at the back of the rows of spaces. However, most people take advantage of the fact that it’s a drive-in and bring their own food and drinks.

Also, since it is a drive-in, you don’t have to worry about disrupting anyone.

“The greatest thing about the drive-in is that you can talk during the movie...”

— LAURA FLOWERS, 22, A MATH SENIOR

“...and zip up your hoodies because it is usually pretty chilly after dark.”

Flowers said. “And the fact it’s an American icon.”

After the first feature there is a 15 minute break before the start of the second feature. The typical dancing popcorn and sodas appear on the screen and every five minutes a countdown appears until the start of the next movie.

The bathrooms are attached to the snack bar and the lines can be long during the break. The best bet is to hit the row of porta potties lining the road into the drive-in.

Some people leave before the start of the second feature, but a majority stay to get their money’s worth out of the $6 entrance fee per person.

Children 11-and-under are free.

“The cheap price is the best,” Cowley said. “And the fact it’s an American icon.”

Some things to bring to the drive-in include plenty of blankets, pillows, popcorn and other snacks, beverages and a sweatshirt or light jacket.
The Daily's Guide to Dining in SLO

INSIDE

- Campus meals: What's offered?
- Top delivery options
- Best food within 2 miles of campus
- Top 5 SLO Restaurants
- Commentary: No drive-thrus
Incoming students will be the first to test the new Garden Grille, which replaces the Lighthouse’s cafeteria-style dining.

Karen Velie
Staff Writer

Campus Dining has announced the opening of a new eatery on campus this fall: Garden Grille. The Lighthouse’s cafeteria-style dining is out and restaurant-style dining is in.

Stark white walls have been painted yellow, pink and purple, while redwood benches and plants now adorn the entire dining room giving it an outdoor ambiance. Trellises and fences have been brought in providing diners with a more secluded restaurant experience.

“We are offering a really upscale menu with large portions,” said Claudia Boller, assistant supervisor at Garden Grille. “We’ve opened up two sections for large parties.”

For meals, students will have a variety of exhibition food stations to choose from: Tuscan chopped salad, Jamaican prawn salad and Caribbean chicken salad at the salad station; linguini chicken alfredo, spicy Cajun shrimp pasta and linguini and chicken with pesto cream sauce at the pasta station; tandoori wrap and Thai marinade wrap at the wrap station; sandwiches and burgers at the grill and boiler station.

At the comfort food station, chefs select a daily menu that includes carved meats and home cooking chosen to remind students of mom’s culinary delights.

“Our pasta station is going to be real popular,” said Steve Archuleta, Garden Grille supervisor. “During meal trials it has been the most popular.”

The Garden Grille is open Monday through Friday from 11 a.m. to 8 p.m.

The Garden Grille will exist only one year. At the end of this school year, the Garden Grille will close for major renovations and a new restaurant is scheduled to open in the Fall of 2008. The dining options will be similar to those offered at the Lighthouse.

“We are offering a really upscale menu with large portions. We’ve opened up two sections for large parties.”

— CLAUDIA BOLLER, assistant Garden Grille supervisor

The Avenue is a food court-style dining option that offers Chick-fil-A, Tapango’s, Nathans Famous Hot Dogs, Red Dragon Wok and City Deli.

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See Grill, page 60
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Parsnip Parmesan Puree, Broccolini, Tangy BBQ Beef Jus

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Three Cheese Grits, Asparagus, Sarsaparilla Demi

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Expiration: October 31, 2002
The Sandwich Factory serves breakfast burritos, croissants and waffles for breakfast and build-to-order sandwiches or prepacked items for lunch.

Grill
continued from page 58
The avenue is open for breakfast, lunch and dinner, Monday through Friday. A customer can enjoy buffet-style dining at the Veranda Café. Choices include fresh made sandwiches, salads, soups, a lunch special and desserts. Late for class, grab a cinnamon roll or a quesadilla for breakfast at Tapango’s. Their express lunch choices include quesadillas, burritos, tacos, rice and beans.

Craving a little extra attention, the Vista Grande Restaurant offers sit down dining with table service. Meals include salads, sandwiches, soups, desserts and a variety of traditional and ethnic dishes.

A favorite of dining plan patrons, VG Café offers pastas, grill items, a salad bar, sandwiches, meat specials and desserts. Looking for an extra boost to make it through a grueling day of lectures, exams and studying.

There is no excuse for missing your daily serving of fruit when there are two Lucy’s Juices available on campus. Smoothies are created using whole fruits, juices, yogurt, wheat germ and a variety of other nutritious ingredients. At the Park, vending machines accept Campus Express, and offer students soft drinks, coffee, candy bars, chips, sandwiches and other snack items. The park’s dining area is open 24 hours a day.

The Campus Market offers a quick one-stop shopping location that carries everything from sandwiches, pizza, gourmet coffees, grocery items and fresh-made pastries to last-minute school supplies. The Campus Market is open seven days a week from 6:30 a.m. to 10 p.m., except Fridays and Saturdays when the market closes at around 9:30 p.m.

All students living in the on-campus residence halls are required to have a dining plan. There are three options available; through the Freedom Dining Plan students receive five meals each week in VG Café or Sandwich Factory and 687 plus dollars to be used at campus eateries per quarter, through the Flexibility Dining Plan students receive eight meals each week in VG Café or Sandwich Factory and 414 plus dollars to be spent at one of the campus eateries per quarter, through the Security Dining Plan receive 10 full meals each week in VG Café or Sandwich Factory and 232 plus dollars to be spent at the campus eateries per quarter.

Dining plan meals are set back to zero every Saturday; if you don’t use them, you lose them. Plus dollars are available through students’ Poly Cards, and roll over from fall through spring quarter. At the end of the contract period in June any unused plus dollars are forfeited.

“When we notice big extremes in a student’s spending we call them on the phone,” Chishinan said. “If they’re spending too slowly, we ask if they know how to use their dining plan.”

Dining plans can be changed during the first two weeks of the quarter by filling out a change request form. Dining plans cannot be transferred.

If a student drops out of college, dining plan funds are refunded only when housing costs are refunded.

For students that have been evicted...
TOP 5 EATS

Nick Hoover
MUSTANG DAILY

Alas, college is finally here. You've got your graphing calculator, iPod and some killer new sandals because this place is like a permanent vacation. Now, there's only one problem, where do you and your friends go to eat? Worry not, the Mustang Daily has the naps that'll guide you to the best-bargain places that make your stomach happy.

FIRESTONE GRILL, SAN LUIS OBISPO
1001 Higuera Street
Basically, there is no alternative. This is the best place to eat in town. You'll see plenty of familiar faces, and there's no shortage on options. Rated "Best for" in a number of categories by the Mustang Daily and "Best of" by New Times, Firestone offers addictive seasoned fries and a spectacular tri-tip sandwich. If the $8 price of the tri-tip is a little too high for your budget, there are a few other items to try on the menu. The chicken tacos only cost $3, a small price to pay for a 10" diameter tortilla filled with barbecued chicken, cheese, salsa and lettuce. The grill has tortilla filled with barbecued chicken, salsa, guacamole, sour cream, onions, cilantro and crispy beef (they have chicken and pork as well) will tide you over for the rest of the day. Beware, these burritos are not designed for the amateur eater. Weighing in at two pounds, according to a non-scientific survey, the best place to eat in town. You'll see plenty of familiar faces, and there's no shortage on options. Rated "Best of" by New Times.

MUSTANG DAILY's Top Five
- Firestone
- Tio Albertos
- Big Sky Cafe
- Gus's Grocery & Deli
- Woodstock's Pizza

Try this burger is a fantastic way to start an evening downtown. Finally, if you want to go with more vegetable intake, try the chicken Caesar or steak Cobb salad, just $4 for a small one topped with the perfect ingredients.
Top 5
continued from page 61

study, these bad boys will drop anchor in your stomach for a few hours. If you’re up for trying something new, try a special vegetarian burrito. With grilled vegetables (zucchini, bell peppers and more) and a special sauce added to the mix, it’s a good backup if you’re looking for something lacking meat.

