Organic produce done the Poly way

The student-run Organic Farm offers organic produce, such as squash, lettuce, broccoli, onions and carrots.

The cost of eating healthy isn’t cheap. But there are ways for college students to eat more than just fast food, ramen and coffee on a budget.

An alternative is the Cal Poly student-run Organic Farm located on campus behind the dairy unit. The farm offers students a program to buy organic produce without spending their inheritance.

The Community Supported Agriculture Program (CSA) allows students and faculty with quarterly subscriptions to receive some of the organic farm’s bounty. This quarter, the farm is offering winter squash, lettuce, broccoli, onions, arugula, leeks, carrots, parsnips, zucchini, various herbs and other vegetables.

“We use certified organic practices and through the subscription you get the best of what’s available in the county,” farm manager Terry Hooker said. “We bring in what the climate doesn’t allow us to produce, so you can sample produce from local farmers as well.”

According to the CSA, subscribers receive their own “harvest box” — an offering of organic fall bounty reaped by the students. Subscribers can pick up the boxes weekly at the experimental farm. The program runs eight weeks for students, beginning October 3 and ending November 21.

The harvest boxes come in two sizes. The larger size, or “full share,” is a serving of 10 to 12 vegetables designed to feed 3 to 6 people. The half share size will provide enough vegetables for at least two people.

The cost to sign up is $128 for students, with an additional $32 charge if they want to receive a dozen eggs each week for the fall quarter. Prices for the boxes also include a dozen free-range eggs once a week, which is about $20 per week.

CSA Manager Sandra Sarrouch picks peppers at the Cal Poly Organic Farm located behind the Cal Poly dairy unit.

Thao Tran

Two Cal Poly professors wrote a book on irrigation after 15 years of research that will soon be translated into five languages.

"Drip and Micro Irrigation for Trees, Vines, and Row Crops," a 285-page book, is available in Spanish and English, and will soon be published in Dutch, German and Italian.

"We’ve just been very fortunate," co-author Stuart W. Styles said. "It’s been well received by the industry.

Charles M. Burt and Styles wrote the book to provide the agriculture industry with methods and techniques for design and management of micro and drip irrigation systems.

According to the publication, "The information in this book was obtained over the years from discussions with literally hundreds of growers, system designers, installers and professionals." Irrigation designers, farmers and managers mainly use the book. "It’s a wonderful reference and technical text," said Susan Rathburn, a designer working for Cal West Rain. "As a designer, it provides all the technical tools to complete a drip irrigation system. It’s very practical and easy to follow the path of design parameters." But there are ways for college students to eat more than just fast food, ramen and coffee on a budget.

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Bay Area may charge solo drivers to cruise in carpool lanes

ASSOCIATED PRESS

PLEASANTON, Calif. — Solo drivers in the Bay Area who have watched in envy as multiple-passenger cars zipped by in carpool lanes might soon get that same taste of freedom — at a price.

It would be the first test project for High Occupancy Toll Lanes in the Bay Area, a plan to charge solo drivers for a spin in the carpool lane, starting as early as 2009 on Interstate 680 from Highway 84 to Highway 237 between Pleasanton and Milpitas, a few miles north of San Jose.

Alameda County officials will host a listening Oct. 5 in Fremont to gauge public opinion.

California governor signs charity motorcycle

ASSOCIATED PRESS

BURBANK, Calif. — Gov. Arnold Schwarzenegger has joined Ellen DeGeneres, Danzel Washington, Billy Crystal, James Caan and other celebrities in autographing a Harley-Davidson motorcycle that "Tonight Show" host Jay Leno is auctioning to raise money for Hurricane Katrina victims.

"Formally I can sign something my opponents won't criticize," Schwarzenegger quipped during Monday's taping of "The Tonight Show." For the past four weeks, celebrities have made surprise appearances to autograph the bike.

Motorcycle enthusiast Leno put it up for bid on eBay on Sept. 19, with plans to close the bidding at 4 p.m. on Thursday. Money raised will be donated to the American Red Cross' Hurricane Katrina relief efforts.

Welcome Back Cal Poly!

Bring in this ad to receive 10% off your purchase.

Cal Poly-Pomona student dies in fraternity football game

A student sustained serious head injuries two days after the incident. The fraternity has been suspended temporarily.

Ryan Barajas

The Daily Poly (Cal Poly Pomona)
POMONA, Calif. — Cal Poly students and faculty are still mourning the death of student Kenny Luong. The 19-year-old died August 30 after sustaining serious head injuries two days earlier in a football game against the UC Irvine fraternity members of Lambda Phi Epsilon. The incident took place at San Marco Park in Irvine and the fraternity has been suspended temporarily with an investigation underway. Luong and 12 other Cal Poly students were trying to start a Lambda Phi Epsilon chapter on campus.

