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Sept. 11 influences evolving language

Since 9/11, words such as "al-Qaeda," "Osama bin Laden" and "Patriot Act" have been added to many dictionaries.

Tessa French
Kansas State College (Kansas State U.)

MANHATTAN, Kan. — Language is an evolution. Some meanings change with time, but others are reshaped or created by extraordinary events.

"Languages always change," Carol Russell, linguistics instructor, said. "New words are added and some words are changed or even forgotten. Sometimes the new words become so commonplace we forget the original reason they were added to our lexicon in the first place."

Since Sept. 11, the English language has received small alterations. Words like "al-Qaeda," "Osama bin Laden" and "Patriot Act" are now included in dictionaries.

Additions to the dictionary have been made after Sept. 11 such as "al-Qaeda" and "Patriot Act."

Words added to dictionaries reflect society and its attitudes. Certain events make people use language in different ways, and once the language looks permanent, it is entered into dictionaries.

"I'm interested in not only the words that are entered, but the attitudes that are associated with them," Naomi Wood, associate professor of English, said. "Like 'ground zero' — we use the word now, and the way we use it shows our thoughts toward political issues. People's reactions are different."

In the New Encarta Webster Dictionary, the word "September 10th" has been added. This adjective is defined as "so petty, shallow or outmoded as to be irrelevant."

"The words being entered into the dictionary since 9/11 is an example of how we can't have a fixed language," Wood said. "It is always evolving, and it's a challenge to keep up with word meanings."

"9/11 used to mean an emergency indicator, and now, depending on who is providing the definition or using the word, it can be patriotic."

Russell noted an irony in the date and its new meaning.

"I think it is interesting that we use 911 to call for assistance from our emergency medics and on that date we saw so many of them respond to the tragic events," she said.

Devon Hillyer, senior in business administration, said she hasn't thought about the changes in the English language since Sept. 11, 2001.

"But it's true, we use words now that meant something different or didn't exist before 9/11," she said. Russell said the linguistic changes brought about by Sept. 11, 2001 are just an example of changes that have occurred and will continue to occur.

"Talk of terrorism today is much like talk of communism of the 1950s and '60s," she said. "I know from a linguistic standpoint, some words, which may be commonplace today, may not be 15 years from now."
A GRANDDAUGHTER'S PERSPECTIVE

Dana Rehnquist shares memories of chief justice

Jason Schwartz

PHILADELPHIA — College freshman Dana Rehnquist was on her way to dinner with her brother and grandfather one night a few years back when the grandfather, a big movie buff, announced that he had just seen a "really rubbish" film. He loved it so much, she said, that even when his disgusted friends wanted to get up in the middle and leave, he ordered them to stay put.

The chief justice of the United States Supreme Court, it turns out, was professing his admiration for the 1984 Terms of Endearment.

Needless to say, Dana Rehnquist has a unique perspective on the life of her late grandfather, William Rehnquist, a man often said to be more than a bit "old-school" himself. She saw her grandfather one night a few years ago when his bedroom was "really raunchy" and he had just received an apology from the offending musicians.

In life, though, Dana said that her grandfather was, among other things, a good-humored Civil War buff with a penchant for trivia.

"He would always have trivia games for the kids, so when we would go to his house in Vermont, he would have all the kids sit around his chair and he would have questions categorized for how old you are," she said.

"If you got the question right, you got a quarter. The questions he would ask my youngest brother is the stuff I would know, and the questions he would ask me my dad wouldn't even know.

"Wherever we were with him, we would never talk about his job," she added. "He never talked about his cases. He would always want to hear about you or he'd tell you stories about the Civil War or recite some epic poem."

Dana said that she did not follow her grandfather's cancer that closely but that she did once get into a "heated" debate with him as to whether or not his court's decisions were weakening the result of Brown v. Board of Education.

Though she pushed his grandfa­ ther's buttons, Dana said she was quickly persuaded by his constitutional reasoning.

In Washington last week, though, she found herself in the middle of the media's eye. She said that the media's presence could be both overwhelming and disorienting.

Dana opened The New York Times the day after the funeral to see herself in the middle of a photograph.

"There I was trying to bite my lip and stop myself from crying out loud, and people are just like not caring," she said.

Equally distressing, she said, was the speculation preceding Rehnquist's death as to both when he would die and who would replace him.

"It was really hard when we first found out that he had cancer, seeing it on the newspaper," she said.

They talk about the cancer and being like, 'Well, when he dies, this is what's going to happen,' Obviously for the rest of the country, it's like, 'Oh, what's going to happen, but for my family, it's 'My grandfather's going to be dead."

Just as bad, she said, was the speculation as to whether the chief justice would step down after being diagnosed with cancer.

"He loved his job and he loved what he was doing," Dana said.

As his cancer presented him from traveling or playing tennis — as he liked to do — Dana said that though "it was hard for him to talk," her grandfather's job was one of the few things he was still able to do.

The only thing that took him was his body," she said. "He still had his humor, his intelligence, everything was still there with him.

Though sad, Dana said it was nice at the funeral to hear so many glowing words about her grandfather.

She said Sandra Day O'Connor — who was Rehnquist's law-school classmate and close friend — was "motherly" in hugging her and ironing her blouse.

Ruth Bader Ginsburg's condolences, she noted, was amusingly funny.

"Ruth Bader Ginsburg comes over, and she was trying to do something similar to what Sandra was doing, but it was just so awkward," Dana said, noting that their meeting was marked by awkward silences.

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Ken Doll syndrome coming to a campus near you

The new wave of metrosexuals, also known as the Ken Doll syndrome, sparks controversy with feminists and society alike.

Brandon J. Mendelson
BROKENBAY (SUNY-Potsdam)

POTSDAM, N.Y. - I'm a social feminist. I believe in gender equality. I think women are treated poorly in this society and that we need to take measures to make us all equal. I think fundamentalism of religion and the old guards of power and authority are unfairly holding women from advancing in this world. But at the same time, I'm not a supporter of the extreme variation of Feminism that exists in our society. The concept of putting a woman's wants and needs over a man because man has been deemed inferior for whatever reason of the week. If we truly are equal, then we should follow the golden rule and treat each other how we ourselves want to be treated.

My brother Eric could best be described as a metrosexual. For those of you not in on this fun little game of linguistic diarrhoea, the term refers to a straight guy who acts gay. The term does not go both ways. You are not a metrosexual if you're a guy that acts straight. But if you were a straight guy that acts gay then you would be considered a metrosexual. To me there is nothing wrong with being gay or being straight. That’s your preference and no one has the right to tell you otherwise. But I have a big problem with the concept of metrosexuals, or Ken Dolls, as they will be referred to from now on. A Ken Doll is not the identity we should accept for the modern man.

You know how to spot a Ken Doll from a mile away and a glue gun shoved up your nose. They have popped collars, pink shirts, gelled hair, and may or may not have those fashionable Lance Armstrong bracelets on their hand. You might also be able to smell them despite the noticeable handicap of the glue gun because they felt the need to bath in Axe and other cheap colognes. Ken Dolls also do things like man scapping, waxing, and spending an hour in the salon getting their hair done. They care about fashion, their self worth, and their interior decorating skills. They hope to graduate and take a midlevel position in a company for the rest of their life, decorating their Ikea apartment, and counting the days until they retire. They don’t go against the grain. They are content with the idea they represent the modern man. They don’t dare to dream.

The concept of a man coming home from work and asking his wife what she made for dinner is unacceptable but it is just plain bunk. The idea that you’re not a man unless you put on your axe, wax yourself, and bow to your girl’s every whim is bunk. And the loss of any kind of identity for the modern male is the opposition to finding that identity is not only unacceptable but it is just plain bunk.

Ken Doll syndrome coming to a campus near you

The increasingly popular metrosexual style for men is strikingly similar to the Ken Doll.

one. That we as men always and above all treat women with respect, chivalry, and love. We should not allow ourselves to be bullied by any one ideology or agenda. We should fight for what we believe to be true and speak out against injustices. And we should stop popping our collars because that's really fricking lame.
NEWS
8 Special Edition

California bill could legalize gay marriage

Katie Knobloch
The Record

BATON ROUGE, La. — On Sept. 6, California became the first state in the nation to pass a bill allowing for legal same-sex marriage.

But the bill is only one victory in the nationwide battle over marriage. Both the California State Senate and the Assembly passed the bill, which would make marriage in California gender-neutral, but California is not likely to legally recognize gay marriages soon. California Governor Arnold Schwarzenegger has said he plans to veto the bill.

Katie Knobloch, head of activism and public relations for Spectrum Alliance, disagrees with the governor's decision. She said the governor should not make the decision for people.

"When two people want to get married, I think they should be allowed to get married," Robison said.

Schwarzenegger's press secretary, Margot Thompson, said he is acting for the will of the people.

"Five years ago, the matter of same-sex marriage was placed before the people of California," Thompson said in a statement. "We cannot have a system where the people vote and the Legislature denies that vote.

That vote was Proposition 22 — later ruled illegal under the federal constitution — which banned same-sex marriage in California. But in the five years since, public opinion appears to have shifted. A recent poll by the Public Policy Institute of California found voters evenly split, 46 to 46 percent, on the question of same-sex marriage. The remaining 8 percent are undecided.

The current bill, the "Religious Freedom and Civil Marriage Protection Act," aims at ending marriage discrimination in the state of California.

"Legal distinctions between heterosexual and same-sex couples negate the idea of marriage and the rights that come with it," the author of the bill wrote in the bill. "The authors write in the bill that the act would return marriage law in California to its historical state. From 1850 to 1977, the law contained no specifications related to gender.

Even if California begins to recognize same-sex marriage, Louisiana voters still seem adamantly opposed to the idea. In September 2004, Louisiana voters passed a referendum with 78 percent approval that constitutionally banned both same-sex marriages and civil unions in Louisiana.

Utah quake overdue, field survey says

Bonnie Boyd
The Daily Universe (BYU)

PROVO, Utah — "We need to ring the bells and say: Everyone, are you ready for this?" said Brigham Young University professor of geology Ron Harris.

A 1996 Utah geological survey predicts an earthquake of a 7.5 magnitude could happen any day.

"It might not happen tomorrow, but we have a responsibility to prepare and protect the future," said Ron Harris, professor of geology. "The events are so rare that there is a lack of immediacy. People don't have a problem getting ready for winter because it comes every year.

Earthquakes on the Wasatch fault average every 350 years, and the last large earthquake known to have been in the area occurred 600 years ago. Utah geologists say the quake is more than overdue.

Past history shows the Wasatch fault is capable of creating great destruction and devastation.

Harris said the 1983 Borah Peak earthquake on the Wasatch fault was only a 7.3 and the ground dropped more than 6 feet in a matter of seconds. The small towns nearby were severely damaged.

aged and buildings flattened.

"That same type of event will happen along the densely populated and developed Wasatch Front in the near future," said Harris.

"When it does there will be major loss of life and billions in damage. How bad it will be depends on how prepared we are.

"The biggest thing that I would be concerned about is if students know what to do in the event of an earthquake," said Kerry Baum, BYU Emergency Preparedness Coordinator, in January 2005 after the December tornado.

BYU has taken some preparations for such an event. Dining service warehouses has food to serve 33,000 people.

"Our warehouse and the communities in each dining hall hold enough for three days. It would be ‘survival’ with probably only two meals per day; ice cream the first day and dry cereal the last," Baum said. "It is not a food storage."

Baum said she would advise students to keep three gallons of water under their beds and three day's worth of prescription medication, baby needs and at least a week's worth of groceries. Recent tornadoes, volcanic eruptions, earthquakes and deadly tornadoes are proof that the earth is in communion.

A deadly tsunami hit Indonesia and other parts of South Asia last December killing more than 100,000 people in Indonesia and leaving hundreds of thousands homeless.

In a matter of a couple of days tornadoes touched down in an area from Louisiana to New England last year according to The Times of northwest Indiana. Thirteen tornados hit Indiana alone.

Seismic equipment recorded 3,800 small quakes in the wild during last March.

"Thousands of earthquakes occurring over a few days is a tremendous amount of energy," said Gary Rogers, a seismologist with the Geological Survey of Canada to The Toronto Star.

Now in the United States, New Orleans, La., is underwater with thousands dead and even more homeless and unemployed.

"We have a narrow window of opportunity. We need to convince local leaders to educated people how to be safe," Harris said. "What we do now will save people.

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Education on hold for national duty

Noelle Ibrahim
Daily Trojan (USC)

LOS ANGELES, Calif. - This year, summer ended before it could begin for Charles Baker-Boyd. Instead of relaxing or earning some extra cash before returning to the University of Southern California in the fall, Baker-Boyd has been preparing for deployment to Iraq since May.

Baker-Boyd, a junior majoring in communication, enlisted in the Army Reserve about six years ago, after his first year at USC.

"I was bored with being a student, and I had thought about joining the Army right out of high school," he said, when he finally received word this May via e-mail that he was starting training at Fort Bliss, Texas in June, and was being deployed to Iraq in November.

"I had been expecting it for a while, but it's kind of an inconvenience to go now since I've been in school," he said. "It's been just one thing after another."

"He always says that it's his patriotic duty and that he wants to serve his country, but I don't think he ever imagined that he'd be sent overseas," said his girlfriend Becky Ciast, a senior majoring in international business at Pepperdine University. "I just want him to go and get back unharmed."

"Unfortunately, we're not fighting an army -- we're fighting an insurgency, so everyone is on the front line," he said. "It scares me, but being afraid doesn't make it any better."

Once he fulfills his duty in Iraq, Baker-Boyd said he hopes to return to USC and complete his education; however, he has considered a career in the military as an option.

"There's so many opportunities here, it's hard to decide what to do right now," he said. "I still haven't seen the real side of the Army, so I'll use this as a testing period to figure it out."

"I'll be here to be supportive," she said. "I e-mail him a couple times a day and talk to him for about 30 minutes on the phone. It's not the best situation, but he always has a good attitude about it."

"USC was always understanding and always willing to work with me, though," he added.

Baker-Boyd was surprised when he finally received word this May via e-mail that he was starting training at Fort Bliss, Texas in June, and was being deployed to Iraq in November.

"I had been expecting it for a while, but it's kind of an inconvenience to go now since I've been in school," he said. "It's been just one thing after another."

"By the time I get back to USC, all my friends will be gone," he said. "And by the time I finally graduate, it will be about 10 years since I started."

"It's hard, but it's what I do," he said.

Gast said that although she knows he has been difficult for Baker-Boyd to complete his education, she is proud of him and hopes he will keep him feeling connected to the United States while he is overseas.

"I'll be here to be supportive," she said. "I e-mail him a couple times a day and talk to him for about 30 minutes on the phone. It's not the
Everyday McDiet sheds pounds proving super-sized weight loss

Jasen McGowan
DURHAM, N.C. – Merab Morgan reacted with sheer disgust when she first saw the 2004 documentary “Super Size Me,” in which director Morgan Spurlock lived off the McDonald’s menu for a month.