BIG SKY CAFÉ
1121 Broad
The best San Luis Obispo restaurant, according to the New Times reader poll. If you’re used to slamming fake cheese nachos at Taco Bell, or a whopper that’s not so whopping anymore, then you haven’t taken down a bomber sandwich with a few cold ones at the beautifully situated Gus’ Deli patio. There are plenty of choices under $10, with menu items like the “really tasty turkey burger,” or “applewood chicken sandwich.” It’s no wonder the Los Angeles Times called Big Sky a “top-notch pick.”

Breakfast is no mystery at the café either. Try the wheat pancakes if you want to start your day with a complete breakfast. Big Sky provides the food, atmosphere and the price to set you up with a successful eating mission.

GUS’S GROCERY AND DELI
1638 Osos
You’re making a huge mistake if you haven’t taken down a bomber sandwich with a few cold ones at the beautifully situated Gus’ Deli patio. This corner market has a million options on the sandwich order form. There are three different size sandwiches to match your hunger level, homemade hot chips, potato wedges, brownies, cookies and other delectable goodies. If you’re over 21, you’ll be thrilled with the happy hour prices on draft beer, and even more thrilled at the selection of bottled beer. For the under-21 crowd, you’ll still be happy with options like guacamole, steamed tri-tip and that classic white paper-wrapped sandwich that you thought you would never find ever again. Be sure to keep an eye on your friends if you get any mojos (potato wedges). They’re a popular item that may disappear from your plate.

WOODSTOCK’S PIZZA
1000 Higuera
Stop, don’t think that this is a typical pizza place. Woodstock’s is always bustling with crazy college kids, and there’s a reason for it: It’s good. It was rated tops in the Mustang Daily “Best for” edition, Tribune Reader’s poll and New Times. By the slice, customers can snag a good meal at $1.50. If you want to go big, make sure to mention you’re a student for the discount price. Woodstock’s also has a few tricks up its sleeve. The CinnaBread are baked to perfection. They look like a pizza, but instead of sauce and toppings there’s cinnamon and a sweet glaze.

Woodstock’s is always bustling with crazy college kids, and there’s a reason for it: It’s good.

On Wednesday nights, Woodstock’s offers pint night. Buy a glass and get cheap beer ($1 refills, $2 for premium).

Beer and pizza always do mix, don’t they?

Their salads are just as good as the pizza.

Try out a Brother Tom salad with balsamic vinegar if you want to walk the green line. Topped with carrots, tomatoes, cucumbers, croutons and mozzarella, you’ll be happy that the Mustang Daily knew where to send you.

Mustang Daily “Best for” edition, Tribune Reader’s poll and New Times. By the slice, customers can snag a good meal at $1.50. If you want to go big, make sure to mention you’re a student for the discount price. Woodstock’s also has a few tricks up its sleeve. The CinnaBread are baked to perfection. They look like a pizza, but instead of sauce and toppings there’s cinnamon and a sweet glaze.

change from safe-ride home: $.50
long island iced teas: $4.00
bra that you found on your head: $12.00

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bra that you found on your head: $12.00

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No drive-thru, no problem

Word association for San Luis Obispo: Cal Poly, beaches, nice weather, unique downtown, no drive-thrus at fast-food restaurants, college town. Wait, there is not single drive-thru in all of San Luis Obispo! That must be a joke.

Throughout the city, drive-thrus are nowhere to be seen which truly puts the SLO in slow.

At first, walking into all fast-food restaurants seems a little strange, but over time the novelty of driving past a window to pick up food has worn off. After being here for two years, walking into Carl's Jr. or Jack in the Box is the same as heading downtown to dine-in at Firestone's.

Business senior Dan Beuchat echoed this sentiment when he said he enjoys the different lifestyle stemming from the town's lack of drive-thrus.

"I like that there are no drive-thrus here because people don't need to be fed through a window," Beuchat said. "It took over five years (his time since coming to Poly) to develop this opinion but the more you are here, in San Luis, the more you learn to like the lifestyle.

Eliminating the city's drive-thrus might also get people passing through to stay a little longer until they hit Atascadero or Pismo Beach. If this is the case, I applaud the city.

This small city maintains a slower, more relaxed pace which cannot be found in the bustling urban settings of Los Angeles and San Francisco. Only cities not influenced by corporate pressure can pass an ordinance eliminating a major element of fast food corporations.

Our city's lack of drive-thrus is at first a bit confusing, but over time the lifestyle creates a charm forgotten in most towns.

I recommend embracing the thought of a city without drive-thrus. In what has become a fast-paced American society, it is still nice to know a place exists where people are forced to momentarily slow down, step out of their cars, interact with other community members and eat a meal off of a table instead of a dashboard.

Jaclyn Taylor
Scholl: (BYU-Idaho)

REXBURG, Idaho — Millions of Americans consume a variety of processed foods, most of which are composed of genetically-modified foods. In fact, "more than 60 percent of all processed foods in the U.S. contain ingredients from GM soy, corn, or canola," according to www.actionbioscience.org.

Genetic modification alters the genetic makeup of living organisms, such as animals, plants or bacteria.

The Food and Drug Administration does not require manufacturers to have GM information on the labels of their products, or to notify the government and consumers when introducing a GM food.

GM foods are not natural, nor are they harmless. These foods might create toxins, allergies, nutritional problems and new diseases that may be difficult to identify. Although scientists notified the FDA of these risks, the FDA maintains their claim that these foods are safe.

The FDA is supposed to be responsible for protecting the public from harmful things, but instead it lets these hazards casually slip by. It seems that making a back is more important to than protecting the health of the people, as if what people don't know won't hurt them.

One example of the negative effects of GM foods is when "about 100 people died and 3,000 to 10,000 fell seriously ill when they consumed the food supplement L-Tryptophan. Only those who consumed the variety that was genetically modified became ill," Jeffery M. Smith, author of Seeds of Deception, said, according to www.seedsofdeception.com. Smith also informs us that the "brand had minute, but deadly contaminants that would easily pass through current regulations today. If the disease it created had not been rare and acute, with crippling and deadly symptoms, the GM supplement might never have been traced as the cause."

His book reveals that the milk from a certain group of treated cows contains an increased amount of the hormone IGF-1, or insulin growth factor 1 (somatomedin C). This hormone is one of the highest risk factors associated with breast, prostate and other cancers.

He also found that "soy allergies skyrocketed by 50 percent in the U.K., coinciding with the introduction of GM soy imports from the U.S."

People in this country should take action by staying updated on what is happening in the food industry and informing the people around them. Information can be found through the news and Web sites, such as www.seedsofdeception.com.

The FDA and the food executives will do whatever it takes to keep their cash flow, even if it means that they have to act like they care about the health of their customers. If enough consumers will recognize the danger, and avoid eating foods with GM components, the food company executives will be forced to take the steps necessary to remove GM ingredients from their products.

An extensive list of foods (by brand and category) that indicates which foods have GM ingredients can be found on www.truefoodnow.org. The list includes most of the foods you would buy at the grocery store, such as cold cereal, potato chips, pancake and muffin mixes and microwave popcorn.

Wow! Blazing Blenders is 20 years old.

1985-2005

Blazing Blenders is San Luis Obispo's original and best smoothie bar. Since 1985 many others big and small have duplicated Blazing Blenders, but none come close. Come in and find out what the best smoothies in the country taste like.
Come See Us.

For more than just a serious sandwich on our famous sourdough bread. We also serve sourdough crust pizzas, fresh salads, hearty soups & more.

Schlotzsky's Deli
Penny Names. Serious Sandwiches.

Schlotzsky's Deli
3820 Broad St
San Luis Obispo, CA 93401
(located in the Marigold Center)
805-544-1700

$1.00 off any sandwich, wrap or pizza.
(with student ID)
Coupon good for one visit at Marigold Center location. Not valid with any other offer, sale or at walk-in.
3820 Broad Street • San Luis Obispo, CA 93401

Pass Go Collect $200

Schlotzsky's Deli
Penny Names. Serious Sandwiches.