The football game was supposed to be the last initiation rite after nine weeks of pledging. Lieutenant Mike Hamel of the Irvine County Police Department said investigators are still trying to determine the exact cause of death. It is not yet known whether the act was accidental or an act of hazing. Lt. Jeff Love added that the students involved were not wearing any protective gear. Hazing is a misdemeanor, but if a person dies of an injury then those responsible could face manslaughter or homicide charges. Both of these are felonies.

The former Cal Poly pledges have abandoned their plans to start a Lambda Phi Epsilon chapter and will instead organized a campus community service group to honor Luong. Officials from the Orange County Coroner's Office said an autopsy is pending.

Of the UC Irvine Lambda Phi Epsilon Chapter declined to comment on the incident.
Researchers discuss stem cell use

Sumayya Ahmad

LOS ANGELES — The California Science Center held a program titled "Promise and Pitfalls of Stem Cell Research" Saturday that featured researchers and speakers promoting a greater understanding of the science, legality and ethical debate that revolves around the research.

The speakers included California State Sen. Deborah Ortiz (D-Sacramento), an ethicist on the stem cell research oversight committee, and two prominent stem cell researchers, Dean Geoffrey Cowan of Annenberg School of Communication moderated the event.

Dr. Lawrence Goldstein, professor of cellular and molecular medicine at the University of California, San Diego School of Medicine and a leader in stem cell research, began the panel by explaining how stem cells are formed discussing the potential they have for assisting with disease.

Researchers get stem cells usually from invitro fertilization. When an egg cell and sperm meet, a zygote is formed. After a few cell divisions, the zygote becomes a blastocyst, which has a thin layer of cells. It is "pluripotent," which means it has the ability to differentiate into any various cell types. Stem cells are removed from the blastocyst, but not all of the blastocyst contains stem cells.

"Stem cells are actually pretty simple. They can do anything..." Goldstein said. "As you can imagine, they are enormously helpful for treating disease."

Goldstein called stem cells an "enabling technology" that allow researchers to get more insight into diseases such as cancer and allow scientists to provide therapies and treatments actually for those diseases, such as leukemia and Alzheimer's disease.

"Many diseases we treat at the end stage with organ transplants. The ugly fact is that the rate of need is growing faster than the rate of supply," he said. "For some disorders, we can't find a donor match."

In such cases, Goldstein said stem cells have the potential to provide donor matches for those who are in need of transplants.

Ortiz, chair of the California State Health Committee, spoke about the implications of stem cell research from a policy perspective. She discussed the debate that is occurring about the future of the research.

One of the important issues for the legislature is ensuring that future therapies and treatments actually flow to all Californians and can be readily available to whoever may need it, Ortiz said.

"We are discussing whether or not with the $3 billion investment, there ought to be a policy to allow open scientific accessibility to the discoveries as well as access to those who may need to benefit from the treatments," Ortiz said.

The major point of contention at the moment is deciding how best to allocate the money and how to ensure the research can be accessible to Californians in the future, Ortiz said.

She also mentioned that other states are attempting to do what California is doing, but few have succeeded.

see Research, page 4

Professor finds little psychological difference between genders

Kelsey Willens

MADISON, Wis. — A University of Wisconsin study on gender found little to no difference in males and females psychological and stereotypes commonly perpetuated by the media are invalid.

UW psychology professor Janet Hyde, who conducted the study, spent more than twenty years researching what she calls "psychological gender differences," and has compiled studies, in addition to her own, that she said show no significant differences between men and women.

"I noticed in the popular press there's such an emphasis on gender differences, and that men and women are entirely different," Hyde said. "Yet, research didn't support that; it really showed that women and men are quite similar, so I decided to survey all the different research on the topic."

Hyde said all the data compiled showed many common misconceptions regarding gender stereotypes were, in reality, unfounded and misplaced.

"The striking finding is that for most psychological traits, males and females are really very similar," she noted. "It's so much in contrast to all this popular press stuff that has no science behind it."

Hyde said she looked at a variety of categories in which it is generally assumed men and women are different, such as math performance and leadership skills. Studies have shown men and women actually exhibit similar performances in those categories, according to Hyde.

"I, myself, have a stereotype that men are better in math performance, when in fact, if you look at those categories, according to research, there are not significant gender differences in math," she said.

Hyde herself said she believes her study has an impact on a lot of different fields and areas, especially education.
The promises of regenerative medicine are enormous. The pur-
suit of this kind of research is going to help thousands of lives," he said. "There needs to be public support for medical research and universal access in both research and bene-
fits. The issue of justice is important here," he said.

Dr. W. Harris, senior vice president of development and mar-
teting at the California Science Center, said that the event was extremely successful. "This far exceeded what we expected. We expected 200 people and had 700 in attendance today." 

"What really inspired us was when we had the Body World exhibit. We realized the public really wanted to know more about health issues. There was a hunger for current science," Harris said.

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Bush urges Americans to cut back on unnecessary travel to conserve gas

Nedra Pickler
ASSOCIATED PRESS

WASHINGTON (AP) — President Bush urged Americans on Monday to cut back on unnecessary travel to make fuel saved from federal refineries caused by Hurricane Rita. He pre-
pared to take his seventh trip to the Gulf Coast.