But instead of shying away from the golden arches, Morgan launched a 90-day McDonald’s diet of her own — and dropped 37 pounds in the process.

Unlike many viewers who took Spurlock’s anti-fast food message to heart, Morgan refused to buy into what she considers propaganda.

“It’s not like the devil makes you do it,” the Henderson, N.C., woman said in response to those who blame fast food chains for their health problems. “I’ve been overweight for years, and I knew what I was doing was wrong whenever I ate the wrong thing or too much.”

Spurlock made his film in an attempt to reveal the health risks of fast food, eating only at McDonald’s for 30 days. He ate between 3,000 and 5,000 calories per day and feasted on every menu item at least once — from Big Macs to Sausage McGriddles — opting to “supersize” whenever asked. By the end of the film Spurlock had packed on 25 pounds and faced liver failure and increased cholesterol.

Unlike Spurlock, Morgan set out planning to lose weight.

The single mother who commutes to Chapel Hill for work said she found it impossible to pack her lunch everyday or stay on expensive diet plans such as Weight Watchers.

In April, a then 270-pound Morgan retrieved nutrition facts from the McDonald’s Web site and embarked on a 1,200- to 1,400-calorie-a-day diet. She determined the calorie intake of her meals based on an analysis done at Weight Watchers several years ago.

“I ordered things I enjoyed, always trying to pack the least calories into the most filling meal,” Morgan said, noting that she ordered most of her favorite menu items but avoided french fries.

“For me, the key was staying consistent,” Morgan said. “I knew if I ate too much at meal number one, I’d pay for it later that day by eating something smaller.”

Anna Lutz, a dietician clinician at Student Health, said both Spurlock and Morgan promote interesting views on eating. Lutz said moderation is the key to a healthy diet but noted that eating only fast food is not an ideal solution to poor eating habits or obesity.

Since ending her diet in June, Morgan said she still eats at McDonald’s “pretty much every day” and is inching closer to her target weight of 150 pounds.

“For every person it’s different; certain cases call for different measures,” Morgan said. “For me, it’s all about taking control.”
Alternative fuel spurred by gas hikes

Colleen Wright
The Daily Athenaeum (WV, Morgantown) 11

MORGANTOWN, W.Va. — With gas prices at an all-time high, alternative fuel sources have become one of the front-runners in scientific research. In fact, West Virginia University has their own department working on just that.

The National Alternative Fuels Training Consortium, which is headquartered at WVU, is the only training organization of its kind nationwide. “We develop curricula for alternative fuel vehicles and advanced technology vehicles,” said Judy Moore of the WVU NAFTC. “We offer training based upon the curricula we have developed and education outreach at the National Alternative Fuel Vehicles Odyssey.”

Twenty-five schools nationwide work with the NAFTC for training. The technical specialist and director on staff travel to various conferences all over the nation giving speeches about alternative fuels and advanced technology vehicles. One of the technologies the NAFTC is working on is hybrid technology.

“Automotive manufacturers are making hybrid vehicles that operate off battery power when the vehicle drops to a certain speed instead of gasoline,” Moore said.

Another fuel source the NAFTC is studying is ethanol. FLEX fuel vehicles, which are vehicles that can operate on more than one type of fuel, are the only ones that can use ethanol, as of Friday, ethanol was selling at one gas station in Morgantown for $2.54 a gallon.

“Our gas prices are at least $3.30 and rising. If we were to actually find an alternative fuel we could become less dependent on foreign fuel supplies and have more control over situations like what is happening in the Gulf right now,” Moore said.

Plus these sources are cleaner for the environment. Regular gasoline emissions are destroying many things in our environment; alternative fuel sources could be helpful for the future of the Earth.”

Biodiesel is an alternative fuel that is better for the environment and can be used in diesel engines. “But you can’t just go to the pump and purchase it,” Moore said. “If people start requesting it there will be a bigger need for it and it will become more available.”

Moore stressed in a phone interview that there are some things people can do but not a lot that is available.

“People can start trying to push the need for more alternative fuels and provide support,” Moore said. “Until we can get the adequate infrastructure we can’t just sell it on the corner.”

Through workshops and training courses, the NAFTC is trying to educate communities of people all over the U.S. on the many positives that advanced technology vehicles and alternative fuel vehicles offer.

Founded in 1992, the NAFTC’s motto is “Because Clean Air and Energy Independence Matter.”
Student-run recycling center helps environment

Andy Reyes

LONG BEACH, Calif. — When one encounters litter on the ground daily, California State University-Long Beach is aware of the importance of supplying facilities and support to encourage environmental preservation.

Associated Students, Inc., provides a student-run recycling center, providing recycling opportunities for students, non-state campus operations and the general public. The center is located on the University campus.

Because unrecycled material is sent to landfills, the ASI recycling center is able to remove the material it collects annually that would have ended up taking over valuable land space. The recycling center works to help save energy costs and reduce pollution in order to help preserve a cleaner environment.

Administrator to the ASI Conservation Commission, Sherena McClinton, said the Conservation Commission, a liaison to the ASI recycling center located on campus, works to help students understand the need to do their part in helping the environment.

"The Conservation Commission basically helps maintain a positive, earth-friendly focus here on campus," she said. "We put on various events here like a big Earth Day celebration and various beach cleanups." Joey Calmer, a member of the Conservation Commission, also puts forth effort in helping to maintain the environment and letting students know how important it is. Students need to realize the importance of helping the environment because its resources are rapidly being depleted, Calmer said.

"It’s really helpful to have our generation become more aware that our lifestyle is not going to be sustained for very much longer," he said. "We’re going to have to change a lot of things. And so if you learn to recycle now, we can all be better later."

Calmer said there are many things students can do to carry out their part in helping preserve the environment. Students do not have to limit themselves to worrying about ground pollution.

The Conservation Commission has set up a MySpace account for CSULB students to find people to carpool with. Through the Web site they specify that they are hoping to make it easier for students to find others who are interested in carpooling, thereby lessening the traffic.

In addition to the ASI recycling center and Conservation Commission carpooling program, the facilities management office at CSULB also provides a recycling center.

The Facilities Management corporate yard, located on the eastern end of campus, serves to keep the campus attractive for the people who work and study here through the preservation of its physical facilities and grounds areas, according to their Web site.

Their recycling center takes everything from mixed paper, plastic, ink toners and green waste to electronic components, batteries, wood and even those little foam packing peanuts that come in cardboard boxes.

Also, a statement on their Web site says they believe recycling conserves valuable natural resources, reduces energy consumption in the manufacturing of goods, creates jobs, extends the life of landfills, and reduces disposal costs.

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DJs and Dancing on saturday nights

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Welcome back Poly Students!
Houston a haven for hurricane victims

Karl Stampfl
ANN ARBOR, Mich. - Some live with family. Others reside in the apartments of welcoming strangers. But five-year-old Diamondstay Ward survives in a car with her mother. About 150,000 Hurricane Katrina evacuees remain in the country's fourth-largest city. As of two o'clock Sunday morning, 5,263 of the evacuees live in Houston's four major shelters: Reliant City, Reliant Center, the Astrodome and the George R. Brown Convention Center downtown. At one point, Houston housed as many 25,400 evacuees in its shelters.

City authorities and the displaced families say many of the evacuees who have moved out of the shelters dispersed themselves across the country to find more permanent lodging and jobs with friends and families. Many of the remaining evacuees plan to stay in Houston for an extended period of time. Some say they will never go back to New Orleans and may make Houston their new home.

Although there are tentative plans to condense the shelters into one, no one is sure which shelter will be used.

"It's a very fluid situation," said Frank Michel, Houston Mayor Bill White's communication director. Regularly scheduled events have been canceled at the convention centers through the end of the month, Michel said. Until then, city officials are playing things by the ear.

Efforts are being made to move the evacuees into more permanent housing. As of Friday, 50 of the city's largest property owners had signed leases agreeing to house evacuees but not to price gouge, a crime that relatively few have committed, Michel said.

"We don't want to be in the shelter business," Michel said.
Louisiana Gov. Kathleen Blanco and other members of her legislative team thanked the city of Houston repeatedly during a press conference.

"No state took as large a number, as heavy a burden, as did this state," Blanco said. "Y'all have redefined the word neighbor."

But not all Houstonians are happy about their new neighbors.

"There was concern about crime and noise."
Celebrities open wallets to help Katrina victims

Michael Holt

TAMPA, Fla. - In lieu of the catastrophic impact of Hurricane Katrina, the entertainment industry has initiated a series of charity events to help the families and victims of this natural disaster.

Given the popularity of Internet auction sites such as eBay, it is no surprise they are being used for this purpose. One Web site "provides technology-based solutions to nonprofit organizations." It is running several celebrity auctions, including one to help the relief effort in the South.

Actor Morgan Freeman - a Mississippi native - is just one celebrity working with CharityFolks to help raise funds for the Red Cross. His backing and efforts caused famous pals to join the effort at CharityFolks.

There are over 200 items being auctioned, some of which include the opportunity to meet actors Dakota Fanning at the premier of her new movie Charlie's Web and a copy of Fear and Loathing in Las Vegas signed by Johnny Depp, Benicio Del Toro and the late Hunter S. Thompson.

The auctions do not stop there. Jay Leno will, for the third time, auction a signed Harley Davidson motorcycle on eBay later in September. Signatures adornning the bike include those of Joshia Alba, Donald Trump, Dennis Leary, Jennifer Garner and Renee Witherspoon. Leno did the same to master funds for victims of Sept. 11 and the tsunami that ravaged Southeast Asia, managing to pull in $369,000 and $841,000 respectively for each tragedy.

Kevin Smith of Clerks, Chasing Amy and Mallum Green is also helping by way of the Internet auction. At his View Askew Web site, Smith is offering such goodies as a visit to the set of Clerks 2, the highly anticipated sequel to Smith's seminal classic.

We’re all in this together," she said. "This is our point in history, and it can either be looked back on in the history books as a negative or a positive."

Despite reports of rapes in the Astrodome and the Reliant Center, city officials insist crime is not a major problem.

Michel said the number of phones calling city emergency services have received are 3 percent less than they were during the same time period last year. Some weapons have been confiscated, but the vast majority of the 48 streets in Reliant City have been for public intoxication. Alcoholics Anonymous groups are beginning to meet.

Evacuate Walter Davis said he had one of the debit cards the Federal Emergency Management Association and Red Cross handed out to evacuees stolen from him by thieves.

After receiving the card, which had about $2,000 on it, he asked volunteer for help for he didn’t know how to use it. The volunteer took the card and told Davis he would have to go back to his bus in the convention center to get it. When he came out, the lady was gone. She has not come back to work since. Davis contacted authorities to have the account frozen. No money was taken out. He is still working on getting another card.

Many of the new residents at Reliant City say they are grateful for the care they have received from the local authorities.

"Since I got to Houston, it’s been peaches and cream," said evacuee Waldorf Jones.

When he arrived in Houston Jones was still sick from a disease he caught from the infected water spraying through New Orleans. He could not remember the disease’s name.

"I was throwing up all colors, green, red, yellow," he said. "This put an IV in me and now I’m better.”

Many Houstonians serve as volunteers through organizations such as the Red Cross Volunteer Army. Moore, a sophomore at the University of Houston, said that when she arrived to volunteer yesterday she had to wait in line for hours because there were so many people willing to give their time.

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Three-year-old Erroll Thomas sleeps peacefully as his mother Selika Thomas sits in the background September 5 at the Astrodome.

Two-year-old Erroll Thomas sleeps peacefully as his mother Selika Thomas sits in the background September 5 at the Astrodome.
Penn State students organize blood drives

Tess Marino

UNIVERSITY PARK, Pa. - Jeremy Jackson gave blood at the Bryce Jordan Center Tuesday like he does every few months. But this time it was more than just routine — it was personal. Jackson's sister, a Mobile, Ala., resident, is housing 12 people from Mississippi and New Orleans displaced by Hurricane Katrina.

"It's extremely chaotic," Jackson (junior-international politics) said. "They're going to need a lot of money."

In response to the devastation that the hurricane brought to the Gulf Coast, the Greater Alleghenies Region of the American Red Cross will donate $1 for every unit of blood collected in September. Money will go to the Red Cross National Disaster Relief Fund, which gives victims of the hurricane supplies including food, shelter, meals and medicine.

"This type of tragedy opens students' eyes," said Rami Horani, Penn State Red Cross Club president. "There's a surge of donations and support from students and staff." Saturday's football game against South Florida raised $55,768.35 for hurricane victims, and Red Cross officials say they expect that number to rise.

"It was wonderful, especially on Saturday," Horani said. "It was really impressive that people offered up hard-earned money for the victims."

"At this point, the people in need are not exactly in the public eye," Keeler said. "We're concerned about the blood supply and about potential donors."

Red Cross spokeswoman Wendi Keeler suggested potential donors register at the Penn State Red Cross Web site, www.psuredcross.org, to ensure a quick and efficient donation. Disasters like Hurricane Katrina draw more donors, she added, but she said it is also an opportunity to educate donors about the need to regularly replenish the local blood inventory.

The $1 donation incentive will allow financially strapped college students the opportunity to contribute to the relief effort while giving blood, she said. "Nationwide emergencies bring people out because they need to feel like they're part of the solution," Keeler said. The Red Cross has raised more than $300 million nationwide in gifts and financial donations for the victims.
Katrina jeopardizes medical research at LSU

Chris Day
The Reveille

Researchers at the Louisiana State University Health Sciences Center in New Orleans were working with colleagues from Tulane University and LSU to reveal how deformations in the eyes optic nerve could lead to glaucoma — the second most common cause of blindness in the United States.

The School of Dentistry faculty members were developing new biomaterials to make cavity fillings more effective and possibly save money for millions of dental patients.

But Hurricane Katrina’s devastation has put potential medical breakthroughs like these on hold.

LSU System spokesman Charles Zewe said years of “wrecked and postponed” HSC research leaves hundreds of millions of dollars in research funding hanging in the balance.

The School of Dentistry, which received a $10.8 million grant this year, is flooded with both structural damage and water damage primarily on the ground floors.

HSC personnel attempted to save what they could during the hurricane. Some researchers stayed behind despite the mandatory evacuation. But when the levee broke and conditions worsened, they were forced to euthanize as many lab animals as they could.

“The water came up so fast, and it was toxic with chemicals,” Zewe said.

The dangerous floodwater prevented researchers from getting back in quickly.

Although some research grants are interrupted, they will not be eliminated. The LSU System plans to rebuild in southeastern Louisiana branches.

“The LSU System is fortunate in that they have other campuses where researchers can continue their work,” said Carla Fishman, special assistant to the vice president of academic affairs.