Schlotzsky's Deli
3820 Broad St
San Luis Obispo, CA 93401
(located in the Marigold Center)
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Sausage Black Olives
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Bring your friends and enjoy lots of fun, dancing, singing and raffle prize give-aways!
Remember: We now have a FULL BAR.

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Environment plays major role in diet, study says

Xiaowei Cathy Tang

ITHACA, N.Y. — At a barbecue, Dan Lee, a Cornell University sophomore, picked up his third hamburger.

"I'm not very hungry," he admitted. "But it looks really good!"

Lee, like most other people, may use environmental cues to decide how much food to consume, according to a Cornell study published in the April 2005 edition of the journal of Physiology and Behavior. In the study, 12 normal-weight men and women overate for 13 days, during which they consumed about 35 percent more energy than they would in normal meals. Although the participants gained an average of five pounds, they did not attempt to shed the extra weight afterwards by eating less. Instead, during the three-week recovery period, they resumed their normal levels of food intake.

According to David Levitsky, the study's principal researcher and a professor of nutritional science and psychology, the results contribute to the hypothesis that external cues such as portion size and the number of other people eating, are the primary influences on how much a person eats.

"The majority of my colleagues believe that eating behavior is very closely tied to our biology. Our genes determine the amount of body fat we will have...This argues in every possible way that you can't change your body fat," Levitsky said.

Wednesday Nights "Clubout"

Hip Hop and House music with DJs Kara and Lyndze

Thursday Nights

Hip Hop & R&B with DJs Brian Weiss and Chad

Daily Happy Hour

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$1.00 Bud, Bud Light, Coors Light

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House margaritas

All beer on tap

Well drinks

SUNDAIR Night

Hot Salsa & Swing Dancing

With DJ Ike

Lessons at 8:00pm, Dancing at 9:00pm

Friday Nights

Hip Hop & R&B with DJs Kara and Lyndze

Saturday Nights

Hip Hop and R&B with DJs Penny and Play

Sunday Night

Not valid with any other offer or special.

Free burger is burger of lesser value.

COUPON MUST BE SHOWN AT TIME OF ORDER.
DINING
DORM SOLUTIONS

Microwaving meals doesn’t have to be dull

Mindy Townsend
THE COLUMBUS (PITTSBURG STATE) U.
PITTSBURG, Kan. — So you don’t like the food in Gibson Dining Hall? Make your own. Because Crock Pots or grills are not allowed in the dorms, the microwave is the residence hall saving grace. Stephanie Shartel, senior in communication who lives in the residence hall, says her goal for next year is to experiment with cooking.

“I’m going to teach myself to cook in the microwave and not Ramen,” she said, “because that gets old.”

Jordan Heiland, junior in commercial graphics, does not see much variety in microwave cooking. He says that he usually heats up leftovers or canned soup.

“I’m not doing any fancy cooking out of the microwave,” he said.

But the microwave is helpful even when an oven is an option. Chuck Tucker, senior in biology, says that his microwave is especially helpful for ingredient preparation.

“We use the microwave to cook the individual parts of the meal,” he said.

Tucker says that once he even ate only instant mashed potatoes for a week. He knows that microwave recipes exist, but has never taken the initiative to try them, he says.

“I’ve never tried most of them, but there are books about microwave cooking,” he said. “They’re mostly targeted at men, for some reason.”

Tucker says that he might cook more in the microwave, but he feels there is a stigma about using the microwave too much.

But microwave cooking isn’t limited to popcorn, macaroni and cheese and soup. Students can use the Internet to find recipes especially for microwave preparation. Students, those off campus and on, can make a variety of dishes without turning on a stove.

Have a hankering for Mexican, but that memory of the parents isn’t easy? arrived? Make nachos in your microwave. All you need is a bag of tortilla chips, 2 tablespoons of mild green chilis or onions and a cup of grated Cheddar, Swiss or Monterey Jack cheese. Just put the chips on a microwave-safe plate and sprinkle all the ingredients over it. Then microwave on medium-high for 1 or 2 minutes or until the cheese melts.

If pizza is more your thing, try making it with an English muffin. Get an English muffin, 2 slices of tomato, a pinch of dried basil or oregano, 2 slices of mozzarella cheese and your favorite topping. Split the muffin in half and place a tomato slice on each side. Sprinkle the tomato with basil or oregano and top with the cheese and other toppings then microwave on medium-high for 2-3 minutes or until the cheese is melted.

For vegetarians, steaming vegetables is always an option. Just get a vegetable of your choice and cook it in the microwave on one-half cup of water. Put the veggies and water in a microwave-safe dish and cover it, leaving a small hole for steam to escape. Because different vegetables cook at different speeds, it’s best to cook in 30-second increments until the veggies are done.

Perhaps you were something a bit more substantial. Meat can also be cooked in the microwave. For example, a student living in the dorms can make poached fish fillets. The only ingredients needed are a pound of thick fish filet (1/2 to 1 inch thick) and 1/2 tablespoons of lemon juice. Sprinkle both sides of the fish with lemon juice, then place it flesh side down in a 2-quart microwaveable shallow dish. Cover the dish tightly, but leave a small opening for steam to escape. Cook on medium, turning the fish over after 5 minutes, for 9-11 minutes or until the fish tests done. To test if the fish is done, press the flesh with your finger. If there is no dent, the fish is done.

For those with a sweet tooth, cookies in the dining hall are not the only choice. Brownies can also be made in the microwave. You need 2 ounces of unsweetened chocolate, a half cup of butter cut into 4 pieces, 1 cup of brown sugar or granulated sugar, 2 large beaten eggs, 1 teaspoon of vanilla, two-thirds cup of all-purpose flour, one-half teaspoon of baking powder, a half teaspoon of baking soda and an optional one-half cup of coarsely chopped walnuts. Combine the chocolate and the butter into a large microwaveable mixing bowl and cook on medium for 2 minutes, then stir. Continue to cook until it is melted in 30-second intervals, stirring each time. Stir in the sugar, beat in the eggs and stir in the vanilla until it is well blended. Next, spread the concoction into a 9-inch round or an 8-inch square cake dish, and place it on top of a microwaveable cereal bowl. Cook on medium for 8 minutes then on high for 4 minutes, or until done. Let it stand for 10 to 20 minutes, then it’s ready to eat.
The temptation is definitely there; suddenly, you have a completely different daily schedule. You might not have class until 1:00 p.m., which means that many of us will sleep until 12:45 p.m. and sprint to class without even thinking about eating breakfast. Later, you'll want even more food to satisfy the hunger that you've built up.

If you’re like most first years, you’ll be eating most of your lunches in the dining hall. The scarcest part of this scenario—believe it or not—is not the dining hall food. While there is a pretty significant selection of fried and otherwise fatty food, dining services also provide a good selection of healthy foods for your consumption. The problem is not the food itself, but the amount of food that is available for you to eat. Imagine eating at a buffet for each meal, every day—because that is essentially what you’ll be doing. Be forewarned that making it out of the dining hall having eaten only a salad for each meal is a lot more difficult than it sounds.

The problem is compounded when alcohol is figured into the equation. According to “The Alps Diet: The Six Week Plan to Flatten Your Stomach and Keep You Lean for Life,” written by David Zinczenko, editor-in-chief of Men’s Health magazine, “alcohol makes you eat more and encourages your body to burn less fat.” It also provides your body with extra, empty calories and makes you store more fat than you would normally. There are definitely steps that you can take to avoid developing the unhealthy eating habits which plague a lot of first years. First off, be careful in the dining halls. Try to balance your meals and consume a good variety of foods: eat fried food and pasta but the amount of food that is available for you to eat. Imagine eating at a buffet for each meal, every day—because that is essentially what you’ll be doing. Be forewarned that making it out of the dining hall having eaten only a salad for each meal is a lot more difficult than it sounds.