Bush said the government was ready to help avoid any losses in emergency oil stockpile to alleviate high prices. And he suggested he would name a federal official to oversee the reconstruction of the Gulf Coast — after local officials first produce a vision for their rebuilding communities.

The president spoke after he attended a meeting at the Energy Department in which officials told him they still were trying to assess the damage to oil production and refiner-
s. Bush said he would get a personal report from local officials Tuesday when he visits the area near the refinery towns of Beaumont and Port Arthur, Texas.

Meanwhile, he encouraged motorists to conserve energy and said he had directed federal agencies to do the same when feasible.

"If it makes sense for the citizen out there to curtail nonessential travel, to plan their vacations, to be a little more conscious about their fuel consumption," he said, "then that's what we should do and that's what I'm asking them to do, to conserve when it makes sense to do that." 

Bush said he believes there are no significant differences between genders, especially when it comes to how they think about how to handle relationship issues. Hyde said: "To me, it seems that often males and females react a lot differently when they're con-
fronted with problems in their relation-
ships." 

"She said she feels her study has implications on the field of edu-
cation, primarily regarding her ethics. Concerned girls may have been dis-
couraged in school, Hyde said she hopes her findings enable them to perform and be held to higher stan-
dards. She added: "One of the aspects of the study is that the girls who have been told that they can't do it," Hyde said. 

"She said she believes society will benefit significantly from her findings, and it is proud it will be con-
sumed. It was looking at ways to conserve, press sec-

"National boundaries are not so
important," he said. "There is casually — a concept cen-
tral to Buddhism. "Everything is interdepen-
dent." He added, "In order to achieve peace, the Dalai Lama said individuals must externally dis-
arm, but disarmament must be inten-
tional as well.

"We must look at the world of em-
ronment," he said. "We must think about non-negative emotions, intelligence can't do that," he added. 

"He taught us about compassion." 

"I think he teaches love, and that's what he teaches — love, the supreme good," he said.

Although most attendees just wanted to be inspired, just wanted to hear the world-renowned speaker for themselves, others were working and volunteering at the event. "We are able to send our kids to camp just by working a season here," Ron Madara, a volunteer at the stadium said.

Madara is a member of the East Brunswick Boosters Association, sponsor of the stadium's concession stands. Local volunteers man each concession stand, Madara said.

Even though the stadium's conces-
sion stands sold a variety of food —
om food — hot dogs, hamburgers, cold drinks, and more — everyone was happy.

"Out of respect for the Dalai Lama, no meat will be sold at today's event," says the concessions stands, Madara said.

In this vein, there were attendees who wore anti-fur buttons, while others distributed animal rights pam-
phlets. Linda Schwitzer, the Assistant Vice President for Academic Affairs added that the University tried to sell break-
fast foods, rather than hotdogs, given the early hours of the event.

Dalai Lama engages Rutgers students

Catherine E. Galioto & Arielle Gumbrecht

NEW BRUNSWICK, N.J. — The Dalai Lama returned to a favorite topic — compassion — for his lecture to 3,000 attendees at Rutgers University Stadium on Busch'cainpus yesterday.

The lecture "Peace, War and Reconciliation" offered the Nobel Peace Prize winner a chance to dis-
cuss his thoughts on world events and Buddhist concepts.

"It seems to me, peace is not just the absence of violence," the Dalai Lama said. "Peace is something more. Peace is an attitude, a motivation, a commitment to others."

We must forgo actions that do not cultivate compassion, he said.

"Any act motivated by such anger, hatred, jealousy, then these actions are essentially violence," he said.

The 73-year-old leader of Tibetan Buddhism condemned the death ven-
e.

"Even from a practical point of view, a judicial death sentence — even when we are not sure if the person really did not solve the problem."

If killing of the one is bad, then surely it is also morally wrong in war," the Dalai Lama said, "very bad, very sad, very bad." 

War is an outdated concept, he said. The divisions of warring coun-
tries don't seem to apply, as we are all connected in globalism, he said.
**Video games not always fun and games**

Candye Ortiz

**POMONA, Calif. — A 28-year-old man in South Korea died of exhaustion and, eventually, heart failure in August — from playing a computer game for 50 hours straight. He stopped only to take breaks to go to the bathroom before collapsing on the makeshift bed he made next to his computer.**

"This is not the first time that someone has died after playing computer games for a long period of time. In 2002, two young men from Taiwan and South Korea died after playing computer games non-stop for 32 hours and 86 hours, respectively."

"The realities of that nature need to calm down," said Karlo Arenas, a senior business student. "They need to stop away from it and come back to reality."

Escaping reality is one of the main reasons gamers play for such a long time.

"One of the things people look for, is fantasy to escape issues that are going on in their lives," said Marisa Hecht Ortack, Ph.D., the director of Computer Addiction Study Center at McLean Hospital in Massachusetts.