Because HSC computers are still down, System officials continue to reconstruct financial records documenting grants from federal agencies including the National Science Foundation, Centers for Disease Control and Prevention and the Office of Naval Research.

“We are actually crafting a response to the federal agencies in allowing us to extend these research programs and carry over the funding,” Fishman said.

The LSU System spent an estimated $350 million in research expenditures in the 2004 fiscal year. Officials continue to notify agencies with regulatory authority over live human subjects used in HSC studies, including trial tests of potential pharmaceutical drugs and devices.

The attempt to rebuild is evident on campus. HSC student and faculty volunteers, with one hand on the phone and the other rapidly writing names and phone numbers on a yellow legal pad, continue to busily answer hotline calls at the Systems Building to update fellow students and faculty on plans for fall classes.

They told medical, dental and nursing students that they will resume classes Sept. 26.

This fall, 356 HSC medical students in their first two years will take courses at Pennington Biomedical Research Center — another component of the LSU System — along with some dental students.

“We’re doing everything we can to help our colleagues,” said Pennington executive director Claude Brouchard. “Doctors for our suff continue to serve the needy in New Orleans.”

Officials from each HSC graduate school hope to return full operations in New Orleans by the beginning of 2006.

The HSC endured at least $1 billion in hurricane damages. And that number is expected to rise as the see Research, page 17

Katrina could cost up to $125 in economic damages. LSU is one of several universities affected.
Donations
continued from page 15

relief fund, according to the organization’s Web site.

Although canned food and clothing donations are appreciated, Keeler said only monetary donations, gift cards and blood will be accepted at the local drives.

“We can’t collect items,” she said.

Logistically, gift cards and money are easier to move, she said.

“I don’t really like it, but it’s not horrendous,” she said. “There are worse things and it helps out a lot.”

Research
continued from page 16

damage is further assessed.

LSU System Executive Vice President Bill Sylvia said $3.5 billion is the early estimate for total operations losses at the HSC and University of New Orleans because of the hurricane.

Sylvia said financial relief will come from “several avenues of revenue” including congressional appropriations.

HSC operations will find makeshift homes aside from Pennington this fall.

“We will be identifying different clinics across the state for the purpose of patient care,” said Dr. Eric Hovland, dean of the School of Dentistry.

Patient treatment by dental students will continue, but exactly how is still unknown.

“We’re going to have to do something. We just don’t know what yet,” Hovland said.

Leanne Thune, School of Dentistry senior and phone line volunteer, said the dental seniors will be placed at clinics around the state to treat patients.

“We’re kind of starting over,” Thune said. “We’ll have new patients and a new environment.”

The nursing students worked in New Orleans-area hospitals for their clinical studies before the hurricane. They also will be placed in hospitals around the state, said Katherine Creed, School of Nursing second year.

System officials are securing an unknown amount of mobile homes to house students and their families in this area, as well as a ship to be docked on the Mississippi River for classes.

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Female skin cancer rates on rise

Sumayya Ahmad
Dent Talon

LOS ANGELES - The incidence of skin cancer among females under 40 has tripled, according to a study published in the Journal of the American Medical Association. The rate of basal cell and squamous cell cancers rose to 32 cases per 100,000 women under the age of 40 in 2003, up from 13 cases per 100,000 in the late 1970s, according to the study.

Dr. David Peng, visiting associate professor of clinical dermatology at the USC Keck School of Medicine, said that he has also seen an increase in patients with these kinds of cancers.

“What is fairly frightening is that I’m finding an increasing number of patients who are in their late teens and early 20s who are developing melanomas and other kinds of skin cancers,” he said. “What is fairly frightening is that I’m finding an increasing number of patients who are in their late teens and early 20s who are developing melanomas and other kinds of skin cancers.”

These kinds of cancers are associated with excessive exposure to sunlight and are often found in people who sunbathe, Peng said. He said that there are other alternatives to sunbathing, such as using sunless tanning products.

He said that there have been problems with these products in the past, such as streaking. The newer preparations have dealt with these issues, such as a product called Mystic Tan, a self-spray solution that allows an evenly distributed tan to develop over the process of a few days.

“Of course our main goal is to help patients understand that looking dark and crisp is not, in fact, very attractive. But that of course involved a broader public campaign,” he said. “Dermatologists are not saying to avoid the sun altogether. We do want people to lead active lifestyles,” he added.

Peng said that he recommends reading the active ingredients in sunscreens and sunblocks, along with using sunscreen of at least SPF 30. He said that the ingredients titanium dioxide and zinc oxide, which are found in sunscreens, tend to be better tolerated and act as physical barriers against UV rays.

“Often times, people just look at the SPF rating. What people don’t realize is that the active ingredients are also important in determining if the product protects you from the sun,” he said.

Peng said that he believes a reason

see Cancer, page 2
Inhaler brings new hope for type-I and II diabetics

Emilieh Barnes
The Daily Iowan

IOWA CITY, Iowa — Often taken for drug needles, Joe Manriquez’s diabetes syringes are frequently a source of embarrassment.

“I’ve gotten some strange looks,” said Manriquez, a third-year law student who was diagnosed with type-I diabetes in 1990. “You sneak off and go the restroom to do a shot of insulin.”

Manriquez, 24, said that on a normal day, he does at least four shots of insulin, and some days he has done up to 15. Because of this, he always has a syringe handy, and he often has to give himself shots in public places.

For him, Exubera — a newly proposed insulin inhaler — would be a great alternative to the shot.

“I’m sure if it’s approved, we’ll see use,” he said. “From a patient standpoint, I think there’s a lot of interest. I don’t think it’s going to be better than shots, but I think it’s an alternative that some patients might find more appealing.”

Objections to Exubera included fears that patients would not be trained properly to use the inhaler. Doelle dismissed those concerns, saying the devices were designed to be easily accessible to patients.

“I’m sure there’s going to be a learning curve,” he said.

“I don’t think it’s likely to be a big problem. I don’t want to say the devices are foolproof, but I think they are easy to use.” He noted, however, that diabetics should still pay particular attention to diet and exercise.

Cancer continued from page 20

there is a higher incidence of skin cancer that dermatologists are finding in their efforts to educate the public regarding the dangers of sun exposure. He said that particularly in Los Angeles, where there are people of a variety of racial and ethnic backgrounds, there is a need for more public awareness about this issue.

“Rates of skin cancer are increasing in the population as a whole — not only in people with fair skin,” he said.

Alexandra Gazzamga, a graduate student in professional writing, said that although she loves being in the sun and going outside, she tries to be cautious about sun exposure.

“I do go to the beach but don’t actively get a sun tan. I try to avoid the 10 a.m. to 2 p.m. hours,” she said.

Gazzamga said that she has been to the dermatologist before about skin problems and she is especially cautious now that she is older.

“I just try to be careful. It was my experience when I was 18 or 19 when I had a scar. I think I had some damage when I was younger,” she said.

Gazzamga said that she believes people know about the dangers of tanning salons, but that they get mixed messages.

“There are so many images of the young, tan, and beautiful. It’s just like smoking. People think they are invincible when they are young,” she said.

Priscilla Brambila, a graduate student in marriage and family therapy, said that she agrees the standard of beauty has remained the same.
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Fall 2005 Workshops & Events

November

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Evaluating Job Offers
Thursday, 11/3 11am-12pm 124/224

Resume Workshop
Monday, 11/7 1-2pm 124/224

Writing the Personal Statement
Tuesday, 11/8 11am-12pm 124/224

Resume Workshop
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Ditch the stress ball and practice Reiki

Sara Firestone
The Big News

BOWLING GREEN, Ohio — College students are faced with an abundance of stress every day. Whether it is a test or paper, a late night job or the care box of grief that sits near them in class, it seems that they always have something that restricts their daily activities in one way or another.

I have always had a preoccupied mind that resulted in plenty of stress attacks and over-exaggerations during my college career and lifetime itself. One year ago, I found an answer to my problem. Something that helped me reduce my stress and anxiety level and function on a more relaxed and grounded level. I was introduced to my Reiki Master and became a level one practitioner of Reiki.

What is Reiki (pronounced ray-ki)? The practice of Reiki is the art of applying God-guided intelligence (Rei) in the form of energy (Ki) through the hands with the intent of balancing and/or making someone or something whole. I say God-guided meaning a higher divine force; it is not limited to God but encompasses any higher spirit in whom one believes. Reiki does not interfere with one's religious belief whom one believes. Reiki does not encompass any higher spirit in force; it is not limited to God but is whole. I say (lod-balancing and/or making someone whole). I say (lod-balancing and/or making some- key)?

The practice of Reiki is the art of touch. Reiki practitioners channel energy in a particular pattern to heal and harmonize. It serves as a stress reliever.

Reiki practitioners channel energy in a particular pattern to heal and harmonize. It serves as a stress reliever.

Rediscovered by Dr. Mikao Usui in the early 1900s in Japan, Reiki was introduced to the United States (in Hawaii) in the late 1990s.

Since then, the practice of Reiki has spread throughout the country with miraculous tales of healing, stress reduction and relaxation.

The method of Healing Touch is becoming even more popular due to the rise in alternative methods of healing and the desire to live a healthier, happier lifestyle.

I was shocked when I heard that Bowling Green (the small town it is) had an establishment employing a Reiki Master. Gary Haines (also an ordained minister), at Fortunes & Treasures.

"I've been a Reiki Master six years in July," Haines said. His reasons for practicing Reiki is itself a documentary in the healing powers of touch.

When Haines was diagnosed with reflex sympathetic dystrophy, he began using Reiki to fight the disease. "It's a nerve degenerative disease that's not supposed to go away, and the nervous system starts to shut down," Haines said. "I'm not the victim, I have the disease but the disease doesn't have me. By will power and the help of God, I overcame it, and I said if I did, I would turn it around and help other people."

As the practicing Reiki Master at Fortunes & Treasures for two years, Haines has been able to help many other people around the area with their personal difficulties. Among his clients whom he has helped are college students who experience stress, men and women with arthritis, and osteoporosis and cancer and AIDS patients. "I've had people that couldn't move and the next day roll around on the floor with their granddaughter for the first time," Haines said.

"I've had cancer patients that were going to go back in for their third round of chemotherapy and their tumor had shrunk," he said. Haines also told of a woman who was given six months to live. After being in remission for three years and bypassing the sickness, she moved to Florida.

"With Reiki, it has its own consciousness and knows where to go for the treatment. If you don't believe in it, it's not going to do anything to you because Reiki can't harm," he said. Not only can Reiki not harm, but also as Haines has mentioned, it is complimentary to medical treatments and medicines.

It opens and balances one's chakras and presents one's aura from accumulating stress, a perfect remedy for the average college student.

"People that do come to you are kind of open to it anyway. Some of them will get more relaxation out of it than anything else," Haines said. It can also aid in weight loss and quitting smoking if done on a regular basis.

In addition to offering Reiki treatments and classes for those who are interested in becoming Reiki practitioners, Fortunes & Treasures is in the process of beginning a Reiki SHARE group. The business also offers a tarot card, spirit painting, aura photography, crystal meditation and astrology charts, just to name several of their practices.

Gary Haines also offers a one-on-one channeling session, in which he relates to the show "Crossing Over, with John Edwards."

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Sleeping disorders a common problem on campus

Amy Robinson
ROCKY MOUNTAIN COLLEGE

FORT COLLINS, Colo. - Lately, CSU's campus looks more like the set for a remake of a classic 1960s horror picture instead of a center for academic learning. Sleep-deprived zombies roam past all three wings of the Clark Building in a trance-like stupor, reminiscent of George A. Romero's "Night of the Living Dead."

Sleep disturbance problems are the third leading complaint among CSU students, wrote Jay Hesler, a psychiatric nurse practitioner at the university Health Services, in an e-mail interview. Hesler said approximately one-third of students experience difficulty sleeping. This does not necessarily mean they have a sleeping disorder.

However, chronic problems with sleep may result in various disorders including insomnia. "Sleeping disorders are an issue for college students for different reasons," said Jackie Nguyen, University Counseling Center outreach coordinator. "It is difficult for them to adhere to a regular sleep pattern because their academic schedules vary. Stress and changes also play a role in lack of good sleep hygiene."

Senior English major William Strong knows what it is like to struggle with sleeping problems. He works the front desk of Braden Hall from 4 to 8 a.m. on Fridays and Saturdays.

"On the nights before I have to work, I go to bed at 9 p.m. and wake up at 3 a.m. On Fridays, I go straight to class right after work. I try to stay awake and have a regular schedule to avoid sleep deprivation," Strong said.

Despite the difficulty that accompanies going to work at 4 a.m., Strong said he likes his schedule. "Other shifts would interfere with my classes. I would have no time for homework," Strong said.

Besides an unusual work schedule, other causes of sleep disorders are sleep deprivation effects college students across the country.

Hesler said medical conditions such as asthma, chronic obstructive pulmonary disease and heart disorders can lead to obstructive sleep apnea, when a person stops breathing for short periods of time while they sleep.

Medical conditions such as asthma, chronic obstructive pulmonary disease and heart disorders can lead to obstructive sleep apnea, when a person stops breathing for short periods of time while they sleep.

"Students should aim for six to eight hours of sleep. The higher the quality students maintain, the more likely they are to fight off illnesses," Nguyen said.

"Stressors such as homework and bills should not be kept around the bed, Nguyen said. "Having a wind-down routine before going to bed also is helpful. Students should try to relax by taking a bath or shower, listening to music, reading or meditating before bed."

"Sleep disorders affect students emotionally and cognitively. If they are sleep deprived, they are more likely to be grumpy or suffer from bad moods. They may not have enough energy," Nguyen said.

Stressors such as homework and bills should not be kept around the bed, Nguyen said. "Having a wind-down routine before going to bed also is helpful. Students should try to relax by taking a bath or shower, listening to music, reading or meditating before bed."

If students are still suffering from sleep problems for longer than a few weeks, they should consult a medical professional as soon as possible. Student need to get an evaluation so any underlying medical causes behind a sleeping disorder can be ruled out, Hesler wrote.

"A number of prescription medications are used to treat sleeping disorders, but only for a short time because they are addictive and interact negatively with alcohol," Hesler wrote.

"Too much homework! Too much partying! Maybe a little too much of both! Sleep deprivation effects college students across the country."

Too much homework! Too much partying! Maybe a little too much of both! Sleep deprivation effects college students across the country.

COURTESY PHOTO

Is this you? If it is, you may be suffering from a sleeping disorder. Call Cal Poly's health services if you think you have a disorder.
Over-committed students struggle

Elia Peterson
Arizona Daily Wildcat (U. Arizona)

TUCSON, Ariz. — We are the new generation of scholar, an undergraduate class struggling to fit computer-sculpted minds into an old-fashioned educational structure many find to be outdated. Indeed, it is an interesting culture clash: those professors who cling to old-school concepts of instruction and learning, and the students of a generation used to consuming knowledge with efficiency, speed and brevity.