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Blazing Blenders
1108 Broad St.
San Luis Obispo
Hours — Mon-Sat. 8 a.m.-6 p.m., Sun. 10 a.m.-5 p.m.
Cuisine — Smoothies, Nutritious
House Specialty — Peanut Butter Smoothie
About Us — Blazing Blenders opened in 1985 and is dedicated to smoothies and juices. This little store in the corner of downtown San Luis Obispo has helped to inspire many Cal Poly grad to start their own successful juice bars. One of the founders of Jamba Juice was an employee of Blazing Blenders before going off to help start Jamba Juice. San Luis Obispo has been very good to Blazing Blenders over the last 20 years, and we hope to continue to serve residents and students for another 20 years.

Bon Tempos Creole Café
1600 Olvera St.
San Luis Obispo
Hours — Mon.-Tues. 7 a.m.-p.m., Wed.-Sun. 7 a.m.-9 p.m.
Cuisine — Cajun/Creole
House Specialties — Jambalaya, Gumbo, Po-Boys and Muffaletta.
About Us — When you come to Bon Temps, you will first feel our lively yet relaxed atmosphere. You will then experience the great atmosphere coming from the kitchen which will excite your senses along with the Zydeco music playing in the background. You will then find out why local keep coming back again and again — the great food. We have plenty of free parking, here. local wines, specials and outdoor seating.

Café Coffee Shop
1056 Los Osos Valley Rd.
Los Osos
Hours — Mon.-Fri. 8 a.m.-3 p.m., Sat.-Sun. 8 a.m.-1 p.m.
Cuisine — American “Comfort” Food
About Us — Homestyle cooking for breakfast and lunch. Great food prepared daily with fresh ingredients. For breakfast we serve fresh bacon or sausage with eggs, home fries and toast. Fresh-squeezed orange juice is also available, and customers tell us we have the best French toast. At lunch we serve soups prepared daily and cold sandwiches with generous portions of ham, turkey or roast beef with cheddar, jack or Swiss cheese. Grilled sandwiches include Cajun meatloaf, Philly cheese, turkey melt, Reuben and cheese (with bacon optional). We also serve SLO Roast Coffee, which is served in Los Osos.

Cool Cat Café
3165 Broad St.
San Luis Obispo
Hours — Mon.-Wed. 11 a.m.-8 p.m., Thu.-Fri. 11 a.m.-9 p.m., Sat. 8 a.m.-8 p.m., Sun. 11 a.m.-4 p.m.
Cuisine — 50’s Burgers, Shakes, Salads and Chicken
House Specialty — Burgers
Student Special — Early Bird Special 3-5 p.m. daily; two burgers, two orders of fries and two sodas for $12.25.
About Us — Cool Cat Café is a 50’s theme restaurant with jukebox, pinball machines and a fun atmosphere. Our burgers are made daily with Angus beef.

Cork n Bottle
774 Food Blvd.
San Luis Obispo
Hours — Mon.-Sat. 10 a.m.-9 p.m., Sun. 10 a.m.-7 p.m.
Cuisine — Hamburgers and cold cut sandwiches
House Specialty — Happy Hour 5-7 p.m. $1.50 Student Special — Meal Deal, 1/4 pound hamburger with unlimited fries.
About Us — We are only local and have two televisions to watch NFL games. Voted best meal deal in town. Best price and selection of kegs anywhere. We ID, confiscate fake ID’s and prosecute offenders. We are family owned and operated.

Corner View Restaurant and Bar
1141 Chorro St.
San Luis Obispo
Hours — Mon.-Wed. 11 a.m.-3 p.m., Thu.-Fri. 11 a.m.-9 p.m., Sat.-Sun. 4 p.m.-2 a.m.
Cuisine — 50’s theme restaurant with jukebox, pinball machines and a fun atmosphere. Our burgers are made daily with Angus beef.

Cuginis
3810 Broad St.
San Luis Obispo
Hours — Mon.-Wed. 11 a.m.-3 p.m., Thu.-Fri. 11 a.m.-10 p.m., Sat.-Sun. 11 a.m.-10 p.m.
Cuisine — Italian
Specialty — Slice of Pizza, salad and drink for $7
Student Special — 20 percent off with ID
About Us — Fast and inexpensive, homemade Italian foods.

EP Koberl at Blue
998 Monterey
San Luis Obispo
Hours — Mon.-Wed. 11:30 a.m.-2 p.m., Midnight, Thu.-Fri. 11:30 a.m.-2 p.m., Sat.-Sun. 4 p.m.-2 a.m.
Cuisine — Wine Country Dining
House Specialty — Gourmet appetizers and entrees with great cocktails and wines.
Student Specials — Nightly Specials, 10 p.m. until closing
About Us — We serve generous lunch Monday through Friday, followed by an exquisite dinner. We incorporate our Wine Spectator award-winning wine list with our delicious appetizers and entrees. Our full stocked bar has won numerous awards, including best martini in SLO. We have nightly drink specials and live music Thursday, Friday and Saturday starting at 10 p.m.

Freschi Choice
876 Marsh St.
San Luis Obispo
Hours — Mon.-Sun. 11 a.m.-9 p.m.
see Restaurant Guide, page 61

Thursday is Student Nite
$6.99 Dinner
after 4pm every Thursday (or, 15% off anytime)
* Show your school I.D. Card
† Beverages Extra. Not valid with any other offer.

• We have great party platters TO GO!

Fresh Choice
876 Marsh St. at Chorro
San Luis Obispo
805.543.0943

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World Famous French Dips • Fish & Chips
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In Atascadero at 7320 El Camino Real • 460-9428

FIZZ
CUGINI'S

CUGINI'S TURNOVER TROUBLESHOOTING GUIDE

American-Italian

Tradtional, Rustic, Family-Style Pizza
Wood-Baked, Thin-Crust Pizza

Suggestion is for neighborhood family kitchen, where the family would want the mixture of flavors and ingredients and enjoy them with the whole family.

Cugini's was started by two cousins with a family recipe. Both are first generation Italian-Americans.

Cugini's is now owned and operated by two cousins.

$3 Delivery (10 Minimum) • Delivery Hours: 11:00-2:00 and 5:00-8:00

Restaurant Guide, page 61
Restaurant Guide

Restaurant Guide (continued from page 60)

J in.

Cuisine — Salad, soup and pasta

House Specialty — Salads

Student Specials — 15 percent daily discount. $6.99 Thursday night dinner.

About Us — We offer fresh vegetables to build your own salad and prepare specialty salads daily. We also offer free homemade soups, pizza and muffins daily. Don’t forget dessert — ice cream, puddings and brownies. And it’s all you can eat.

High St. Deli

350 High St.
San Luis Obispo

Hours — Mon.-Sat. 9 a.m.-5 p.m., Sun. 11 a.m.-3 p.m.

Cuisine — Sandwiches

House Specialty — California Turkey

Student Special — 4:20 Special, half sandwiches $4.20 after that time daily.

About Us — Voted the best sandwich shop by Cal Poly students. We serve specialty meats and cheeses, which make our sandwiches better than the rest. We prepare everything fresh and also toast the bread, if you want.

Hofbrau

901 Embarcadero
Morro Bay

Hours — Sun.-Thu. 11 a.m.-8:30 p.m., Fri.-Sat. 11 a.m.-9 p.m.

House Specialty — Hand-carved roast beef sandwiches.

About Us — The Hofbrau has been a Morro Bay and Cal Poly tradition for 35 years. This is the place for the perfect hand-carved roast beef sandwich to enjoy with a beer while sipping over the bay with an ideal view of the rock. The Hofbrau also serves pastrami, turkey and ham with French dips. With the only salad bar on the waterfront in Morro Bay stocked full of fresh items, you can reassure mom that you are indeed eating your vegetables. For seafood lovers, we serve excellent fish and chips, shrimp and chips and clam strips. And you can’t come to Morro Bay without having the Hofbrau’s excellent homemade clam chowder.