"I usually ask them, what they expect to find when they turn on the computer. They usually say a sense of belonging."

Students play video games to escape the stress and the stress in their lives, such as long hours in the classroom or studying. But sometimes it can lead to addiction and can start to affect the gamer's life.

"Last quarter I had to end up dropping any classes because I just wasn't going to class," said David Collins, a psychology student. "Part of that was because I was just beginning to feel that I'd just wanted to stay home and play a game. Sometime classes just feel like a waste of time."

Video games are played on a console system, like Xbox and PlayStation, or a personal computer and usually have a single and/or multiple player component, the latter of which is played over the Internet with other gamers.

Online gaming requires greater interaction between gamers and bonds eventually develop.

"Some gamers form a group called clan. Clans are a group of people who constantly play online games together. They communicate with each other through microphones on the computer and develop a strong bond with each other. This level of cooperation and camaraderie is what draws people into games and can develop into an addictive habit."

"We may not know each other in real life, but it's almost like we do. We spend so much time together online. We recognize our voices, we hear each other, we get to know each other's personalities," said Collins.

"It's like having your own online family." Collins' clan is especially close. During Hurricane Katrina, the clan was able to locate and contact two of their teammates who lived in New Orleans. Even more amazing was that they raised over $500 and two other gamers in the clan opened up their homes to those who had just lost their homes in the disaster.

"We do more than just play games, we help each other out," said Collins.

"People have a notion of gamers that is contradictory to that of Collins' clan. They do not have much knowledge of what playing a video game entails and why gamers are so engrossed in it."

There are many negative stereotypes related to gamers, but in actuality, they just have a different way of interacting with people.

"There are people that can't socialize with people in real life, so they feel they can do it through a computer game," said Analisa Benavides, a senior mechanical engineering student and an avid video game player.

"They feel more comfortable chatting with them than..." Benavides met her fiancé, who works for Blizzard Entertainment testing video games, while discussing video games in an English class at Cal Poly-Pomona.

"We do more than just play games. We help each other out," said Collins.

Benavides uses video games as a form of entertainment. It is certainly healthier than the outlook chosen by some college students.

"It's fun, something to do," said Collins. "I don't drink, I don't smoke and I don't do drugs. Going out and getting wasted isn't my thing."

Addiction to video games is a form of entertainment. It is certainly healthier than the outlook chosen by some college students.

"I don't think there is enough awareness about it. A lot of people just don't understand it and don't understand the complexity," said Collins.

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**ANALISA BENAVIDES mechanical engineering student**

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**Cal poets rejuvenate environmentalist spirit**

Tonia Bui

(DAY OF THE COMPUTERIZED UC-BERKELEY)

BERKELEY, Calif. — With the calming sounds of Strawberry Creek Markers in the background, local environmental poets and artists gathered at Strawberry Creek on Saturday to raise awareness of environmental issues as part of the 10th annual Watershed Environmental Poetry Festival.

Hundreds of poets, students, residents and environmentalists congregated on the campus of campus to hear published poets read their work and push for the removal of culverts, drain crossings covering the creek.

The annual event is the brain child of UC-Berkeley English professor and former U.S. Poet Laureate Robert Hass, who said the festival was a way of getting local environmental activists, artists and writers to work together to raise environmental awareness in Berkeley.

"It's to inspire local awareness, to get (the community), to talk to each other," Hass said. "We want to reinvigorate them into environmentalism."

The celebration opened with a march from the Berkeley Farmer's Market to the site of the festival, tracing the trail of the creek underground. Local organizations — including the Ecomity Builders, River of Words, Berkeley Citizens for Creek Restoration and the City of Berkeley Environmental Services — were on hand to set up booths to promote the benefits of creating wildlife-friendly culverts and "daylighting" the creek.

Local poet Joanne Kyger, a frequent participant in the event, said the festival was a prime opportunity to spread her passion and relay how water is consumed and how to conserve it.

"We need more intelligent ways to conserve water," Hass said. "To raise environmental consciousness and make people aware of that fact is to start by making people think about Strawberry Creek.
Mobile music: the new iPod?

Alex Veiga
Associated Press

LOS ANGELES — When someone dials Leah Balecha's mobile phone, it doesn't ring. It jams with the sounds of 50 Cents, to wit: "I'm So Hood." But instead of creating a nuisance for phone users, the 30-year-old videogame designer and student has taken to using ringtones, wireless carriers and the music industry are hoping to take the next step: using the phone as a portable music player.

"I love the reaction I get when people hear my phone ringing," Balecha said.

With U.S. mobile phone users like Balecha already spending hundreds of millions a year on ringtones, wireless carriers and the music industry are hoping to take the next step: using the phone as a portable music player.

Consumers in Japan, South Korea and Great Britain are already transmitting songs directly from their computers to their phones, a practice known as sideloading, or downloading full-length tracks over their mobile networks.

"It would depend a lot on how much it costs and how easy it was to use," she said.