The burden of creating an enthusiastic dedication for classes frequently falls upon shoulders already bent with carrying heavy textbooks and financial struggle. It is a reciprocal relationship, however, and many professors are not holding up their end of the balance with the zeal and educational enthusiasm that students should be able to expect at a university.

Certain methods of instruction have proved again and again to be less than intellectually stimulating. Lectures are indeed that: students simply grasp information from books and their professors already utilize extensively, and their spreading use can only be beneficial. To break the monotonous rhythm of conventional class structure, professors can integrate different mediums of instruction. Videos put a face to a particular point discussed in class, newspaper articles or media clips can drive home a connection to the so-called real world, physical demonstration of a difficult concept can make it more engaging and easily grasped.

Above all, however, students respond to excitement and passion. If a professor is not interested in the way he or she teaches the class, students cannot create interest from their professors. Enthusiasm begets enthusiasm, and while professors say that students aren't passionate, student complaint that professors are disconnected from their needs. The question becomes, then, who will break the cycle of apathy and blame?
Some will savor college longer

Christina Forsberg
Kansas State Columnist (Kansas State U.)

MANHATTAN, Kan. — On campus, among classmates and mentors, I’ve heard a lot of discussion recently about students staying in school longer than four years. Students, in particular, have expressed some mixed reactions. Yet many students seem unwilling to leave that they might need to stay, at least, an extra year to complete their educations.

Where did this shameful feeling that students associate with becoming a 5th year senior come from? Some of it may stem from high school, where kids feared being the slow learners in their classes. My high school math teacher used to joke, “If you don’t pass my class, I guess you’re planning on becoming a super senior.”

Well, this isn’t high school. A student doesn’t get “held back a grade” for not completing a degree. Students shouldn’t be embarrassed to become a “super senior” at the post-secondary level. After all, why not attend school for five years? While many are in a hurry to get into the “real world,” there are plenty of students who’d rather take college life at a sure and steady pace. If anything, it allows more time for students who don’t know what to major in to explore academic options and leave less room to regret missed opportunities.

Most have a secondary level. Some programs even require that students stay five years to graduate. Why would they? Some programs even require that students stay five years to graduate.

In an extra year of undergrad education, students could diversify their academic options and leaves less room to regret missed opportunities. Some programs even require that students stay five years to graduate.

Some students prefer to complete a bachelor’s degree within four years or less because they know they have much more graduate school ahead of them. Students intending to enter the medical or veterinary field or to go on to earn a master’s or doctorate degree typically prefer to complete a bachelor’s degree within four years or less because they know they have much more graduate school ahead of them. Students intending to enter the medical or veterinary field or to go on to earn a master’s or doctorate degree typically prefer to complete a bachelor’s degree within four years or less because they know they have much more graduate school ahead of them.

Students, for example, have to stick around at least five years to complete their degree. Other students have to stay because circumstances like limited class space and waitlists have prevented them from getting the credits needed to graduate. Of course, there are other circumstances where students prefer to graduate as quickly as possible. Students intending to enter the medical field or to go on to earn a master’s or doctorate degree typically prefer to complete a bachelor’s degree within four years or less because they know they have much more graduate school ahead of them. Students intending to enter the medical field or to go on to earn a master’s or doctorate degree typically prefer to complete a bachelor’s degree within four years or less because they know they have much more graduate school ahead of them.

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In this environment, learning and preparation for the “real world” occurs on and off campus. If five years leaves you better prepared to make a difference in the world, then that’s how long you should be here. The world is going to judge us by what we have done with the education we acquired here, not by whether it took another year to earn the degree.

How many times have students dreaded hearing the cliché, “College, eh! Those are some of the best years of your life.” That proves to be true, then I’d opt for one more “best year of my life.”
The American University: Possibly the best education system in the world

Brian Wagner
COLUMBUS DAILY Spectator (COLUMBUS, OH)

NEW YORK — American colleges and universities operate on the most solid and progressive educational philosophy in the world. A respect for Deweyan principles of education has helped "The American University" maintain a position of superiority to all other institutional models in use around the world.

John Dewey, the great American educational philosopher of the early 20th century, wrote in *Experience and Education* that his philosophy of education was "of, by, and for experience." Progressive education as he saw it, embraced principles of growth and change, while the traditionally rigid system of education introduced artificial boundaries to learning. While studying in Scotland's top school, the University of Edinburgh, my views on The American University solidified.

Excluding considerations such as funding, student quality, and teacher experience, three major factors constitute the greatest strength of The American University in an embodiment of Dewey's philosophy of education.

First, Dewey highly favored experiential education, and The American University provides an endless flow of choices for those wanting to taste life. Whether it be jobs offered through the career center, student groups, campus housing, sporting events, or the shared vibe of "school spirit" that is quintessentially American, The American University serves as a testing ground for young men and women who seek not to commit to a future before they have hair on their chin or breasts on their chest, but to sample and savor a variety of experiences before judging which ones best suit them. A single experience alone lacks any sort of redeeming value — the value is created through the experience of numerous events held up in relation to one another, all of which lead to eventual growth of the student. At the University of Edinburgh, on the other hand, sports teams have no fans, campus centers empty in the evenings, and the students feel more like commuters than on-campus residents. College isn't as much a center for experiences as it is a bus stop on the road to a career.

Second, The American University allows for flexibility and adaptability in its educational programs, something that is sorely lacking in immobile European universities. My suitemate in Edinburgh switched majors only one semester into school, and was forced to retake the semester because he strayed outside a narrowly defined field. The American University supports a lengthy period of self-exploration and open-ended growth — a quintessentially American notion that deserves to be shared — nowhere in Europe will you find a person who switched majors five times. My cousin did that at Indian University and graduated in five years. I myself switched from American Politics to International Politics, picking up an unhealthy obsession with China along the way. Now, as a senior, I'm taking introductory Chinese. None of this would have happened in Europe. Dewey emphasized that the essential tenets of a progressive education included "expression and cultivation of individuality," "free activity," and "learning through experience." All marks of The American University.

Finally, The American University is respected across the world for the freedom it enjoys, and the freedom it sees University, page 28
University
continued from page 28
shares with its students. A recent UK ranking of the world's most respected and best-performing universities placed 19 American universities in the top 40. Why? In large part because they were free of government influence, and enjoyed freedom from many societal restrictions that might stifle individuals. Any sort of censorship outside of a university invariably weakens what Dewey called the "one permanent frame of reference: namely, the organic connection between education and personal experience."

Dewey's spirit of progressive education imbues universities from Columbia to Northwestern, University of Oregon to Iowa State, Carleton College to Portland Community College. Ideas, like his, and their lasting influence are the reasons why The American University is the standard to which universities around the world aim. The European model trains students to decide right after puberty whether they are destined to be a butcher, a baker, or a candlestick-maker. The American University says to the student, "you've made it in. Now let's start figuring out what interests you."

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First-generation college students face challenges

Rachel Abbey
Daily Kent Stater, Kent State U.

KENT, Ohio — Raven Montanez’s mother always encouraged her to go to college. Her mom never attended and always tells Montanez how hard it is without a degree. As the oldest of five children, Montanez said her mother has a lot of expectations for her to be successful. Montanez has cousins who have gone to college, but she is the only person in her immediate family to go.

“I have to explain everything, detail for detail, to my mother about the college process because she never went through it. Everything that’s new to me is new to her,” said Montanez, a nursing major at Kent State University and first-generation student.

A first-generation student is one whose parents or guardians did not receive a bachelor’s degree, said Ciary Padak, dean of Undergraduate Studies.

Some people think the number of first-generation students should have dramatically decreased since the academic revolution of the 1960s and 70s, but Padak said the federal government strictly defines them. Even if parents had attended some college or received an associate’s degree, a student is still considered first generation.

The university takes more time and effort with first-generation students, Padak said. Financial and social issues, such as lack of support at home, can cause problems.

Parents who did not complete college may not be able to earn the higher income of their peers with degrees, making it harder for their children to go to college.

“You may be able to get into college, but you may not be able to attend,” he said.

Kent State offers programs to first-generation students to help them overcome such challenges. The Upward Bound program prepares high school students for college, said Geraldine Hayes Nelson, associate dean of undergraduate studies.

Many first-generation students do not realize college is an option, and the program helps prepare them for the possibility, with prep classes and scholarship searches.
Katrina affects Indiana footballer

Matt Mattucci
INDIANA DAILY STUDENT (Bloomington, Ind.)

BLOOMINGTON, Ind. — For the past week, all but one of the 70 players on the Indiana football roster have had nothing but Saturday’s home opener on their minds. That one is senior wide receiver Rhett Kleinschmidt, but nobody has blamed him for focusing on other matters.

Rhett Kleinschmidt

Kleinschmidt is a native of Metairie, La., a town just seven miles east of New Orleans, and a town left standing in a pool of water after Hurricane Katrina rocked the Gulf Coast early Monday morning.

For him, football is merely an escape.

“Last week football helped out and it provided a two to three hour block where I could come and try to think about something else,” Kleinschmidt said. “When I’m away from the field it’s hard to think about football because of what’s going on down there. It helped, and it was hard to focus earlier in the week.”

Last Tuesday, Kleinschmidt’s mother and sister fled from Metairie to Thibodaux, La., to stay with relatives. He said he now feels a bit more comfortable knowing they are all together, and out of harm’s way.

“They’ve all been cramping in and just trying to make the best of the situation,” Kleinschmidt said. “They actually got power back in their town, so as long as they were safe, anything else that would have happened (with football) was an afterthought.”

Kleinschmidt said IU head coach Terry Hoeppner and the rest of the football team have rallied around him during the past week to help him get through the difficult time. Players, such as wide receiver James Hardy, have expressed their support for him and his family and tried to maintain a positive attitude.

“It’s been just a lot of talking to him lately,” Hardy said. “He says his family is fine and they’re safe. We’re keeping him and his family in our thoughts and prayers and trying to keep him in high spirits.”

Kleinschmidt said he has been able to use football as a distraction and feels it has helped him cope with the situation. He has not missed a practice in the past week. Last week, Kleinschmidt traveled with the team to Central Michigan and was on the sidelines during the team’s victory.

“It’s surreal just watching it on TV,” Kleinschmidt said. “I think it would be different if I was more involved in the situation, but I just can’t believe that it’s happening. You just figure it’ll never happen and we’ll be here forever.”

Nicholls State University, also located in Thibodaux, has experienced its own problems because of Hurricane Katrina. Kleinschmidt said he understands what the school is going through and hopes the Colonels will be able to make the trip to Bloomington, Ind.

“I would be extremely disappointed if Nicholls State couldn’t come,” Kleinschmidt said. “I’ve been looking forward to this game ever since they put it on the schedule. I know what they’re going through, and I’m sure a lot of those guys are really struggling with some things right now as far as not knowing a lot about what’s going on, and I can respect that.”

In the meantime, while his family is still trying to get back on its feet, Kleinschmidt hopes to aid the recovery process even though he’s 800 miles away.

“There’s so many ways to get involved,” Kleinschmidt said. “I’m going to try and do some things in Bloomington. I was approached by a member of a sorority about a fundraiser event and she asked for my help. I’m willing to do all kinds of stuff like that to help out.”
Student movement to encourage the CSU Board of Trustees to adopt a policy banning tobacco advertising and sponsorship. Sponsorship has increased on college campuses since the Master Settlement and 18-24 year olds are now being targeted with increased media attention. Currently students are being used by tobacco companies as walking billboards at athletic events. The students involved will continue to encourage and aid the board in any possible way to eliminate the tobacco industries sponsorship and advertising on our campus.

**STUDENTS**

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**Former Spartans honored**

Elizabeth Perry

STANFORD DAILY (Stanford, Calif.)

SAN JOSE, Calif. — Bill Walsh was named a Spartan Legend and seven other athletes were inducted into the 2005 San Jose State University Sports Hall of Fame induction ceremony, which took place Friday evening in the Barrett Ballroom in the Student Union.

Tom Bowen, director of athletics, gave his comments before the inductees’ speeches.

“We're here to remember our legacy,” Bowen said.

Bill Walsh is one of the few people who have been named as a Spartan Legend in the SJSU Hall of Fame. Walsh was inducted into the SJSU Sports Hall of Fame in 1980 and was also inducted into the Pro Football Hall of Fame in Canton, Ohio, in 1993.

Walsh is a three-time Super Bowl champion head coach, winning the Super Bowl in the 1982, 1985 and 1989 seasons with the San Francisco 49ers.

He coached the 49ers for 10 years, when he developed quarterbacks such as Ken Anderson, Dan Fouts, Joe Montana and Steve Young.

“Somewhere I recruited Joe Montana, and you can see how I became successful,” Walsh said.

“Now we have a new football program, with Dick Tomey as the head football coach,” Walsh said. “The football program is in great hands.”

Ed Baza, a wrestler from 1979 to 1982, said in his speech that as a child he and his siblings would wrestle in the living room of their house.

Baza talked about how SJSU’s wrestling team made its way into the top ranks of collegiate wrestling.

“We started out in the top 25 and broke into the top 10,” said Baza.

Vincent “Vinnie” Bradford, a women’s fencer from 1975 to 1978, said she and her teammates were among the first women who conditioned for their sport.

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**San Jose State**

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BADGER HERALD (U. WISCONSIN)

MADISON, Wis. — As Jon Stewart mentioned in an interview with Steve Carell, star of the movie “The 40-Year-Old Virgin,” never has a poster so tersely captured a character. The poster is simple: A medium shot of Steve Carell looking yonder from his boyish hair and polo shirt with the starry-eyed wonder of an infant. No slogan could better promote the movie than his facial expression, and no actor could play a 40-year-old virgin in such a sympathetic and humorous manner.

Best known as the semi-serious auxiliary news anchors on Comedy Central’s “Daily Show,” last year’s successful comedy “Anchorman” and “Bruce Almighty,” Carell consistently provided off-the-top laughs from the shadows of well-established comedians Jon Stewart, Will Ferrell and Jim Carrey. But “The 40-Year-Old Virgin” is his show to steal, and he does so without transgressing into the realm of sheer stupidity. “Anchorman” had a sense of the seed and has a few of the best-delivered lines in the movie, especially when describing a debauchery-filled weekend in Tijuana.

Carell plays Andy Stitzer, a 40-year-old social recluse and virgin whose idea of a whimsical weekend is to purchase a high-tech control chair. His life takes a turn when his new-found work friends vow to help him lose his virginity. As Andy exposes himself to a social community, he develops genuine friendships and goes on adecent yet promising trip toward sexual realization. Along the way, he meets a sexy young grandmother named Trish (Catherine Keener, “The Interpreter”). After a bad relationship, Trish finds herself attracted to Andy’s nice-guy charm and willingness to forego sexual intimacy to build the foundation for a healthy relationship.