Laguna BBQ & Brew

11560 Los Osos Valley Road
San Luis Obispo

Hours — Mon.-Sat. 10 a.m.-9 p.m., Sun. 10 a.m.-8 p.m.

Cuisine — American

House Specialty — Hamburgers and BBQ sandwiches

Student Special — 1/4-pound hamburger, fries and drink, $3.99 with student ID.

About Us — We have a huge selection of delicious food, relaxing atmosphere, friendly staff and great daily food specials. Come in and watch the game on our big screen television.

Le Ciel Crepe Café

3211 Broad St., #121
San Luis Obispo

Hours — Tue.-Thu. 11 a.m.-8:30 p.m., Fri. 11 a.m.-9 p.m., Sat. 10 a.m.-9 p.m., Sun. 10 a.m.-4 p.m.

Cuisine — French-inspired Californian Cuisine

House Specialty — Savory and sweet crepes.

Student Special — Buy two crepes and get one dessert crepe free with student ID.

About Us — Le Ciel Crepe Café is a quaint, French-style café that serves fresh food. All of our savory crepes are inspired by California cuisine in that they use flavors from around the world, ranging from Latin to Thai. We also serve delicious sandwiches and salads and feature a daily homemade vegetarian soup. All crepes and sandwiches are served with roasted rosemary potatoes and a choice of salad or soup.

see Restaurant Guide, page 62

Restaurant Guide (continued from page 60)

Thai Cuisine on the Central Coast at its Finest

FAVORITE LUNCH SPECIALS

Free Parking

Thai Cuisine on the Central Coast at its Finest

Restaurant Guide (continued from page 60)

Restaurant Guide (continued from page 60)
Restaurant Guide
continued from page 61
Louisa's Place
964 Higuera St.
San Luis Obispo
Hours — Daily 6 a.m.-3 p.m.
Cuisine — Homestyle cooking
House Specialty — Omelettes
Student Special — Free drink with ID.
About Us — Louisa's has been a downtown SLO diner since the 1950s. We have over 25 different omelettes on the menu. Breakfast is served seven days a week until 3 p.m., and in addition to omelettes we also serve French toast, country-fried steak, blueberry pancakes, chorizo and eggs along with other dishes. We also serve great burgers, homemade soup, salads and sandwiches. Louisa's, a longtime supporter of Cal Poly, is family owned and operated.

Matsuri Festival
1101 Santa Rosa
San Luis Obispo
Hours — Mon.-Fri. 11 a.m.-3 p.m. and 5-10 p.m.; Sat.-Sun. 4-10 p.m.
Student Special — 10 percent off with student ID; all you can eat for $25.
About Us — Sakura Express is now Matsuri Festival. We've undergone a major redesign and are offering more selection and more variety of our delicious food. We have the best sushi in town, so come and enjoy our cultural and artistic atmosphere as you eat. Don't forget about our all-you-can-eat special.

Mission Grill
1023 Chorro St.
San Luis Obispo
Hours — Mon.-Sat. 11:30 a.m. - 2:30 p.m., 5-9 p.m.; Sun. 9 a.m.-3 p.m., 5-9 p.m.
Cocktail Lounge open nightly until 2 a.m.
About Us — Mission Grill is conveniently located adjacent to the Tolosa Mission in downtown San Luis Obispo. We offer our guests a casual dining atmosphere with patio seating and cocktail lounge. Our seasonal menus are comprised of fresh seafood, top grade steaks and pork, and a variety of salads and appetizers, all prepared in a traditional California style. We have happy hour from 2:30-6 p.m. daily and Thursday from 11:30 a.m. to midnight, we offer $2 margaritas, $2 draft beer and half-priced appetizers.

Nautical Bean
11560 Los Osos Valley Road
(Laguna Village Shopping Center)
San Luis Obispo
Hours — Mon.-Sat. 6 a.m.-11 p.m., Sun. 7 a.m.-11 p.m.
Cuisine — Gourmet sandwiches, wraps and salads
Student Special — 10 percent off all menu items with ID
About Us — We are a very student-friendly cafe that offers free wireless internet and four in house computers. Nautical Bean offers a fresh menu with many organic ingredients. We usually have daily specials and in fall and winter we offer soup. Those nights a week we have live entertainment. Tuesday we feature a DJ spinning down tempo jazz. Wednesday and Friday nights we feature singer-songwriter. To check out menu, go to nautical-bean.com.

Novo
726 Higuera St.
San Luis Obispo
Hours — Mon-Wed. 11 a.m.-9 p.m., Thurs. 11 a.m.-9:30 p.m., Fri.-Sat. 11 a.m.-10 p.m., Sun. 10 a.m.-9 p.m.
Cuisine — Asian, Mediterranean, Californian, Eclectic
House Specialty — International flavors.
About Us — We are excited to bring you wonderful food from around the world. Our Tapas menu consists of smaller plates, intended to be shared among friends. We also have larger traditional plates that capture the best of international tastes. Our setting is unique, five patios terraced towards the creek, "the cellar" a subterranean room that can accommodate 65 and our main dining room. We are by far the largest consistent restaurant purchaser of Farmer's Market vegetables in San Luis Obispo. We make our own Thai curry pastes, roast and grind our spices for Indian curries and even roast and grind our peanuts for our delicious peanut sauce.

Old Vienna Restaurant
1527 Shell Beach Road
Pismo Beach
Hours — Tues.-Thur. 4-10 p.m., Fri.-Sat. 4-11 p.m., Sun. 4-9 p.m.
Cuisine — German and American
Student Special — 20 percent discount on entrees, Tuesday and Wednesday.
About Us — We have a great atmosphere, perfect for birthdays, graduations, reunions or just to have a beer and a pretzel. We are also a wonderful date spot. Home cooking from traditional recipes and some great American recipes too. Family owned and operated since 1972. Reservations suggested.

Oyster Rock Café
885 Embarcadero
Morro Bay
Hours — Sun.-Mon. 8 a.m.-10 a.m., Tues. 8 a.m.-2 p.m., Wed.-Sat. 8 a.m.-11 p.m.
Cuisine — Burgers, Seafood, Steaks
House Specialties — Eggs Benedict, nachos, seafood skewer
Student Special — 10 percent discount with ID, $2.50 draft and $3 well drinks.
About Us — The best breakfast and Bloody Marys on the waterfront. Live entertainment every night of the week, Monday night football; Karaoke Tuesday and Wednesday nights; Open jam; acoustic plug-in Thursday night; local bands, Friday, Saturday and Sunday night Night Club.

Panolivo
1009 Monterey St.
San Luis Obispo
Hours — Sun.-Thurs. 8 a.m.-9 p.m., Fri.-Sat. 8 a.m.-midnight.
Cuisine — French
House Specialty — French Bistro Food, desserts
Student Special — 10 percent discount Monday-Thursday with ID.
About Us — Upscale French Bistro Food with a California flair and a colorful and elegant setting. Our 140 reasonably priced French-inspired local wines, Fabulous house-made desserts, gourmet lunches and cooked-to-order breakfasts.

Papa Johns Pizza
1525 Broad St., Suite 120
San Luis Obispo
Hours — 24/7
Cuisine — Pizza
Student Special — Two medium two toppings with student ID.
About Us — Order online papajohns.com.

Papa John's Pizza
236 W. Grand Ave.
Grover Beach
Hours — Sun.-Thu. 11 a.m.-11 p.m., Fri.-Sat. 11 a.m.-1 p.m.
Cuisine — Pizza
House Specialty — Speciality Pizza
Student Special — Two medium two toppings with student ID.
About Us — Order online papajohns.com.

The Pita Pit
858 Foothill Blvd.
San Luis Obispo
Hours — Mon.-Sat. 11 a.m.-3 p.m.
Cuisine — Pita Sandwiches
Student Special — Free cont. upgrade
see Restaurant Guide, page 60.