Sprint Nextel, which is also planning a separate download service next year. The growth of the U.S. mobile ringtone market has been encouraging. Ringtones may be big in the United States this year. Verizon Wireless, which is affiliated with a British carrier that already offers full-song downloads in Britain, is also planning a similar U.S. service.

Online music retailers including Napster Inc. and Apple Computer Inc. are also vying to capture down-load sales by promoting handsets that users can hook up to their personal computer. The idea is to get users sideloading before plunging into pay-per-song downloads.

Earlier this month, Apple unveiled its ROKR, a mobile phone released with a British carrier that already markets Apple's iTunes software. It's being offered through Cingular Wireless, which is planning a separate download service for its phones even before launching its own service by Motorola Inc. that holds up to 100 songs and comes with Apple's iTunes software. It's being offered through Cingular Wireless, which is also releasing its own service.

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Spin on classic proves creepy, strange

Karen Velle
Tuesday, September 7, 2005

Finally, a horror movie that's not overloaded with gore, yet is still truly frightening.

Although "The Exorcism of Emily Rose," directed by Scott Derrickson, is surprisingly light on special effects, the low-budget film is still effective in its ability to scare. The movie provokes viewers to contemplate the existence of evil, and in the process, they may want to sleep with the lights on.

"I thought it was really good," recol­
eration sophomore Cheyta Swartz said.

Loosely based on the true story of a modern day exorcism, the film goes back to 1976, when Anneliese Michel, a 20-year-old woman, died during an official exorcism performed by the Catholic Church. Her parents and two priests were tried for her murder.

Michel ate spiders, urinated on the floor and drank her own urine. It was alleged by her priests and parents that she had supernatural strength and the ability to speak in languages that she had no training in, according to books written on Michel.

The movie focuses on the trial of Father Moore, a Catholic priest played by Tom Wilkinson, who is tried for negligent homicide following the death of Rose. The prosecution provides scientific rational for the insane behavior of Rose, played by Jennifer Carpenter.

The prosecution claims that Rose suffered from "psychotic epileptic disorder." Yet, the defense claims that she was possessed by demons and that the drugs given to her for the non-existent disorder led to her death.

Carpenter provides a compelling portrayal of the demonically possessed college student as she accurately mimics facial and body expressions.

Though Father Moore is offered a reduced sentence of reckless endangerment, he opts to go through with the trial in order to tell the young girl's story in hopes of showing that demons exist, converting non-believers.

Linney delivers a wonderful and affec­
tive portrayal of Moore's attorney Erin Bruner, a career-oriented associate.

For Bruner, the trial is a life-chang­
ing event. She begins to question her beliefs as she expe­

iences a variety of supernatural events. Representing society's conflicts between faith and sci­
ence, viewers are forced to either believe the priest that Rose died after being possessed by demons, or that she was a mentally ill young woman who died as a result of an unwarranted exorcism and the lack of medical care.

"It was creepy and strange," said Natasha Swartz, a University of California, Santa Barbara chemistry student.

The successful horror "The Exorcism of Emily Rose" hit theaters Sept. 9 and, unlike the classic, is told in flashbacks.

Sheehan arrested during anti-war protest at White House

Jennifer C. Kerr
ASSOCIATED PRESS

WASHINGTON — Cindy Sheehan, the California mother who became a leader of the anti-war movement after her son died in Iraq, was arrested Monday along with hundreds of others protesting outside the White House.

Sheehan, carrying a photo of her son in his Army uniform, rallied with other protesters in a park across the street from the White House and then marched to the gate of the executive mansion to request a meeting with President Bush.

The protesters later sat down on the pedestrian walkway in front of the White House — knowing they would be arrested — and began singing and chanting "Stop the war now!"

Police warned them three times that they were breaking the law by falling to more along, then began making arrests. One man climbed over the White House fence and was quickly subdued by Secret Service agents.

Sheehan, 48, was the first taken into custody. She smiled as she was carried to the curb, then stood up and walked to a police vehicle as protesters chanted, "The whole world is watching."

"It's an honor to be arrested with this group of people," said Gary Handschumacher, 58, of Crawford, Colo., who was waiting for police to arrest him.

Sgt. Scott Fear, spokesman for the U.S. Park Police, said about 370 protesters were arrested over four and a half hours. All but one were charged with demonstrating without a permit, a misdemeanor. One person faced a charge of crossing a police line.

Sheehan's 24-year-old son, Casey, was killed last year in an ambush in Sadr City, Iraq. She attracted worldwide attention last month with her 26-day vigil outside Bush's Texas ranch.

The demonstration was part of a broader anti-war effort on Capitol Hill organized by United for Peace and Justice, an umbrella group. Representatives from anti-war groups met Monday with members of Congress to urge them to work to end the war and to bring the troops home.

White House press secretary Scott McClellan said Bush is "very much aware" of the protesters and "recognizes there are differences of opinion" on Iraq.

It's the third of the American people to peacefully express their views. And what's that you're seeing in Washington, D.C., McClellan said. "They're well intentioned, but the president strongly believes that withdrawing would make us less safe and make the world more dangerous."