Carell provides most of the laughs as he reacts naively to his social stimuli. He colors the script with emotion that’s laughably out there without losing credibility as a sincere and realistic character. You can help but sympathize even as you laugh at him for berating himself for saying things like a breast feels like a bag of sand. Almost everything he says drops with loveable insecurity.

Carell’s performance was certainly nurtured by director Judd Apatow, who brings the humor to the brink without transgressing into the realm of sheer stupidity. “Anchorman” had a similar comedic style, but often lost in grounding as the character development surrendered to the humor’s dominance. “The 40-Year-Old Virgin” stays rooted in its characters and the central motivating tension.

For the most part, the movie succeeds in its supporting characters. Andy’s three work buddies are played by Paul Rudd (“Anchorman”), Seth Rogen (“Dinner Date”) and Romany Malco (“The Exwife”). Rudd plays a noticeably flat character who is hopelessly in love with an ex-girlfriend who wants nothing to do with him. His singular manifesto would be answering if it weren’t so entertaining to watch him switch from romantic tenderness to raw bitterness.

Rogen plays a Jewish pothead who is full of practical advice about spreading the seed and has a great chemistry with Carell. At a two-hour running time, the movie could lose the scene in which a Jewish father makes fun of his son’s Jewfro and penis size. The movie even has a conversation between Rudd and Rogen about how one knows the other is gay, which relies on juvenile insight and not prejudice. It feels tactful, yet still quite amusing. The movie ends with a Bollywood-style cast performance of “Age of Aquarius.” This celebration, though strange at first, is justified because “The 40-Year-Old Virgin” is one of the most well-rounded, full-fledged comedies in recent years. It will likely bolster Carell into the premier esculptor (this means “suitable for use as food; edible”) of comedic personalities and serve as a reminder that movies of such a type can still be good-hearted and intelligent.
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Exorcising Emily

“The Exorcism of Emily Rose” is a remake of the popular 1973 horror film “The Exorcist” and offers a different spin on the classic.

Rachelle Rubino
Cornell Daily Sun

ITHACA, N.Y. — If you’ve seen the trailer for “The Exorcism of Emily Rose,” look no further. Based on the same true story that the 1973 William Friedkin’s “The Exorcist” portrays, Scott Derrickson takes a genuinely terrifying tale of the Catholic Church recognized demonic possession of a 19-year-old-girl, and ruins it by making it the background to an over dramatized, terribly scripted, murder case concerning the priest who oversaw the exorcism itself.

“The Exorcism of Emily Rose” is not the disturbingly frightening horror film that it purports to be in the trailer. The clips of the screaming, Aramaic-spurting, devil-ridden Emily Rose (Jennifer Carpenter) are only used in the film as flashbacks and parts of testimony that witnesses disclose. The rest of the film is a painfully unimaginative, stereotypical trial scene filled with soap opera-esque, monosyllabic dialogue.

The film opens with the character development of Erin Bruner (Laura Linney). She’s a tough unemotional, cut-to-the-chase lawyer who will do whatever it takes to get to the top. She isn’t interested in the client or her case, or telling Emily’s tale. Short of her up late at night, drinking a glass of wine in her pajamas while looking over papers for the case, something that’s in almost every other murder case concerning the priest who oversaw the exorcism itself.

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Emily
continued from page 34

der-mystery or episode of “The Practice,” is about all the film shows of her as a person other than a lawyer.

Father Moore (Tom Wilkinson) is the emotionally scarred, devout Catholic priest who only wants to tell “what really happened to Emily.” Although the role is acted well by Wilkinson, the lines he is given make him look silly and insane, making it difficult for the audience to sympathize with him.

The classic lawyer-meets-creepy-psychopath plot is evident in the courtroom scenes involving Emily, though few and far between, definitely do their job at capturing the terrifying aspects of possession that the Exorcist touched on. If all of these moments weren’t already in the trailer, I would have been much more taken aback.

Carpenter certainly does a great job contrasting her face and body in spooky ways. The scariest part to me, sadly enough, is the photograph of her dead, maned face that hangs in the courtroom throughout most of the film.

Other than that, the majority of the movie is a basic religion vs. science battle between Bruner and the sarcastic, mustachioed “villain” role lawyer who insists that medicine would have cured Emily immediately.

If you’re looking for a typical scary movie, “The Exorcism of Emily Rose” is not for you, or perhaps any one. With protagonists that you can’t root for and dialogue that is scarier than Carpenter’s facial expressions, it isn’t all that surprising that Derrickson’s only other claim to fame is the straight-to-video “Hellraiser: Inferno.” I’d stick with “The Exorcist” instead.

‘The Aristocrats’ is sick, dark but hilarious

Oliver Bundy
LAVELLE DAVIS SUSC (Continued)

THACANY — If there was evidence that all comedians deep down are sick, depraved people, “The Aristocrats” would be it.

And maybe conversely, all sick and depraved people are just a few steps away from being really funny. Thankfully we have microphones so they can express their darkest ids, otherwise society might be in trouble.

“The Aristocrats,” not to be confused with Disney’s “The Aristocats,” is a documentary from director Paul Provenza and executive producer Penn Jillette, the talking head of the two man magic team. Quite simply this film is about a joke, a legendary and disgustingly obscene joke dating back from Vaudeville. This is not a joke told to audiences, because as one comedian notes, members of their profession don’t usually tell jokes but rather deliver routines or string together observations. This is a joke comedians tell one another, like a secret handshake among members of a fraternal order. The goal is one-upmanship and going more outra-gous and disgusting. Although the

see Aristocrats, page 36
Aristocrats
continued from page 35
jokes often retelling becomes repetitive, the film's comedy is mostly hilarious.

The joke allows for the comedic creativity to shine because of its basic structure. A man walks into a talent agent's office saying he's got a great family act for him. The talent agent says he doesn't do family acts, but the man pleads, saying this act is special. The man goes on to describe, and in some versions perform, the act which involves everything and anything polite society would deem unfit for normal conversation. Most variations of this joke include all forms of bodily secretions, wastes, and fluids as a conversation. Most variations of the joke also involve all acts of sexual depravity including incest, pedophilia, necrophilia, and bestiality. After hearing the description, the talent agent asks the for act's name, which is, of course, "The Aristocrats."

As noted by all the comedians, the punch line is antithetical and the least funny part of the joke. Richard Lewis even declares hated of the joke but still admires some of it. It becomes like improvisational jazz, allowing endless variety and interpretation but still remaining in a set framework. Some performers have carried legen­ dary status for their skills. Chevy Chase supposedly held parties with goal of having people astound the joke for hours. Tom Parker and Matt Stone animate a segment with a "South Park" caricature delivering the joke. Gilbert Gottfried narrated a version of the joke at an event to raise respect for telling the joke at a Friar's Roast in New York only weeks after the Sept. 11 terrorist bombings. For some comedians, the joke as a joke was just the thing to escape from that day's horrors.

The film's greatest strength comes in its examination of comedy's strange world and those who tell it. George Carlin emerges as the older statesman of comedy, while Gallagher and Carrot Top of course bottom out the collar of the hierarchy. Carrot Top Top reality is in no way to make fun of Carrot Top. And as the film notes, comedy is a very much a boy's club, but some female comedians standout including Sarah Silverman, who offers a very unique take on the joke. Jeff Garlin the one person to cringe most from telling it is Bob Saget, famous both for his family friendly TV show "Full House" and demented. Spouting disgusting words and actions seems completely juvenile, and that's exactly what the film celebrates. The joke allows access to the most vile words and topics possible which in a way becomes liberating, it's like being transported back to the simpler times of grade school lunchrooms when using an expletive made you seem much cooler.

Even if the joke represents the most purile of humor, it's okay because even that has its place.

Welcome to Cal Poly Students from President Warren J. Baker

To all our returning students, it is a pleasure for me to welcome you back, and to our new students, welcome! We are enthusiastic about having you at Cal Poly and we join in your resolve to make this both an enjoyable and productive year.

As you may have heard, U.S. News & World Report has recognized Cal Poly for the 13th year in a row as the top public undergraduate university in the West. We owe this recognition to the talent and hard work of our faculty and staff — and the extraordinary quality of our students. You can take great pride in your membership in this outstanding university.

Among our priorities, none is more important than your academic success and enjoyment of the years you spend at Cal Poly. I can assure you that our faculty, staff and administrators see this as the highest priority of the institution. We are eager, though, to continue to improve and to identify new ways to meet your needs.

To assist students in progressing toward their degrees is our highest priority and we will continue to improve and to identify new ways to meet your needs.

Finally, you will find that the residents of San Luis Obispo are pleased and proud to welcome you to their community. I encourage you to get to know them and to make it a priority to be a good and considerate neighbor and representative of Cal Poly in all you do.

Best wishes to you for a terrific year, full of learning, personal accomplishment and fun!

Warren J. Baker
President
Adult Swim

continued from page 36

colaboration. and they all hate each other.

Harvey Birdman was once a lackluster superhero, but now he is a meager attorney at a big law firm. He is usually representing a side in a dispute between cartoon characters from other shows such as Race Bannon and Doctor Quest after they are fighting for custody of Johnny Quest.

“Space Ghost Coast to Coast” stars another former superhero who is now a late-night talk show host on a space station, who interviews and argues with celebrities on earth. Recent guests include William Shatner, Dennis Miller and Willie Nelson.

“Robot Chicken” is a stop-motion animation show starringLimler, also loves this show because “it is total k random crap.”

Jenny Yankey, junior art, said she watches “Adult Swim” because she likes the quotes that come out of the shows. “It provides me with quotes such as ‘I have the strength of a bear who has the strength of two bears’ to use as an icebreaker,” she said.

For those who can’t get enough “Adult Swim,” “Fricky Night Fix” will begin Sept. 16, on www.AdultSwim.com. It will allow viewers to watch streaming episodes from seven or more shows every Friday night from 10 p.m. to 5 a.m. Some shows will even premiere on “Fricky Night Fix” two nights before they air on the Cartoon Network for the first time.

Musty says,
“Check out the new
www.mustangdaily.net”

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Calvin and Hobbes: The dynamic duo makes a comeback

Brooke Eddington
The Daily Universe (BYU)

PROVO, Utah — Twenty-three pounds of nostalgic culture sit in a box in the back room of a local bookstore, where it sits with others of its kind for Oct. 4.

All over the country, "Calvin and Hobbes" fans are waiting, too. On Oct. 4, Andrews McMeel Publishing will release a hardcover three-volume set containing every "Calvin and Hobbes" comic strip ever published, all 3,160 of them. Even an online clock counts down the seconds until the book comes out.

The fans will not be left to anxiously waste away the minutes, however. Four months of the comic strips are being re-released to newspapers across the country, including The Daily Universe, in celebration of "The Complete Calvin and Hobbes" by artist Bill Watterson.

"Only newspapers that carried the strip before it was discontinued are allowed to reprint now," said Kaylene Armstrong, cultural director at The Daily Universe.

"We carried it before it was discontinued, and now students can read it again."

Even though The Daily Universe does not run weekend papers, Armstrong said those Saturday and Sunday cartoons will still be run as space allows on Mondays. The strip begins Friday and can be found with the other daily comic strips.

The republication began Sunday across the nation, and the Universe is catching up on those that ran earlier this week. The newspaper will carry the cartoon through Dec. 9, the last publication date of the semester. Other daily newspapers can run the strip through Dec. 31.

This news has been greeted with enthusiasm as students hear of this new development in the paper.

"It's really exciting," said Karin Schwindeman, a freshman from Summit, N.J., majoring in Middle Eastern studies. "I've always read all the strips. I have a friend named Calvin, and that's how I always remembered his name."

"Calvin and Hobbes" has been a part of American culture for around 20 years, which is long enough for a significant impact. As if the 30 million copies of Watterson's 17 "Calvin and Hobbes" books weren't enough to prove it, Leon Jones, 24, a senior majoring in civil engineering, said he remembers being personally affected by the comics.

"Really, the only comic book we had in the house was "Calvin and Hobbes,"" Jones said. "My dad bought one for him and said it was for us. I didn't appreciate it until I was 12 — I think because it was my life! I didn't understand what was funny about it. I felt like I was Calvin. But at the same time, I'd never want to be him again, for the same reasons Calvin doesn't want to be Calvin."

The comic books have also been part of family culture, too, tying family members together with the same interest.

"I started reading it young," said Erik Simmons, 24, a senior from Kentmouth, Wash. "It kind of shaped how I grew up. We'd fight over the books."

"We'd always get one for Christmas," Nathan said. "We had to wait our turn." Nathan remembered usually getting his turn in July, as the comic book was passed around the family. On a larger scale, "Calvin and Hobbes" has even tied America together. Even though Watterson has refused merchandising of his art in almost every form, unauthorized posters, window decals and T-shirts still run rampant.

"You can't buy a Calvin poster legally," Jones said. "But you see them everywhere. The fact that you can't get it inspires a lot of people to learn how to draw it themselves."

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38 Special Edition
A bright red Swiss army penknife with a USB port might cause serious temptation. This knife contains a pen, clippers to trim nails, a light to illuminate dark corners and a USB port to transfer files to a laptop. It even encrypts files for James Bond types who are worried about their utmost secrets leaking out to the world. The knife typically costs about $50.

"I think the knife is cool because it's so versatile," Luis Noble, an El Paso sophmore said. "It's also really convenient. You could be on the job and not have to transport files, and then take it home, pop it into your laptop and listen to music."

For sports fanatics, Family Guy obsessed fans and TV addicts, there is always the TV Watch. This watch has a 1.5" wide high-resolution color screen. Fully charged it will play for about an hour, and weighs only 45 grams. This tiny TV can tune into local channels. The antenna is located inside the headphones. The gadget allows viewers to watch TV while completing errands. The convenience of taking your entertainment with you costs about $200.

Some guys prefer to have a bit bigger of a screen, but that class of gadget requires a substantially larger budget. "The TV Watch might be a little geeky and impractical," Brad Griford, a Sugar Land sophomore said. "What I'd really like is a projector and screen so I could watch movies."

An integral part of a man's wardrobe is his watch. For aspiring Navy SEALs, pilots, divers or guys who are constantly abusing their watches, there is the Luminous Original Dive Watch. "I've had my Luminous for four years, and it still glows continuously," Robert Schulte, a junior from Tyler, said. "I've worn it in torrential downpours, backpacked with it at 14,000 feet in the Colorado mountains, and taken it fishing in the scorching heat of Louisiana. It never failed and it works flawlessly."

For anyone planning to go deep-sea diving, the watch functions up to 200 meters. The watch may seem expensive at $250, but keep in mind it probably will never need to be replaced. Anyone who has trekked through the great outdoors knows that a reliable, leak-proof shell is mandatory. To create a durable jacket that is also incredibly light, Patagonia developed the Composite Seam System. This system improves jacket performance by eliminating abrasion caused by seams and stitching. It also reduces the potential for leaks. The jacket is priced at $200, but might be worth the investment when repelling down an ice cliff in a blizzard.