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Restaurant Guide

SLO Chai
3820 Broad St.
San Luis Obispo
Cuisine — Fresh, organic tea
Student Special — 15 percent off

House Specialty — Award-winning tea confections

About Us — Best tea anywhere.

Our most popular teas are the Chinese, Japanese, and Thai teas — and never use artificial flavorings. We feature fresh organic ginger, and use just the right touch of honey and vanilla that will absolutely make you melt with joy and satisfaction! Be Here Now. Enjoy a SLO Chai. Found at various cafes, restaurants and natural food stores throughout SLO County.

Morro Bay

Splash Café
3491 Monterey
San Luis Obispo
House Specialty — Award-winning clam chowder and fresh seafood.

About Us — Splash Café is a fun, carefree café that specializes in award-winning clam chowder, served with freshly backed sourdough bread bowls. We also feature fresh-grilled fish sandwiches, tacos and salads. We have flame-broiled burgers, hot dogs and crispy chicken. For breakfast we have an egg sandwich on our own freshly backed sourdough bread. We also feature fresh-grilled fish sandwiches, tacos and salads.

Seafood, Tuesday night all-you-can-eat crab.

We are open for breakfast, lunch and dinner with patio dining or seating in ocean-view dining. We had a great view dining mom. We had a great experience featuring soups, salads, sandwich, burgers, fish tacos, fish and chips along with a full bar and patio dining.

Rose's Landing
725 Embarcadero
Morro Bay
Cuisine — Fresh, creative Central Coast cuisine
Student Special — 15 percent off

House Specialty — Seafood and steaks.

About Us — We are located on the Embarcadero, overlooking the bay and rock. We have two restaurants, all-weather seating, the Morro Rock Bar and Grill and Rose's Steak and Fishhouse. The Morro Rock Bar and Grill is a casual dining experience featuring soups, salads, sandwich, burgers, fish tacos, fish and chips along with a full bar and patio dining.

Rose's is our upstairs dining, offering fresh seafood specials, steaks and seafood combinations and a very extensive wine list.

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Fresh Organic Tea
SLO Chai is a fresh, organic tea brewed weekly in Morro Bay. We use only certified organic spices and fair trade teas — and never use preservatives. We feature fresh organic ginger, and use just the right touch of honey and vanilla that will absolutely make you melt with joy and satisfaction! Be Here Now. Enjoy a SLO Chai. Found at various cafes, restaurants and natural food stores throughout SLO County.

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Sat and Sun: Breakfast/Brunch 9:30am-4pm, Dinner 4pm-10pm

RESTAURANT GUIDE
64 Special Edition

Restaurant Guide
continued from page 63

Woodstock's Pizza
100 Higuera St.
San Luis Obispo
Hours — Mon.-Wed. 11 a.m.-1 a.m., Thu.-Sat. 11 a.m.-2 a.m., Sun.
11 a.m.-midnight

Cuisine — Pizza, Salads and more
House Specialty — SLO's best pizza

Student Specials — Extra large, one topping pizza for $11.95; resident hall special, large, 1-topping pizza for $9.99

About Us — Woodstock's Pizza, serving San Luis Obispo since 1980, is practically a local landmark. Conveniently located in the heart of SLO, drop in and enjoy a fun and casual dining atmosphere (cold beer on tap and sports on a big screen) or call ahead and pick up your pizza to go. Woodstock's also offers delivery and can handle any size group order.

Woodstock's Pizza has numerous combination pizzas and offers a vast selection of toppings and gourmet toppings that allow you to create your own pizza. Woodstock's also serves fresh salads, killer appetizers and tasty desserts. View their menu, deals, coupons and more online at www.woodstocks.com.

Ramen, frozen dinners, mashed potatoes and more

Angela Fowler
The Dining Hall, Mississippi State U.

MISSISSIPPI STATE, Miss.
The first thing I missed during my first week of college was my mother's cooking. Of course, after that I ran the full gamut of homesickness, but I distinctly remember eating my third bowl of ramen that week and missing my mother's cooking terribly.

Most of us go through that, though. When frozen diners and eating out become our main sources of sustenance, we suddenly wish for dinner to be waiting at the table instead of having to prepare it ourselves. Even if we have a kitchen of our own, with a good cookbook and recipes from home as insets, we don't want to go through the trouble to make something that's usually not as good as we remember it from home anyway.

I finally have a kitchen now, as well as printed-out recipes from my mother and two good cookbooks. After a few months, my kitchen is almost fully stocked with ingredients, and I can find my way around the grocery store other than to find the instant food section. I have every kitchen appliance I could ever need, and more thanks to all the generous gifts at bridal showers.

Sadly, that's not enough.

Cooking is hard! Mothers (and fathers) can be very deceptive. I distinctly remember eating my third bowl of mashed potatoes. That's when I decided to try macaroni and cheese a bit more often.

A third lesson of the kitchen I've learned very recently. Don't get in a rut with cooking. You get tired of eating the same things over and over. If you want to save money, you're fairly limited in what you can buy, just don't make chicken or pork the same way each time. And watch how often you make spaghetti, even though it's the easiest thing to make in the world. You get sick of it really quickly.

Instead, experiment with cookbooks when you have the time. The other night my husband looked through a cookbook and found the most wonderful recipe for mushroom room sauce and pork. It turned out perfectly, and we truly enjoyed eating supper. After that, I tried out a new recipe for bread pudding in a muffin form for dessert.

I am only a young cook, and old pros (and probably my mother) would laugh indignantly at my weak attempts in the culinary arts. But you have to start somewhere, and with practice I can get better.

Until then, I just keep a pizza in the freezer.
In-between 2 class units, rush, club meetings and practice, college students are entitled to toss aside the Easy Mac and splurge a little on some restaurant food. But even if that sounds like a daunting task, over-achieving, tired-to-get-dressed and too-lazy-to-drive students can still have a hearty meal to keep 'em going.

Below are just a few places that can satisfy even the hungriest belly in a delivery time of less than an hour.

- Woodstock’s Pizza 805-541-4420 ($10 minimum purchase)
- Domino’s Pizza 805-544-3636
- Golden China Restaurant 805-543-7354 ($12 minimum purchase)

For a group of Cal Poly Mustangs too picky to decide on one place, turn to www.entreee.xpressonline.com for a number of restaurants ready to deliver — just make sure to call between 11 a.m. and 2 p.m. for lunch and 5 and 9 p.m. for dinner. Choose from Buona Tavola, Cafe Roma, Cugini’s, Hudson’s Grill, Madonna Inn & Bakery, McClone’s, Pancino’s, Sakura Japanese, Sandy’s Deli, Thai Palace, Upper Crust Trattoria and Vieni Vai Trattoria.

Or call Restaurants To You at 805-541-3663 and choose from the following:

- Mother’s Tavern, Mo’s Smokehouse BBQ, Blazing Blenders, Bon Temps, Buona Tavola, Cool Cat Cafe, Cugnini’s, Grappolo, Le Cell Cote Cafe, La Fandango Bistro, Louisa’s Place, McClone’s, Nucci’s, Oasis, Pancino’s, Popolo, Quarterdeck, Taj Palace and Vieni Vai Trattoria.

Lunch can be delivered if you call between 11 a.m. and 2 p.m.; dinner can be delivered if you place your order between 4 and 9 p.m. Restaurants To You charges a $4.50 delivery fee.

Buena Tavola, located next to Fremont Theater, is an Italian restaurant that seats many of its customers in this heated outdoor patio.

1/4 lb. Cheesburger, sm fries. 16oz drink
$3.99 with student ID

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Erick Smith
MUSIANC. DAILY

San Luis Obispo is full of all types of eating establishments, but not all are within walking distance of Cal Poly's campus, which sits at the north end of the city. With the cost of gas continuing to rise, the Mustang Daily focuses on restaurants that are just a hop, skip and jump from campus.

Within a 30-minute walk from campus, top-rated eating choices according to the Mustang Daily's 2005 Best for Cal Poly edition can be found off of Santa Rosa Street and Foothill Boulevard. This walk takes you from Cal Poly across California Boulevard and the train tracks.