The protest Monday followed a massive demonstration Saturday that drew a crowd of 100,000 or more, the largest such gathering in the capital since the war began in March 2003.

On Sunday, a rally supporting the war drew about 500 people. Speakers included veterans of World War II and the war in Iraq, as well as family members of soldiers killed in Iraq.

"I would like to say to Cindy Sheehan and her supporters: Don't be a group of unhinging levels," said Mary Kenny of Ridgeley, W.Va., whose husband was killed in Iraq.

"I think Americans are tired of being told what to do. They respect our troops, but are tired of the anti-war demonstrations "can affect the war in a really negative way. It gives the enemy hope."

Can kids' brains be trained to pay attention?

Lauren Neergaard
ASSOCIATED PRESS

WASHINGTON — The use of special computer games to train their brains improved healthy youngsters' ability to pay attention, scientists reported Monday.

It's not clear just how much the games helped, other specialists cautioned. But with booming interest in developing therapies for attention problems, the research sheds light on how a normal youngster's brain pays attention in the first place.

If a child is "executive attention," the ability to tune out distractions and pay attention to useful information. The capacity develops between the ages of 3 and 7, said University of Wisconsin psychologist Michael Posner, who has studied cognitive development by measuring electrical signals from the brains of preschoolers and young children.

There's great individual variation among healthy children and adults, and problems with this particular attention-paying neural network may be one of many involved in attention deficit hyperactivity disorder, or ADHD.

Posner and colleagues at Cornell University's Weill Medical College wondered if it's possible to speed this network's normal development.

They adapted computer exercises used to train monkeys for space travel into games for 4- and 6-year-olds. For five days, the youngsters progressed from a game that moved a cat in and out of grass to more complex tasks, such as choosing the largest number amid deliberate distractions.

The researchers measured the children's brain activity with electroencephalographs and administered tests of attention and intelligence before and after the training; some children also underwent genetic testing.

The brains of the 6-year-olds showed significant changes after the computer training compared with untrained playmates who watched videos, Posner reported Monday in the journal Proceedings of the National Academy of Sciences. They were small improvements compared with the effect that simply getting older brings, Posner cautioned.

The 4-year-olds showed little change.

There was a genetic effect: Children who were less outgoing and more controlled were better able to concentrate for their age and thus showed less effect from the training.

The study "significantly advances our understanding ... because it demonstrates that executive attention skills can be trained, or development accelerated, in young children," neuropsychiatrist Karla Holmberg and Mark Johnson of the University of London's Centre for Brain & Cognitive Development wrote in an accompanying review.

More added to U.S. toll in Iraq

As of Monday, Sept. 26, 2005, at least 1,919 members of the U.S. military have died since the beginning of the Iraq war in March 2003, according to Associated Press count. At least 1,494 died as a result of hostile action, according to the military's numbers. The figures include five civilian military.

The AP count is two above the Defense Department's tally, last updated at 10 a.m. EDT Monday. The British military has reported 96 deaths, Italy, 26, Ukraine, 18, Poland, 17, Bulgaria, 13, Spain, 11, Slovakia, three; El Salvador, Estonia, Thailand and the Netherlands, two each; and Denmark, Hungary, Kazakhstan and Latvia one death each.

Since May 1, 2003, when President Bush declared that major combat operations in Iraq had ended, 1,780 U.S. military members have died, according to AP's count. That includes at least 1,380 deaths resulting from hostile action, according to the military numbers.

The latest deaths reported by the military:

A soldier was killed when his vehicle was struck by a bomb Monday, 50 miles south of Baghdad.

Two soldiers were killed when their vehicle was struck by a bomb Tuesday in western Baghdad.

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Rescuers find more survivors and devastating damage

Brett Martel
ASSOCIATED PRESS

CREOLE, La. — With Hurricane Rita's floodwaters receding along the Texas-Louisiana coast Monday, rescuers pushed deeper into hard-hit bayous to pull out residents on skiffs, crews struggled to clean up the tangle of smashed homes and downed trees, and Army helicopters searched for up to 30,000 stranded cattle.

The death toll from the second deadly hurricane in a month rose to seven with the discovery in a Beaumont, Texas apartment of five people — a man, a woman and three children — who apparently were killed by carbon monoxide from a fireplace after Rita knocked out the electricity.

While residents of the Texas refinery towns of Beaumont, Port Arthur and Orange were blocked from returning to their homes because of the danger of debris-choked streets and downed power lines, authorities in Louisiana were unable to keep bayou residents from venturing in on their own by boat to see if Rita wrecked their homes.

"Knowing these people, most of them are hunters, trappers, farmers, they're not going to wait on FEMA or anyone else," said Robert LeBlanc, director of emergency preparedness in Vermilion Parish. "They're going to do what they need to do. They're used to primitive conditions."

And many were finding that conditions were, in fact, primitive. Across southwestern Louisiana's bayous, sugar cane plantations, rice fields and cattle ranches, many people found they had no home to go back to.