For those who prefer computers to people, there is the LED Binary Watch. Geeks everywhere should appreciate the concept. Time is displayed as a series of lights corresponding to the binary number system.

To tell time, the wearer adds up the number of lit LED's in the top row to discover the hour, and the LED's on the bottom row show the minutes. This watch allows the wearer to roughly realize that they are one of the few people who can read their watch. At $75, the watch is affordable for geeks everywhere.

Choosing any of these gadgets is likely to put a smile on his face, therefore, solving your question of what a guy wants.
The Interactive Media Department of the USC School of Cinema-Television proposed the new major, which is administered through the College.

The new major contains several tracks, including interactive cinema, interactive television, virtual reality, mobile media, location-based entertainment (such as theme park rides and museum pieces) and most popular of all, game design, said Michael Steffen, a third-year graduate student studying interactive media in the USC School of Cinema-Television. Tracy Fullerton, assistant professor at the School of Cinema-Television, said that the interactive media division was started three years ago but was geared only toward graduate students.

"After the first graduate degrees were handed out and the success among the students was witnessed, it was natural to add an undergraduate degree," Fullerton said.

There are currently six students in the major, but others are interested in the class offerings.

"A number of (the interactive entertainment courses) are open to all USC students," Fullerton said. "It's really interesting how many different types of students show up in our introductory level game design course, from all sorts of different majors."

The major program is offered jointly with the corresponding minor in the Information Technology Program of the USC Viterbi School of Engineering.

"Half of the courses are ours, half are theirs," Fullerton said. "A number of their minor classes are part of the interactive entertainment major's bachelor of arts degree as well, and some of the students currently in the major found out about it through taking the minor classes of the engineering school."

"Whereas the engineering minor emphasizes technical skills, the (cinema-television) major also incorporates coursework on aspects such as graphic design, story-telling, characterization, psychology and so forth," said Margaret Kussett, a member of the curriculum committee panel that voted last year to approve the program. Students also benefit from the curriculum, but by the ideas that are being addressed and the very enthusiastic involvement from the industry."

"I like the program in general — partially for what they teach us and partially because, due to the newness of the department, there aren't too many hard-and-fast rules," Steffen said.

Faculty and staff members are also proud of the success of the graduate students once they finish the program.

"Lots of graduate students have already been offered internships and jobs," Fullerton said. "There is a broad range of knowledge and an ability to specialize so the career the students take depends on what they want to focus on (such as animation, production)."

"In terms of the game design track specifically, the goal is to produce game designers who can come up with and am working on its business side of the video game industry."

"I took a game idea that I came up with and am working on its business side of the video game industry."

"I'm figuring out how long it will take to come out. I already estimated how much it'll cost to make it."

**ENTERTAINMENT**

**USC offers video game undergraduate degree**

Greg Keshishyan
Daily Trojan (USC)

LOS ANGELES — The University of Southern California College of Letters, Arts and Sciences introduced a new interactive entertainment major at the beginning of this semester, allowing undergraduates to take part in a program previously available only to graduate students.

The Interactive Media Department of the USC School of Cinema-Television proposed the new major, which is administered through the College.

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"In terms of the game design track specifically, the goal is to produce game designers who can come
Television reality indicates change

Jacqueline Ronan

A FEW decades ago in this country, psychotherapy was considered to be a hush-hush topic. If you were in therapy, it meant that you were weak, insane or both. It was right up there with divorce and homosexuality. You just didn’t talk about it, and if you were involved in any of it back then, you never told another soul about it.

But today everybody’s in therapy (except Tom Cruise of course). According to the American Psychological Association (APA), nearly half of all American households have a member that did or are currently seeking help from a mental health professional. Not only that, but nine out of 10 Americans say they would seek help or recommend others to seek help. Therapy changed from being a dirty word in the ‘60s and ‘70s with the increase in mental health awareness. Now, people are not afraid to admit they need help or are getting help. What was once a shameful is now normal.

Much like divorce and homosexuality, therapy has broken through the taboo glass ceiling and become an accepted and sometimes humorous part of our pop culture. Fictional characters like Dr. Fraser Crane and Stuart Smalley gave out weekly advice, while Lorraine Bracco and Billy Crystal had regular sessions with mafia bosses.

So it was only a matter of time when real therapy and reality TV got together. In the past few years, therapy splashed on to the television, though the concept isn’t all that new. For years now radio has had many in-call programs featuring licensed doctors and those who think they’re licensed doctors. People who couldn’t afford or were embarrassed to go to the real thing, could call up anonymously to get the much needed advice for free and a from respected professional. Plus you get to be on the radio.

If TV Therapy has a face, it’s bold and with a mustache. In 1998 “The Oprah Winfrey Show” featured a relatively unknown, named Dr. Phillip C. McGraw, who would give out mental health advice to guests and audience members. America fell in love with Dr. Phil’s no-nonsense attitude. With in a few months ratings went up 25 percent. By 2002, Dr. Phil had his own show and is up against Oprah in many markets.

The syndicated program features a hodge-podge of topics including anorexia, bullies, addiction and intervention, couples therapy, couples sex therapy, adultery and divorce. Viewers tune in daily to hear Dr. Phil’s sound-bite advice, which in turn brings in big ratings and big sponsors. In fact, the company (King World) renewed McGraw’s contract until the 2013-14 season. But the question must be raised, is it ethical to gain fame and fortune off of others pain and problems?

True, all of Dr. Phil’s in-studio guests write or call to ask to be on. Nobody is forcing anybody to do anything they don’t want. People aren’t being taped without their knowledge, though exploiting like a tabloid. They allow themselves to be there. But also is it ethical as a doctor of psychology for him to allow them to be there?

Viewers may learn from the program to recognize and identify problems in their own lives, but chances are they really are tuning in to see the dead-beat dad and cheating housewife get yelled at. There is nothing better than seeing a cheater caught in a lie or a bully brought down to size. That’s why viewers love about the show. Dr. Phil will tell you the truth whether you want to hear it or not. In therapy you learn the truth about yourself. And the truth hurts and is very entertaining. That’s why we love to watch the first six weeks of “American Idol.” We love to see people’s real life. But is it ethical to pass real people’s real problems off as entertainment? Speaking of reality, in the past year prime time television has recently had a string of therapy themed reality programs. In Bruce’s Intervention, cameras follow two different addicts as they slam into rock bottom.
Cheating from French perspectives

Kristin Macdonald

ANN ARBOR, Mich. — A man picks up a woman in a bar. Cot to their subsequent drug session, a wild frenzy of arms and legs carrying on from driver's seat to apartment stoop to elevator. Reaching an apartment, they practically fall through the door — and promptly thank the babysitter. See, this is a married couple; such nighttime escapades lend just a little excitement to their thirtysomething marital routine.

"Happily Ever After" presents a single-minded case study of marital restlessness. Despite the healthy appearance of their marriage, Vincent (Yvan Attal, who also wrote and directed) and Gabrielle (Charlotte Gainsbourg, his real-life wife) both spend the movie cheating, considering it or suffering from its ramifications.

And compared with the relationships of Vincent’s two best friends, who meet often for general grooving, his marriage is one of the happiest around. One friend is miserably wed to a scrunching housewife of a man-hating feminist (who insists, much to her husband’s chagrin, that her son be given a vacuum cleaner toy in the interest of raising him without gender bias). The other friend, an exorbitant caricature of a ladies’ man, moves from one inexplicably willing young woman to another.

Bored, whiny middle-aged men easily become tiresome, but for the most part, “Happily Ever After” sidesteps this pitfall. Attal just barely avoids sinking into male self-indulgence by allowing Gabrielle similar doubts about her own fidelity. Watch her eyes when she is suddenly joined by a handsome stranger (a surprise big-star cameo) at a record-store; Attal shows that instances of spontaneity and sexual liberty are not reserved just for men.

But while the film offers varying perspectives on relationships, it ultimately has little to say on the subject. Attal’s characters’ respective quests to live “happily ever after” focuses on the impossibility of that endgame rather than passing judgment on how they attempt to reach it.

Despite the happily cooperative appearance of his marriage, Vincent is having a very heated affair. The film never divulges the why or how or even the origins of his unhappiness. Attal focuses on the aftermath — the apologetic mistress, the awestruck friends, the silently suffering wife. Vincent’s own difficulty in choosing one or the other — without commenting on whether such a betrayal should be considered deplorable or perhaps simply inevitable. The film emphasizes the difficulty of obtaining a perfect fairy tale ending through a pair of vows. It does not fade out on an image of domestic tranquility, but rather on Gabrielle’s daydream fantasy with a total stranger. Her vision of “happily ever after” is far removed from any restrictive relationship.

Reality

continued from page 41

Tom and their friends and family’s desperate plea to seek help. The addictions range from heroin and cocaine to video games and the Internet. In FOX’S “Nanny ‘91” and ABC’s “Super Nanny” (which falls in the “Armageddon”/“Deep Impact” way too specific to be released at the same time category) a cast of stern and proper British nannies give house calls to stressed parents of very naughty children. These nannies whip the children into shape and give tough-love tips to Moms and Dads.

But this summer’s “Ital Camp” on ABC gives the true meaning of tough love. The show’s premise is nine troubled and out-of-control teen are forced by their fed-up parent’s into the intense therapy program, Sage Walk. There they spend two very cold and harsh months in Oregon doing backbreaking work and survival. The theory is when the teens are made to work harder then they ever had to in their whole lives, they become emotionally vulnerable and therefore more likely to change for the better. Sounds extreme, but both their parents and program counselors feel it’s the only way to reach them and end the cycle of drug use, violence, lying, stealing and a number of other problems.

Unlike the Nannies and Dr. Phil, these kids were not asking for help. They did not choose to be there. And whether or not you feel they’re getting exactly what they deserve, should we be entertained by their problems and mistakes? One of the teen’s tribulations stemmed from when he was molested at the age of 12. Through the show she learns to overcome it and move on with her life. Perhaps this is what “patients” are drawn to the glamour of being on television, even if it’s to admit cheating on a spouse or confronting a child’s drug use. Maybe there are just some places the cameras shouldn’t go. And maybe we collectively as viewers shouldn’t get drawn in. Either that or we’re all just koo-koo.
COMMENTARY

Kazaa killed by Aussie judge

An Australian court ruled against Sharrman Networks, owner of Kazaa, ordering to make downloading files impossible

David Swindle
Daily News (Bal. Times LL)

MUNCIE, Ind. — The cruel snows have fallen for many years now, but still the arrogant, ignorant, cold-blooded dinosaurs thrash arcTund, fighting a battle they simply cannot win. Even a minor victory is utterly insignificant. The ice age has begun, and it's only getting colder — they will all die eventually.

According to the New York Times, on Monday, an Australian court ruled against Sharrman Networks, the owner of the popular Internet file-sharing program Kazaa. The judge ordered that Sharrman rework Kazaa to make it impossible for users to download copyrighted files.

This is utterly absurd. It's akin to a judge ordering Smith & Wesson to only manufacture firearms that do not permit their owners to commit murder.

The basic idea is that, while Kazaa does not encourage breaking copyright laws, the company knows that that's what many users do. So if you know that people are using your service to break the law, you're liable in some sense. Wouldn't that apply to just about every Internet service provider, too?

Fulfilling the judge's order is next to impossible because whatever copyright safeguards Kazaa might try and implement, people will get around them.

This is the nature of the Internet, its blessing and curse. You have millions of minds that will attack a problem or an idea. We see the principles of evolution manifesting in a virtual, technological universe. The record companies try to shut down one program, one site; new ones show up in a day. Already, there are file-sharing programs vastly superior to Kazaa — and many of them don't have companies you can sue.

The Motion Picture Association of America and the Recording Industry Association of America are hopelessly outnumbered and outgunned — it's like a technological Revolutionary War. The recording industry is the Redcoats, bumbling in, trying to fight a traditional battle by going through the courts. Meanwhile, the Internet is filled with invisible guerrilla soldiers — misinformed — who know the territory.

And just as the revolutionary soldiers were fighting for freedom and a radical new paradigm, so are many file sharers.

To the British, what were those who raised arms against them? Traitors, guilty of treason against the crown. Likewise, today's file-sharers are criminals, no different than petty shoplifters.

ALMOST HALF of college students who were victims of campus crimes said they were drinking or using drugs when they were attacked. Getting totally drunk at a party isn't just stupid — it puts you in danger.

PARTY FOUL

• Space drinks and try alternating food and drink.
• Limit your drinks to a sensible amount.
• Know your limit and respect it — don't be bullied into drinking more than you should.
• Consider not drinking at all. Ask for a soda and don't apologize or feel guilty for not drinking.

Be safe. Drink smart or don't drink at all.

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Kazaa

History has judged the founders of patriotic heroes, and while I doubt file-sharers will receive similar accolades, the world’s attitudes toward the free flow of art and information are rapidly evolving.

To quote Luke Skywalker addressing the gluttonous worm Jabba the Hutt, “You can either profit by this or be destroyed. It’s your choice, but I warn you not to underestimate my power.”

The positive aspects of file-sharing must also be noted. Most downloaders still spend money on CDs and DVDs. In fact, file-sharing simulates future purchases. Whether a friend loans me a CD or I copy it from someone else’s computer — is there substantive difference? There is a strong chance I’ll financially support the band in the future.

File sharing also grants survival to obscure media. Through file-sharing, old Nintendo games, rare foreign films or the complete series of beloved childhood cartoons can continue to exist.

The world’s media companies must heed the lessons of history: evolve or die.

The dinosaurs were massive, powerful, vicious creatures, much like the music and film industries. They seem to share another characteristic, too — weak, tiny brains.

The world’s media companies must heed the lessons of history: evolve or die.

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Santa Maria Valley campus is accepting applications for the upcoming term. Chapman University College, one of California’s most highly regarded universities for adult learners, is also the perfect transfer choice. New terms start every 10 weeks and our accelerated programs are taught at convenient times. At Chapman, excellence in teaching is our top priority. Your success is our only measure.

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- Criminal Justice (B.A.)
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- Psychology (B.A.)
- Social Sciences (B.A.)
- Sociology (B.A.)

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- Criminal Justice (M.A.)
- Educational Leadership (M.S.)
- Psychology (M.A.)
- Social Sciences (M.S.)
- Sociology (M.A.)

Film festival seeks young talent for recognition

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- Sociology (B.A.)

GRADUATE PROGRAMS

- Criminal Justice (M.A.)
- Educational Leadership (M.S.)
- Psychology (M.A.)
- Social Sciences (M.S.)
- Sociology (M.A.)

Film festival seeks young talent for recognition

Olivia Hamra

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We’re holding your seat.
Jennifer Sandler, director of professional screenwriting professor at CISUF. It can act as an entree for students into the profession world.