The No. 1 voted "Best Mexican Food" can be found at Taco Roco, which generates 40 percent of its business from college students, according to management.

Also in the Foothill and Santa Rosa area is Kona's Deli, which placed in the top three of "Best Sandwich." Frozen yogurt winner Bubbo's Pizza is just nearby along with Babbo's.

"I like Kona's because they have fresh food and the meat is cut right at the counter," civil engineering junior Blake Silkwood said. "The sandwich prices aren't bad either and it is close to campus."

Located next to Taco Roco is a highly recommended and locally-owned breakfast spot, the Breakfast Buzz, known primarily for large breakfast burritos. Lastly, one of two Chile Peppers locations can be found across from Cork-n-Bottle on Foothill Boulevard.

Chile Peppers was voted by students as second to Taco Roco for best Mexican food in SLO while Cork-n-Bottle was voted as having the "Best Meal Deal" for their bargain deal which includes a quarter-pound hamburger, seasoned fries and drink. Restaurant management says they appeal to students because of their fast, clean and affordable service.

Back at campus and heading south on California Boulevard, students will encounter The Tikiblitz and Poor Boy Sandwiches. A little further down is Franks Famous Hot Dogs and across the street is a San Luis Obispo version of the popular Splash Cafe in Pismo Beach.

Before moving into SLO, Splash was voted as the "Best Non-SLO Restaurant" in the Mustang Daily's 2005 Best for Cal Poly edition. For food choices, Splash boasts to serve 10,000 gallons daily of their "world-famous" clam chowder in sourdough bread bowls.

"The clam chowder bread bowls are always good on a cold day," Hayek said.

At Franks, the main food items are a variety of hot dogs and hamburgers, but their breakfast also gets top marks by Hayek.

"Early in the morning, if they are still available, their breakfast burritos and breakfast sandwiches are really good," he said.

He added that another key element to Franks is their cheap and delicious food.

The choice to walk off campus to grab a bite to eat not only eliminates driving, but it is also provides a way to burn calories.

Each of these restaurants has roughly a 15 to 30-minute walk. Far from too-great-a-challenge for a good meal.
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- Football sittin' pretty, and staying there
- Surf's up on Central Coast
- Fall sports schedule
- A biker's paradise
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CLUB/REC SPORTS

Just do it, here's how

Nick Hoover
Managing Editor

If those football scholarship applications didn't come through, there's still hope — ASI Rec Sports offers plenty of competition for the school year.

Ranging from fun under the sun to brutal competition on the field, club and recreational sports are likely to fulfill an athlete's needs on the playing fields.

Some of the more publicized teams that play nationally fall under the club sports category. These teams have a budget partially funded by ASI, but mostly funded by donations that players and other team affiliates drum up.

If you want to team up with some of the best non-varsity athletes out there, try the rugby or lacrosse teams, two of the 16 club sports offered.

"From the outset, I have been clear with the guys that I am expecting more out of them this year," said men's lacrosse head coach Ryan Herchenroether in his season outlook. "We need to focus on our assignments, learn how to play as a unit, and understand each other's strengths. Basically the stuff that changes teams to winners."

The recruiting process isn't easy and the level of competition is close to what a varsity team might encounter. Scholarships are not offered.

In club sports, expect to compete with some of the best athletes out there. Cal Poly's rugby squad finished as the national champion runner-ups after a tough loss against Cal Berkeley in 2004 and women's water polo won the national championship.

ASI Rec Sports are less competitive and more fun in their mission statement. ASI Fall Rec Sports are slo-pitch softball, speed soccer, dodgeball, five-on-five basketball, six-on-six volleyball and flag football. Fees of $100 to $150 are required per team and most teams are for both men and women.

Meetings for Rec Sports take place starting at 5:30 p.m. on September 26 in the Rec Center main gym.

There are three levels of play in intramural sports from Division I to Division III. Division I is described as "highly competitive" by the intramural sports handbook, whereas Division III is relaxed.

For the less committed athlete, a Rec Sports tournament is another option. Three-on-three basketball, dodgeball and racquetball all have tournaments.

Whether you're an Average Joe or Globo Gym athlete, there's no excuse for not signing up on a Rec Sports team. Many of the larger club teams have Web sites with schedules, results and rosters. The rugby team can be found at www.rugby.calpoly.edu and lacrosse at www.calpolylacrosse.com.

Clubs teams require a more in-depth recruiting process rather than signing up with ASI. Be sure to get in touch with their coaches and managers well before the season begins.
Football to stay Division I-AA

Despite the fact that the football team has been growing in strength and size, it is unlikely that it will become a Division I-A team anytime soon.

Funding and stadium regulations are keeping Cal Poly from becoming a Division I-A team. Coaches don't envision a change any time in the near future.

Rick Ellerson

With an updated stadium in the works, the inaugural Great West Conference championship rights and a promising new squad, Cal Poly's football program is on cloud nine under the direction of coach Rich Ellerson. Ellerson transformed a program that had three straight losing seasons into a football machine.

"I can't see Cal Poly moving to 1-A anytime soon. One should never say never, but the odds of that happening are closer to never than soon," defensive coach David Brown said.

Considering that all of those scholarships would be going to male student-athletes, the athletic department would have to compensate for the imbalance in ratio of male to female scholarship athletes due to Title IX regulations by one of three ways.

The regulation "prohibits sex discrimination in education programs that receive federal financial assistance." As a result of adding 22 scholarships, the athletics department would either have to come up with additional funds, drop a men's sport or add an additional women's sport. At those costs, the change seems unlikely.

If all of those hurdles don't seem daunting enough, the under construction Alex Spanos memorial stadium wouldn't fit the bill either.

According to the NCAA, Division 1-A football requires a 30,000 capacity stadium with an average of 17,000 attendance. The stadium being built will hold approximately 10,000 fans.

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Surfin’ safari on the Central Coast

Christopher Gunn

The Central Coast is home to surf spots that are as diverse as the skill level of riders that ride them. From Cayucos Pier down to Pismo Beach, surfers can find little gems of California surfing all along the Central Coast line.

From soft mushy lefts at Morro Rock during the summer to powerful fun waves during large swells in the winter months, the Central Coast has numerous surfing spots that offer extreme diversity in size and shape of its waves.

This can be attributed to a large amount of sand bars and reefs that line the coast lines as well as piers that can create breaks worth surfing, according to journalism senior Jon Haines.

Beginning from the south and working north, surfing destinations include Pismo Pier, St. Anne’s, Avila Bay, Sand Spit, Morro Rock, Studio Drive and Cayucos Pier.

Pismo Pier is a major tourist destination but it also hosts surf. North or south surfers can find a variety of surf here that generally lacks shape with the exception of right next to the pier. The surf at Pismo, however, is consistent and is surfed regularly by local surfers.

“Pismo is pretty touristy, but it’s pretty much where I learned to surf,” Haines said. “I used to go out there and surf until the sun went down.”

Sand bars along the beach provide plenty of room for surfing at Pismo and plenty of opportunity to avoid large groups of surfers in the water.

St. Anne’s is a break sitting between Pismo and Avila and offers surfers the opportunity to surf a steady reef break that lacks consistency. At times one could refer to this spot as an extension of soft pacific, but when there is a medium tide the break is generally decent. This spot can be good during a large winter swell, according to the Storm Rider Guide to North America.

Working up the coast line, the next surfing spot is Avila Beach. This spot is small and virtually non-existent through most of the year, but during certain larger swells it can become decent.

Sand Spit is a strip of sand bars just south of Morro Rock that can be very good during certain months.

“One of my favorite spots is Sand Spit,” Haines said. “Same wave over and over again, it’s just epic.”

This spot can be very popular during September and October before the big swells come rolling in and wipe out the sand bars.

Surfing on the Central Coast provides scenic views and worthwhile waves for the Central Coast’s community of riders. Above, Jon Haines paddles into the sunset at Pismo Beach.

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Surfing

continued from page 52
that are creating the break.