Terrebonne Parish's count of severely damaged or destroyed homes stood at nearly 9,900. An estimated 80 percent of the buildings in the town with a population 1,900 were leveled. Farther inland, half of Creole, population 1,500, was left in splinters.

"I would use the word destroyed," Army Lt. Gen. Russell Honore said of Cameron. "Cameron and Creole have been destroyed except for the courthouse, which was built on stilts on higher ground. Most of the houses and public buildings no longer exist or are even in the same location that they were."

Houses in the marshland between the two towns were reduced to piles of bricks or bare concrete slabs with steps leading to nowhere. Walls of an elementary school gymnasium had been washed or blown away, leaving paint and hoops — hanging from the ceiling. A single-story white home was propped up against a line of trees, left there by floodwaters that ripped it from its foundation. A bank was open to the air, its vault still intact.

"We used to call this sportsmen's paradise," said Honore, a Louisiana native. "But sometimes Mother Nature will come back and remind us that it has power over the land. That's what this storm did."

In the refinery town of Lake Charles, National Guardsmen parceled the place and handed out bottled water, ice and food to hundreds of people left without power. Scores of cars wrapped around the parking lot of the city civic center.

Doanthy Anderson said she did not have time to get groceries before the storm because she was at a funeral out of town. "We got back and everything was closed," she said.

Louisiana's Department of Wildlife and Fisheries said its teams used small boats to rescue nearly 200 people trapped in their homes. In Chauvin, a steady stream of people were brought by small boats from flooded sections of Terrebonne Parish. Some cried as they hauled plastic bags filled with their possessions.

"This is the worst thing I've ever been through," said Danny Hunter, 56. "I called FEMA this morning, and they said they couldn't help us because this hasn't been declared a disaster area.

"Texas is a disaster area," Jenny Reading shouted. "I guess the president made sure of that, and everyone just forgot about us."

A Federal Emergency Management Agency spokesman said that Terrebonne Parish was declared a disaster area for Katrina but not for Rita.

Officials were checking to see if the residents were eligible for Rita help.

Texas put the damage from Rita at a preliminary $8 billion.

At least 16 Texas oil refineries remained shut down after Rita, which came ashore early Saturday at Sabine Pass, about 30 miles from Beaumont. A refinery in Port Arthur and one in Beaumont were without power, and a second Port Arthur refinery was damaged and could remain out of service for two to four weeks.

"We didn't dodge a bullet with Rita; we took a couple bullets in the leg with Katrina and Rita," said Tom Klaota, an analyst with the Oil Price Information Service of Wall, N.J. "It's still a significant loss and it's going to create some supply problems through at least mid-October." Early estimates were that Hurricane Rita will cost U.S. refiners about 800,000 barrels a day in capacity, on top of a drop of about 900,000 barrels a day because of Katrina. Klaota said the national average for a gallon of regular gasoline could again top $3.

An official walks down a mud-covered street in Cameron, La. in the wake of Hurricane Rita. An estimated 80 percent of the buildings in the town with a population 1,900 were leveled.

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Why don’t we all just take a break

Jake Blumberg

For our column "Collage" (Colorado College)

FORT COLLINS, Colo. — The newspaper is really bringing me down right now. Each page is full of tragedy, crime and scandals. Every time I turn the page, I just seem to get more nervous, angry or depressed — even the comics are serious lately.

Add in the midterms, and I really have a breaking point. The world is just a tough place right now, and I have to tell you, I need a break from it all.

My bet is you do too, judging by the faces and attitudes I have been seeing around campus; people walking around like tired robots, mumbling about tragedy or equations for their next test.

For me, one of the saving graces in my life is and has always been, my friends.

Yes, we have work, and yes there is tragedy, but life is made up of the moments inbetween with friends laughing and enjoying each other's company.

There should be documented sanctions for misconduct including plagiarizing, with some leeway afforded to the student who is first time or with some defenses for a student who repeatedly commits plagiarism. The penalties should be tough enough to guide the next one, but not be so severe to make the rest of our students think about the world they are living in.

For one, we all converged in the kitchen and started talking. Striker was in the middle of baking muffins (wearing a masculine combination of Under Armor and an apron), and Skeeter was eating something. Side note: Skeeter's second nickname is Slim East Shainu, a combination of Under Armor and an imitF'm's (wearing a masculine combination of Under Armor and an imitF'm's). One of the moments in between with friends laughing and enjoying each other's company.

For me, one of the saving graces in my life is and has always been, my friends.

Jake Blumberg

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S i g n u p f o r t h e e - m a i l s a t e s s u b s c r i b e r s e t c .
Soccer
continued from page 12
son as head coach of the Saint Mary's soccer program. Sapold currently holds a 21-23-4 record at SMC following an 8-12 campaign in 1994 and an 8-8-3 overall mark in 2003.