The festival will also give away additional prizes for audience members including Glidecam 4000 Pro, Movie Magic Screenwriter software, and Story View software. Other prizes include DVDs and festival memorabilia.

The festival will be held at the Texas Union Theater at the University of Texas, Austin on Oct. 23.

According to the festival’s Web site, last year’s winners represented universities such as Arizona’s Pima Community College, the University of Miami, the University of North Texas, along with the University of Texas, Austin.

The festival anticipates over 200 entries this year and has already received international applications from Australia and several other countries. For more information, visit www.moviesbyex.com.

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Kevin Mahadeo

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NEXTEL
Crash’ splashes into the DVD world and makes big waves

Trevor Kirkendall

GREENVILLE, N.C. — In the same style as Robert Altman’s “Short Cuts” and Paul Thomas Anderson’s “Magnolia,” “Crash” follows the lives of several random people throughout a day in Los Angeles. Co-written and directed by “Million Dollar Baby” screenwriter, “Crash” is one of the year’s absolute best movies and is now available to rent and buy on DVD.

Out of all the different characters in Crash, there is no central character to identify with throughout the film. There is no antagonist, and everyone in the film is a hero in their own kind of way. This is a very unique way to approach a story, and when these types of films are done correctly, they are almost always masterworks.

Crash opens up with Detective Graham Waters (Don Cheadle) and his partner Mia (Jennifer Esposito) who have just been involved in a car accident on their way for a homicide investigation. This brief prologue to the story then jumps to “yesterday.” Here, we meet the vast collection of people who we will get to know and follow for the next two hours. They include Los Angeles District Attorney Rick Ciabot (Brendan Fraser) and his wife Jean (Sandra Bullock), two car thieves (Ludacris and Larenz Tate), a television director and his wife (Terrence Howard and Thandie Newton), a bigot cop (Matt Dillon) and his partner (Ryan Phillippe), a Persian convenience store owner (Shaun Toub) and his daughter (Ashlyn Sanchez), and a Hispanic locksmith (Michael Pena) and his young daughter (Alycia Sark).

Each of these individuals will cross paths throughout the movie. In no particular order, the story will jump from one character to another until all have met and interacted in some form or fashion. This is one of the most powerful and intense films in recent history — nothing can come close to the level of intensity this movie achieves throughout its two hour runtime.

The subject matter that ties all these stories together is the topic of race. Even in today’s society, this is still a very touchy subject. Much like Spike Lee’s 1989 masterpiece “Do the Right Thing,” Crash is a film about racial tensions in society that does not take any sides. At the film’s conclusion, we are not supposed to leave the theater thinking one race is superior to the other, but instead we are left to think about how judgmental people in society truly are. We assume too many things about an individual because of the clothes they wear or the tattoos on their person and form our own opinions before we even get to know them. This is the lesson that both Paul Haggis and his co-writer, Bobby Moresco, are trying to teach in this film.

Haggis and Moresco’s screenplay is the most polished work of screenwriting I have seen all year. You learn to hate a character before you even get to know them, and by the end of the film you find yourself in love with them.

The best example of this is Matt Dillon, who plays a bigot police officer. Dillon’s role is the most memorable in the entire film, and he gives an Oscar worthy performance making audiences hate him, but then change their opinions on him by the end.

Crash was released on DVD Tuesday, Sept. 6. It is one of the year’s absolute best films, yet will probably go overlooked come award season. Watch this film and try not to feel moved by it. There are a few scenes that will make one gasp from the sheer intensity that is shown on the screen.

The film “Crash” follows five people in Los Angeles as their lives intersect and collide.

Students

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Facebook

continued from page 46

Hofstetter, a stand-up comedian, has already donated $36.77 — 1 cent for each of his Facebook friends from the affected region — and will donate another cent for each of them Sept. 11. Additionally, he will donate 100 percent of ticket sales from his upcoming television special, which will be available on DVD and aired on the forthcoming cable network Comedy Express.

Hofstetter said that so far, based on the e-mail responses he has received, more than $10,000 has been donated to hurricane relief efforts by his Facebook friends. He said that if every one of his friends were to donate $6, it would raise in $1,000,000 in relief funds.

"The most important thing is that the refugees, people displaced, who have lost family members and their homes — and a sense of home, which is even more important understand that the country is behind them," Hofstetter said.

He said that most of the e-mail responses he has received are from Gulf region residents thanking him for his efforts.

"Those people are idiots," Hofstetter said. "I'm using the Facebook to help the tragedy — not the tragedy to help me on the Facebook." He hopes that by causing a stir on Facebook.com, he will get people thinking about ways they can help. "That's the way to spread the word — word of mouth," Hofstetter said.

It is unclear how many dollars in hurricane relief funds Hofstetter has counted out of his 165 Facebook friends at Brown University.

Student Jessica Taylor received Hofstetter's e-mail and said her decision to donate money to the Red Cross had nothing to do with him.

"I don't have any friends down there, and if I just donated 2 cents it wouldn't make a difference," Taylor said.

Anthony Johnson, also a student, received Hofstetter's e-mail but has not taken any steps to donate money to any hurricane relief efforts.

"I think it was good of (Hofstetter) to do that," Johnson said, "but it didn't really influence me."
The Daily’s Guide to Dining in SLO

DINING

The Daily’s Guide to Dining in SLO

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
MUSTAN'( DAllY

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 Bolker, 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 where they can watch as their selection is prepared. Menu items include: Tuscan chopped salad, Jamaican prawn salad and Caribbean chicken salad at the salad station; linguini Alfredo, spicy Cajun shrimp 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 cookingchosen 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 Garden Grille.

“Through our experience with the Garden Grille, we will know what students want,” said Alan Coughman, Campus Dining associate director. “We will be able to plan renovations wisely.”

From casual dining to a quick snack on the go, Cal Poly students have a variety of unique dining options to choose from.

“Starting your day at the Sandwich Factory, where you can enjoy breakfast burritos, croissants or waffles. For lunch have a sandwich built to order or try one of the 40-item salad bar and a variety of drinks makes BackStage Pizza the dining choice of many students.

The Avenue provides students with food court-style dining options. The Avenue features Chick-fil-A, offering chicken sandwiches, nuggets and salads; Tabangos’ Mexican entrées including custom made burritos and taco salads; Nathan’s Famous Hot Dogs also offers tri-tip sandwiches and sweet cinnamon rolls; Red Dragon Wok for stir fry including vegetarian options and City Deli for custom-made sandwiches.

The newly designed Garden Grille will bring restaurant-style dining to the Lighthouse beginning this fall.
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APPETIZERS

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RAVIOLI MUSHROOM STACK $6
Crimini Mushroom Ravioli, Breaded Portobella Mushrooms, Five Herb Crème Nage

GORGONZOLA FONDUE AND TOASTED BREAD $7
Pita, Ciabata, Asparagus Spears, Hummus

ENTREES

HAND CRAFTED BUTTERNUT SQUASH RAVIOLI $14
Wilted Swiss Chard, Baby Carrots, Coconut Ginger Carrot Sauce

BRAISED BEEF SHORT RIBS $16
Parsnip Parmesan Puree, Broccolini, Tangy BBQ Beef Jus

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Three Cheese Grits, Asparagus, Sarsaparilla Demi

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DINING
Special Edition 52

Grill
continued from page 58

The Stick 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, 7 lunch special and desserts.

Late for class, grab a cinnamon roll or a quesadilla for breakfast.

There is no excuse for missing your daily serving of fruit when there are two Lucy's Juices available on campus.

At the Campus Market, 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, groceries, items and fresh-made pastries to last-minute school supplies. The

tents receive five meals each week in VG Café or Sandwich Factory and 647 plus dollars to be spent at campus eateries per quarter, through the Freedom Dining Plan. 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 5:30 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.

There is no excuse for missing your daily serving of fruit when there are two Lucy's Juices available on campus.

At Julian's, students can enjoy a vast array of coffees, waters and zero sugar carbonated beverages. Julian's also sells an assortment of pastries, sandwiches, salads and soups.

There is no excuse for missing your daily serving of fruit when there are two Lucy's Juices available on campus.

At Julian's, students can enjoy a vast array of coffees, waters and zero sugar carbonated beverages. Julian's also sells an assortment of pastries, sandwiches, salads and soups.

For students that have been evicted or have dropped out of college, 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,” Cashman 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 map that’ll guide you to the best — places that make your stomach happy.

FIRESTONE GRILL, SAN LUIS OBISPO
1131 Broad

Famous for its burritos, Tio Alberto’s is known for its big burritos that weigh in at an unofficial two pounds. Left, Big Sky Cafe appeals to students with $1.50 pizza slices and the popular CinnaBread. Tell them your a student and there’s a discount with the order.

Top, Tio Alberto’s is known for its big burritos that weigh in at an unofficial two pounds. Left, Big Sky Cafe appeals to students with $1.50 pizza slices and the popular CinnaBread. Tell them your a student and there’s a discount with the order.

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PHOTOS BY MATT WEICHER

MUSTANG DAILY’s
Top Five

• Firestone
• Tio Alberto’s
• Big Sky Cafe
• Gus’ Grocery & Deli
• Woodstock’s Pizza

 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 map that’ll guide you to the best — places that make your stomach happy.

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Special Edition

Top 5
continued from page 61

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's Deli patio.

This corner market has a million opinions 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 wouldn't be able to find ever again. Be sure to keep an eye on your friends if you get any mojo's (potato wedges), they're a popular item that may disappear from your plate.

W O O D S T O C K ' S P I Z Z A
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 of" edition, 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.

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 whooper that's not so whooping anymore, then it's about time you stepped into Big Sky, self-proclaimed as "analogue food for a digital world."

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.

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's Deli patio.

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, cranions and mozzarella, you'll be happy that the Mustang Daily knew where to send you.

Gus's Grocery and Deli offers three different size sandwiches including the mammoth "bomber."

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

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Environment plays major role in diet, study says

Xiaowei Cathy Tang
Cornell Daily Sun (Cunningham U)

ITHACA, N.Y. — At a barbecue, Dr. David Levitsky, a Cornell University professor, picked up his third hamburger from the grill. "I'm not very hungry," he admitted. "It looks really good."

Like most other people, many use environmental rather than biological cues to decide how much food to consume, according to a Cornell study published in the April 2005 edition 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 a normal meal. 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 level of food intake.

According to Dr. 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 linked to our biology. Our genetics determine the amount of body fat we will have... This argues in a very pessimistic way that you can't change your body fat," Levitsky said.

"There is an alternative view — which I have been pushing for several years — that says our body weight is a function of our environment. Our environment determines our behavior," he said.

Eva Obuzanek, who received her PhD from the university in 1984, and was a co-author of the study, is now a nutritionist for the National Institutes of Health. She pointed to the rising number of overweight people as support for Levitsky's alternative view.

"There's a tremendous increase in obesity that may have doubled. That's not due to changes in internal mechanisms or physiological changes," she said.

Interestingly, although the 12 subjects did not exercise or curb their eating afterwards, they still lost about half the weight they had gained.

"You burn more energy simply by carrying around additional weight," explained Levitsky, according to the Cornell News Service. "The spontaneous increase in metabolic rate that we found in the subjects after overeating was remarkably consistent with a comparison of feeding study in animals, as well as with other studies with humans and overeating."

"The researcher's advice for healthy eating is to 'be cognizant of the food cues that are inducing you to eat. Secondarily, be very sensitive to portion sizes.'

"Watch your weight, weigh yourself frequently... Skip a meal every once in a while until you get back to where you should be," he added.

Along with Levitsky and Obuzanek, 2000 alumni Gordana Mijudovic and Prof. David Levitsky, nutritional sciences, were the other co-authors of the study.

Look for our first regular edition on Thursday

FREE Drawing Prizes

ENTER TO WIN
• Bicycle
• Camera
• Color TV
• Camera

COUPON

FREE Burger with purchase of another burger,
French fries & 2 drinks

FREE Rootbeer Float
with purchase of any burger or chicken & french fries or onion rings

SUNDAY Special

• 2 1/4 LB BURGERS
$9.95

• 2 SODAS
Not valid with any other offer or special.
One coupon per party - Dine in Only Monday - Saturday 3-5, Sunday 3-4

FREE Burger is burger of lesser value.
Not valid with any other offer or special.
One coupon per party - Dine in Only Monday, Tuesday & Saturday after 5pm

Monday, Tuesday & Saturday Night Specials

COUPON
Todd Rosenbaum  
(Carnegie Mellon University)

CHARLOTTESVILLE, Va. — Say goodbye to home-cooked meals and get ready to do your own laundry (or not!) every week. That’s right, for first-year students, getting acclimated to the lifestyle of a university student can be a shock. From learning how to manage the course workload to figuring out which classes you can and cannot afford to sleep through, you’ll quickly realize that your new life is a lot different from the one you had in high school.

And with this new lifestyle comes a lot of changes in our daily habits—perhaps the biggest change being our dietary habits. Living in a first-year dorm takes some getting used to:

- Your new life is a lot different from the one you had in high school.
- Say goodbye to home-cooked meals and get ready to do your own laundry (or not!) every week.
- You won’t have access to the fully-stocked pantry and decked-out kitchen that you may be used to. And because you probably know what you’re curious about, said CSU’s assistant director of residential dining services, wrote in an e-mail interview.

Brandon Lowrey  
(Carnegie Mellon University)

FORT COLLINS, Colo. - Jenn Casler, a junior computer science major, devoured another spoonful of chocolate ice cream into her mouth, nearing the end of Tuesday’s all-you-can-eat Colorado State University residence hall dinner.

Casler is a seasoned veteran of the much-talked “Freshman 15.” But like many of CSU’s approximately 4,000 entering freshmen, Casler became another victim of “the freshman 15” — the number of pounds college newcomers supposedly pack on once they leave home. The average weight gain has been bloated. The truth is, there is no such thing as "the freshman 15," Casler explained. In reality, it’s really closer to 5 pounds, she said. All-you-can-eat buffets in residence halls are a major contributor to the extra luggage, the diabetes and weight-loss specialist said, along with constant snacking and lack of exercise.

Students have the opportunity to eat healthy or unhealthy food, and as much or as little as they would like, Karl Bendix, assistant director of residential dining services, wrote in an e-mail interview.

"Unfortunately the same is true if they have acquired poor eating habits. They throw so many options at first years. First off, be careful about what you’re eating. Be mindful of what you’re consuming as you do it. It might help try to eat no more than they used to do at home. The truth is, there is no such thing as 'the freshman 15,'" Bendix noted. "Unfortunately the same is true if they have acquired poor eating habits." Casler is a seasoned veteran of the much-talked “Freshman 15.” But like many of CSU’s approximately 4,000 entering freshmen, Casler became another victim of “the freshman 15” — the number of pounds college newcomers supposedly pack on once they leave home. The average weight gain has been bloated. The truth is, there is no such thing as "the freshman 15," Casler explained. In reality, it’s really closer to 5 pounds, she said. All-you-can-eat buffets in residence halls are a major contributor to the extra luggage, the diabetes and weight-loss specialist said, along with constant snacking and lack of exercise.