“When it’s on people know, and it’s pulled,” Haines said.

Just on the other side of Morro Rock is a nice break that can get huge during large winter swells. The current at Morro Rock can be very strong and can cause a reaction from locals. This spot is average according to swell can cause a reaction from locals. These spots from Pismo to Cayucos offer surfing opportunities for surfers of all skill levels and are the major spots that most people would say that these spots are the only spots around. There are many spots that people will not talk about (they’re secret) and there are other spots that are too dangerous or too remote for average people to surf them.

Locals on the Central Coast can be like any other surfer from local areas, possessive of their spots. They try to limit the number of people that know about their spots, but in most of the spots mentioned above the local vibe is generally accepting of other surfers. Getting outside of these areas or at areas such as Morro during a nice swell can cause a reaction from locals. "Don’t associate with Cal Poly the locals don’t like it," Haines said. "They just generally have a negative attitude towards us." These spots can however be found through simple searches or by getting to know the local crew.

One of my favorite spots is Sand Spit. Same wave over and over again." - Jon Haines

Surf's up on page 53
A biker’s guide to San Luis Obispo

Jennifer Gongaware

Bicycles are everywhere in San Luis Obispo, especially on the Cal Poly campus. It is a major mode of transportation for students, and many cycle for recreational activity.

For many students, bicycling was not a large part of their life until moving to San Luis Obispo. "Strangely before moving here it never occurred to me that you could ride a bike as a form of transportation," said Carol Boland, 23, a crop science graduate student from Lakeside San Diego.

Boland has been riding since her junior year at Cal Poly and has competed twice in the Wildflower Triathlon. She started with the Cal Poly Tri-Team while they were training for Wildflower.

For those purchasing a bicycle for the first time, there are many things to consider. "Frame size is of utmost importance," Boland said. "It determines the comfort of the ride. Fit is usually underestimated." A beach cruiser costs around $225 to $350, a cheap mountain bike around $250 and a cheap road bike around $600. And Am Cyclery sales manager Luke Ganache.

Once the bicycle is purchased, there are other costs that can accumulate when it comes to maintenance and common parts that need to be replaced.

Ganache estimates the cost at around $100 a year for commuter bikes as long as the owner takes care of the bike. Some common things that need to be replaced are inter-

who for flat tires and bar tape. Tune-ups are suggested every six months as well.

"Bike maintenance versus car maintenance is ridiculously cheap," said Kate Conley, 22, a fourth-year agriculture business major.

Safety is always a big issue in the sport of cycling. A bicycle is most likely going to be the one hurt in an accident.

"The most obvious and important factor is the cars," Boland said. "You need to be more vigilant and assume that cars can't see you." Boland also cautions that roads are more slippery when it is raining so riders should slow down, especially around corners. "Think about the safety of everyone around you," Boland said.

Bicycles are allowed on the Cal Poly campus, but there are restrictions and rules in place. Bicyclists are held to the same rules and obligations as those driving a car.

Bicycles are not allowed on Poly View Drive outside of the C-5 parking lot because this is a "Walk Your Bike" zone and violators are subject to citation. They are also not allowed on sidewalks or outside of bicycle lanes when they are provided.

Bicycles are not allowed inside buildings or stairways on campus. They must be securely locked in bicycle racks and can not be parked where they impede pedestrian traffic or cause a hazard. Examples include sidewalks, lawn areas, stairs, or secured to lamp posts.

A bicycle parked anywhere besides a bike rack will be impounded by the University Police Department and a fee will be required before it is released. Key operated bike lockers are located around campus and are rented out by the University Police Department annually. Storage of personal items other than bicycles is not permitted.

For those living on campus, bicycles must be licensed and registered with the University Police Department at no charge. Unclaimed, impounded or found bicycles of six months may be disposed of or sold through a Cal Poly auction.

With so many students walking around campus during the day, there are change new cyclists should watch out for to avoid an accident. Ride slower on roads and walk your bicycles in really crowded areas. Beware of students suddenly changing direction in front of you.

"You are more aware of your surroundings than people are of you," Boland said.

With the parking situation worsening on and around campus, commuting on a bicycle is a great alternative.

"It's great exercise and you don't have to walk all those hills to get to class, you can just park your bike outside of the building," Cowley said. "Also you meet people while parking your bike and strike up a conversation."

Cal Poly has a bicycle club called the Wheelmen. There are around 80 to 100 members depending on the season. Fall season is for mountain biking while spring season is for road seeing Biking, page 55.
Biking
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Biking and takes place February through May.
There are three categories, ranging from beginning to professional for men and two categories for women. Every weekend there are different races hosted by different schools.
On Saturdays and Sundays, they also have different group rides around the county from San Luis Obispo. These are not competitive and are for recreation.
"The greatest thing is the culture," said Wheelmen President Ken Hanson, a fifth-year environmental science major. "I just got into cycling, the local bike shops are great. The key is to find someone to ride with and get out there and ride."
This is Hanson's fourth year with the Wheelmen. He got involved after a friend in his dorm heard about it and brought him to a meeting. He really fell in love with it.
"The Wheelmen help develop ethics, maintenance, knowledge and self-sufficiency," Hanson said. "Most importantly, don't be intimidated to members," Hanson said.
"SLO is a mecca. When I'm out riding around the county it's there to look at," Hanson said. "The laws are relatively low," said long boarder Evan Dyer, 19, a construction management major at Cal Poly. mark Gonzales's tape "Video Days" was filmed here.
There are still laws enforced on skaters off campus, although some think that laws are not as strict.
"The laws are relatively low," said long boarder Evan Dyer, 19, a construction management major at Cuesta College. "I've never been hassled."

Skateboarding on campus can become a costly risk
Jennifer Gongaware
SENIOR WRITER
Skateboarding has become a major form of transportation for students living on San Luis Obispo. It is fast and convenient, however, there are some restrictions that other modes don't carry.
According to the Cal Poly Web site, the use of skateboards and motorized skateboards on the campus is strictly prohibited. Violators are subject to citation and/or discipline.
"It's a safety issue," said the commands of University Police Bill Watton. "The campus isn't flat like most schools and the kids have no breaks so they have no control."
The first offense will cost close to $100 and the second costs $180. The third jumps to $300.
"We try to work with the first-time offenders," Watton said. "We want to make sure they clearly know the rules before giving them a ticket. If they didn't, we give them a warning until the next time."
"There is a bicycle community in San Luis Obispo. There is still so much to look at while riding around town," Watton said.
"SLO is a mecca. When I'm out riding around the county it's therapeutic," Boland said. "There's almost nothing I would rather be doing."
There are also little shops and gardens that most people don't notice while in a car that are apparent while riding. Cowley said.

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In San Luis Obispo, skateboarders are considered pedestrians and have to abide by the same rules. They can not be in the roadway or bike lanes and must ride on the sidewalks.

In what is considered the "downtown area" between Santa Rosa, Marsh, Nipomo and Monterey Streets, skateboarding is not allowed on the sidewalks. Between these two rules, skateboarding is hardly allowed downtown at all.

Most people report a complaint to the San Luis Obispo Police Department when there is skating in private parking lots, especially University Plaza behind Shell on Santa Rosa Street, SLOPD traffic officer Colleen Kevany said.

For first time offenders they will usually get a warning, but the second time they are arrested for trespassing, Skateboarding is hardly allowed downtown at all.

"Most people don't care," Kevany said. "It's when they complain that we have to do something about it."

Kevany has more problems with skateboarders on the streets than those doing off-street tricks. The fines start at $25 and work their way up. "It's when they're skating too fast, go through a stop sign and get hit by a car," Kevany said. "Then they wonder why they're at fault."

There is a legal spot to do tricks in town and that is the Santa Rosa Skate Park off Santa Rosa. It has ramps, half-pipes, a pyramid fun box and a planter rail.

It is open Tuesday through Friday from 3 to 7 p.m. and Saturdays 12 to 7 p.m. The entrance fee is $2.

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