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"Unfortunately the same is true if they have acquired poor eating habits. They throw so many options at first years. First off, be careful about what you’re eating. Be mindful of what you’re consuming as you do it. It might help try to eat no more than they used to do at home. The truth is, there is no such thing as 'the freshman 15,'" Bendix noted. "Unfortunately the same is true if they have acquired poor eating habits."
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 and juices
About Us — Blazing Blenders opened in 1985 and is dedicated to smoothies and juices. This little store was inspired by the founders of Jamba Juice, which was operated.
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 Temps Creole Café
1000 Olive St.
San Luis Obispo
Hours — Mon.-Tues. 7 a.m.-2 p.m., Wed-Sat. 7 a.m.-9 p.m.
 Cuisine — Cajun/Creole
 House Specialties — Jambalaya, Gumbo, Po-Boys and Muffaletta.
Student Special — Cajun Breakfast, $3.99
About Us — When you come to Bon Temps, you will first feel our lively yet relaxed atmosphere. You will then experience the great aromas coming from the kitchen which will excite your senses along with the Zydeco music playing in the background. You will then find out why locals keep coming back again and again — the great food. We have plenty of free parking, beer, local wines, specials and outdoor seating.

Cork n Bottle
774 Food Blvd.
San Luis Obispo
Hours — Mon.-Sat. 10 a.m.-9 p.m., Sun. 11 a.m.-7 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 tarty 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 roasted in Los Osos.

Cool Cat Café
3165 Broad St.
San Luis Obispo
Hours — Mon.-Wed. 11 a.m.-8 p.m., Thurs.-Fri. 11 a.m.-8:30 p.m., Sat. 11 a.m.-8 p.m., Sun. 11 a.m.-4 p.m.
 Cuisine — 50's Burgers, Shakes, Salads and Chicken
House Specialty — Burgers
Student Specials — Early Bird Special 3:30 p.m. daily, two burgers, two orders of fries and two sodas all 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.

Corner View Restaurant and Bar
1141 Chorro St.
San Luis Obispo
Hours — Sun.-Thur. 11 a.m.-9 p.m., Fri.-Sat. 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 987 Monterey
San Luis Obispo
Hours — Mon.-Wed. 11:30 a.m.-Midnight, Thurs.-Fri. 11:30 a.m.-2 a.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 gourmet 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.

Fresh Choice
876 Marsh St.
San Luis Obispo
Hours — Mon.-Sun. 11 a.m.-9 p.m.
Cuisine — American "Comfort" Food
House Specialty — Seafood, Burgers and Drinks
About Us — We are located at the corner of Marsh and Chorro (formerly Linn's location) just 93 steps off the beaten path of Higuera St. Our menu features "neighborhood cuisine" described as uncomplicated selections of fresh fish, tender meats and Farmer's Market produce. Our lunch menu also has delicious 1/2-pound burgers, crisp salads and tasty sandwiches. The ambiance is delightful with a cozy bar and lounge area. We serve lunch and dinner daily and a delicious breakfast on Saturday and Sunday.

Crushed Grape
319 Madonna Road
San Luis Obispo
Hours — Mon.-Sat. 8:30 a.m.-5:30 p.m., Sun. 11 a.m.-5 p.m.
 Cuisine — Deli Sandwiches
House Specialty — Turkey Melt
Student Special — Buy a sandwich get a free medium drink with ID card.
About Us — We have been in business 19 years and serve deli salads and sandwiches, chili and all beef hot dogs. We also have great smoothies and ice cream. And we can put together a gift basket.

Cuginis
3810 Broad St.
San Luis Obispo
Hours — Sun.-Thurs. 11 a.m.-9 p.m., Fri.-Sat. 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.

Cool Cat Café
3165 Broad St.
San Luis Obispo
Hours — Mon.-Wed. 11 a.m.-8 p.m., Thurs.-Fri. 11 a.m.-8:30 p.m., Sat. 11 a.m.-8 p.m., Sun. 11 a.m.-4 p.m.
 Cuisine — 50's Burgers, Shakes, Salads and Chicken
House Specialty — Burgers
Student Specials — Early Bird Special 3:30 p.m. daily, two burgers, two orders of fries and two sodas all 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. 11 a.m.-7 p.m.
 Cuisine — Hamburger and cold cut sandwiches
House Specialty — Happy Hour 5-7 p.m., $1.50 pizzas
Student Special — Meal Deal, 1/4 pound hamburger with unlimited fries.
About Us — We use only local meat and have two televisions to watch NFL games. Voted best meal deal in town. Best price and selection in town. Best price and selection in town. Best price and selection in town.

Corner View Restaurant and Bar
1141 Chorro St.
San Luis Obispo
Hours — Sun.-Thur. 11 a.m.-9 p.m., Fri.-Sat. 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 987 Monterey
San Luis Obispo
Hours — Mon.-Wed. 11:30 a.m.-Midnight, Thurs.-Fri. 11:30 a.m.-2 a.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 gourmet 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.

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Cuisine — American "Comfort" Food
House Specialty — Seafood, Burgers and Drinks
About Us — We are located at the corner of Marsh and Chorro (formerly Linn's location) just 93 steps off the beaten path of Higuera St. Our menu features "neighborhood cuisine" described as uncomplicated selections of fresh fish, tender meats and Farmer's Market produce. Our lunch menu also has delicious 1/2-pound burgers, crisp salads and tasty sandwiches. The ambiance is delightful with a cozy bar and lounge area. We serve lunch and dinner daily and a delicious breakfast on Saturday and Sunday.

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319 Madonna Road
San Luis Obispo
Hours — Mon.-Sat. 8:30 a.m.-5:30 p.m., Sun. 11 a.m.-5 p.m.
 Cuisine — Deli Sandwiches
House Specialty — Turkey Melt
Student Special — Buy a sandwich get a free medium drink with ID card.
About Us — We have been in business 19 years and serve deli salads and sandwiches, chili and all beef hot dogs. We also have great smoothies and ice cream. And we can put together a gift basket.

Cuginis
3810 Broad St.
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 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.

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 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 gourmet 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.

Fresh Choice
876 Marsh St.
San Luis Obispo
Hours — Mon.-Sun. 11 a.m.-9 p.m.

Restaurant Guide, page 61
Restaurant Guide
continued from page 40
p.m.
Cuisine — Salad, soup and pasta
buffet
House Specialty — Salads
Student Special — 15 percent
daily discount, $6.99 Thursday night
dinner.
About Us — We offer fresh veg­
ies to build your own salad and
prepare specialty salads daily. We also
offer five homemade soups, pizza and
muffins daily. Don’t forget
dessert — ice cream, puddings and
desserts. And it’s all you can eat.
High St. Deli
330 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 Specials — 4-20 Special,
all sandwiches $4.20 after that
time.
About Us — Voted the best sand­
wich 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.-2:30
p.m., Fri.-Sat. 11 a.m.-9 p.m.
Student Special — Hand-carved
roast beef sandwiches.
About Us — The Hofbrau has
been a Morro Bay and Cal Poly tra­
dition for 35 years. This is the place
for the perfect hand-carved roast
beef sandwich to enjoy with a beer
while sitting over the bay with an
ideal view of the rock. The Hofbrau
also serves panini, turkey and ham
French dips. With the only salad bar
on the waterfront in Morro Bay
stocked full of fresh items, you can
measure your success by the amount
you eat. For seafood lovers, we serve
cravings fish and
chips, shrimp and
crispy 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. Bar open
late.
Cuisine — American
House Specialty — Hamburger and
BBQ sandwiches
Student Special — 1/4-pound
hamburger, fries and drink, $3.99
with student ID.
About Us — We have a large
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
About Us — Le Ciel Crepe Café
serves fresh food. All of our savory
crepes are inspired by California cu­
uisine 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 student ID.
Latin to Thai. We also serve delicious
sandwiches and salads and feature a
daily homemade vegetarian soup.
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with student ID.
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All crepes and sandwiches are served
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Latin to Thai. We also serve delicious
sandwiches and salads and feature a
Restaurant Guide, page 62
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 sides. We also serve great burgers, homemade soup, salads and sandwiches. Louisa’s, a longtime supporter of Cal Poly, is family owned and operated.

Matsumi Festival
1103 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 — Sakara Express is now Matsumi 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.-5:30 p.m., 5-9 p.m. Cocktails Lounge

Student Special — Free drink with ID.

About Us — Mission Grill is conveniently located adjacent to the Toluca Mission in downtown San Luis Obispo. We offer our guests a casual dining atmosphere with patio seating and cocktail lounge. Our season menu is 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 café 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. Three nights a week we have live entertainment, Tuesday we feature DJ spinning down tempo jazz. Wednesday and Friday nights we feature singer-song writers. To check our menu, go to nautical-bean.com.

Novo
726 Higuera St.
San Luis Obispo

Hours — Mon.-Wed. 11 a.m.-9 p.m., Thu. 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 terrace toward the creek, “the cellar,” a subterranean room that can accommodate 65 and our main dining room. We are by far the consistent restaurant purchaser of Farmer’s Market vegetables in San Luis Obispo. We make our own Thai curry paste, roast and grind our spices for Indian curries and even roast and grind our peppers for our delicious prawn sauce.

Old Vienna

Restaurant
1527 Shell Beach Road
Pismo Beach

Hours — Tue.-Thu., 4-10 p.m., Fri.-Sat. 4-11 p.m., Sun. 4-9 p.m.
Cuisine — German and American

About Us — Student Special — 20 percent discount on entrees, Tuesday and Wednesday.

About Us — We have a great atmosphere, perfect for birthdays, graduations, receptions 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.

Otter Rock Café
885 Embarcadero
Moro Bay

Hours — Sun.-Mon., 8 a.m.-10 p.m., Tue., 8 a.m.-2 a.m., Wed.-Sat. 8 a.m.-midnight

Cuisine — Burgers, Seafood, Steaks
House Specialties — Egg Benedict, nachos, seafood skewer
Student Special — 10 percent discount with ID, $2.50 draft and 20% 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 nights. Tuesday night Club O DJ, dancing from 11 p.m.-2 a.m.

Panolivo
1910 Monterey St.
San Luis Obispo

Hours — Sun.-Thu. 8 a.m.-11 p.m., Fri.-Sat. 8 a.m.-1 a.m.
Cuisine — French
House Specialty — French Bistro fusion

Student Special — 10 percent discount Monday-Thursday with ID.


Papa Johns Pizza
3232 Broad St., Suite 129
San Luis Obispo

Hours — Daily 10 a.m.-3 a.m.
Cuisine — Pizza

Student Special — Free combo upgrade see Restaurant Guide, page 63
RESTAURANT GUIDE
Special Edition 63

Restaurant Guide
continued from page X

About Us — We offer a variety of fresh, organic, house-made pastries. We feature fresh organic ginger, and use just the right touch of honey and vanilla that will absolutely make your melt with joy and satisfaction! Be Here Now. Enjoy a SLO Chai. Found at various cafes, restaurants and natural food stores throughout SLO County.

Splash Café
1495 Mission
San Luis Obispo
Hours — Sun.-Thur. 7 a.m.-9 p.m., Fri.-Sat. 7 a.m.-9:30 p.m.
 Cuisine — Seafood
 House Specialty — Award winning clam chowder, served with freshly baked 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 crescent or ciabatta roll, omelettes, French toast and a wide selection of homemade cakes, cookies and other dessert pastries.

Spyglass Restaurant
2703 Spyglass Drive
Los Osos
Cuisine — Central Coast Cuisine
House Specialty — Fresh Seafood. Tuesday night all you can eat crab
About Us — We are open for breakfast, lunch and dinner with patio dining or seating in oceanview dining room. We have a great menu offering a variety of seafood and steaks. Check our Sunday prime rib special.

Sylvester's Big
Hot 'n Juicy
1995 Santa Ynez
Los Osos
Hours — Daily 11 a.m.-9 p.m.
 Cuisine — Hamburgers and sandwiches
 About Us — We offer a variety of hamburgers made with top-quality beef in a casual atmosphere. We also barbecue our own tri-tip, make our own chili, make our own salsa and use fresh produce. Our shakes are real vanilla bean and chocolate. Try our "big one," a two and a half pound creation.

Breathe deeply. We're not far.
Hungry?
Try one of our 1/2 lb burgers

Watching your girlish figure?
Great salads and homemade soups

Hot Date?
Delicious food at affordable prices

Need to be Entertained?
Live Music Friday and Saturday nights

THAT r.

Great salads and homemade soups
Outstanding and distinct dishes and feature
restaurant since 1985. We serve tradi­
p.m., Mon.-Sat. 4-9 p.m.

Thai-rrific
2/8 Higuera St.
San Luis Obispo
Hours — Mon.-Fri. 11 a.m.-2 p.m., Mon.-Sat. 4-9 p.m.

THAT r.

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Thai-rrific
2/8 Higuera St.
San Luis Obispo
Hours — Mon.-Fri. 11 a.m.-2 p.m., Mon.-Sat. 4-9 p.m.
SLO’s abundant delivery rundown

Mariaec Mendoza  
MUSTANG DAILY

Between 20 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 805-544-9636
• Golden China Restaurant 805-545-7354 ($12 minimum purchase)

For a group of Cal Poly Mustangs too picky to decide on one place, turn to www.entreecexpressonline.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 3 and 9 p.m. for dinner. Choose from Buona Tavola, Café Roma, Cugnè’s, Hudson’s Grill, Madonna Inn & Bakery, FMI Lintock’s, Pancho’s, Sakura Express, Sandy’s Deli, Thai Palace, Upper Crust Trattoria and Vieni Vai Trattoria.

Or call Restaurants To You at 805-541-3463 and choose from the following:

Mother’s Tavern, Mo’s Smokehouse BBQ, Blazing Blenders, Bon Temps, Buona Tavola, Cool Cat Café, Cugnè’s, Grappolo, Le Cell Crepe Café, La Fandango Bistro, Louisa’s Place, E&M Lintock’s, Nucci’s, Osterie, Panchos, Popolo, Tahoe Joe’s, 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 $4.95 delivery fee.
Eat what you already walked off

Erick Smith
Mustang 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." Former yogurt winner Bally's Yogurt is just nearby along with Babbo's Pizza.

"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 burger 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 Tiki Hut and Poor Boy Sandwiches. A little further down is Frank's Famous Hot Dogs and across the street is a San Luis Obispo version of the popular Splash Café 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. As 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 Frank's, the main food items are a variety of hot dogs and hamburgers, but their breakfast also get top remarks 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 Frank's 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 30 to 30-minute walk. Far from too great a challenge for a good meal.
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