After following a one-year stint as the co-head coach at Stanford in 2002, Sapold's career record now stands at 37-23-3 in three years as a head coach in Division I. In 2002, Sapold led Stanford to its fifth Pac-10 Conference Championship, finishing with a perfect 9-0-0 record in league play. He also guided the Cardinal to the NCAA Playoffs where they fell to eventual National Champion Portland on penalty kicks. Stanford finished the season 21-2, marking the best record in the program's history.

Cal Poly holds the series edge over the Gaels 2-1-1. The last meeting was in 2004 at Saint Mary's. The Gaels topped the Mustangs 1-0.

The Mustangs will host UC Davis at 1 p.m. on Sunday, Davis is also coming off a successful weekend that saw the Aggies tie Colorado College 1-1 and gain a 2-0 victory over Air Force. 

Sophomore Megan Wall leads the UC Davis roster with four points on the season, which tops the Davis roster. In 2004, Wall shared the team lead with four assists and finished second in goals (3) and in points (14). She tallied her three goals on 14 shots. Cal Poly holds a 2-0-1 series advantage over the Aggies, defeating UC Davis last season 3-2 at Aggie Field on Aug. 29 of last year.

The Mustangs open Big West Conference play at Long Beach State on Oct. 7.

Cal Poly football has once again moved up in the national polls, this time moving from No. 12 to No. 10 in the two NCAA Division 1-AA polls.

Two weeks ago the Mustangs were ranked 17th in the ESPN/USA Today and 18th in The Sports Network poll following a big win over then-No.11 Montana State at home.

"Chris is off to a great start," said Ellerson. He is impacting the game and doing a tremendous job of what we ask his position to do. He has fulfilled that role.

Cal Poly Football No. 10 in latest Div. 1-AA polls

SPORTS

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The Sports/USA Today Division I-AA Top 25 Poll

The ESPN/USA Today Division I-AA Top 25 college football coaches poll, with number of first-place votes, record in parentheses, total points and last week's ranking (records through September 24, 2005).

1. NEW HAMPSHIRE (21) (3-0) 2. SOUTHERN ILLINOIS (12) (2-1) 3. WESTERN KENTUCKY (10) (2-1) 4. MONTANA (8) (2-1) 5. DELAWARE (3) (3-0) 6. FLORIDA A&M (2) (2-2) 7. JAMES MADISON (2-1) 8. NORTHERN IOWA (2-1) 9. AMPHION (2) (2-2) 10. CAL POLY (3-1) 11. NORTH DAKOTA STATE (3-1) 12. AMERICAN (1-3) 13. TEXAS TECH (2-1) 14. WILLIAM & MARY (2-2) 15. HARVARD (2-2) 16. TALLAHASSEE (2-1) 17. WILLIAM & MARY (2-2) 18. SOUTH CAROLINA STATE (3-0) 19. WESTERN CAROLINA (2-1) 20. APPALACHIAN STATE (3-1) 21. WOFFORD (2-1) 22. MASSACHUSETTS (3-1) 23. IDAHO STATE (3-1) 24. HOFSTRA (2-1) 25. NORTHWESTERN IOWA (1-2)
No. 5 Santa Clara too much for No. 19 Mustang women

The No. 19 Mustang women’s soccer team (6-1-3) are looking to rebound after a less than impressive weekend. The Mustangs suffered their first loss of the season, and finished with a 1-1 tie against Washington State and lost to No. 5 Santa Clara 2-0. This dropped the Mustangs all-time record against the Broncos to 0-12-3.

The Mustangs return home this weekend trying to avenge a win from last season hosting Saint Mary’s (3-3-1) on Friday at 7 p.m. and future Big West member UC Davis (3-4-2) on Sunday at 1 p.m.

It was an overwhelmingly dominant performance by No. 5 Santa Clara (7-1-1) who out-shot the Mustangs 14-3. Santa Clara kept much of the action in the Mustang half of the field and stone-walled all attempts to sustain any offensive rhythm.

The Santa Clara defense suffocated Cal Poly’s two leading scorers, junior Shannon Day and senior Becky Clark, holding them to a combined one shot.

Clark is off to her best start as a Mustang, tied for first on the team in goals with five. Clark has one game-winning goal this season, coming against Loyola Marymount in double-overtime at Mustang Stadium on Sept. 2. On Friday, Clark came through again, scoring the game-winning goal against Washington State.

Clark has already eclipsed her total of three goals in 2004.

Meanwhile, Day leads the Mustangs in every offensive stat column. Day has five goals, three assists, 12 points, 27 shots, and three game-winning goals. Day’s game-winners came against Fresno State, San Jose State and DePauw in the Bomberman Cup Challenge.

Day led the Mustangs with 11 goals, 23 points, 68 shots and six game-winning goals in 2004.

Saint Mary’s is led by senior Colin Cong who leads the Mustangs with three goals, one assist and seven points each.

Paul Sapsford enters his third season as head coach.

Women’s Soccer
Record: 6-1-3
Current ranking: No. 19 by the NSCAA, No. 24 by both Soccer Buzz and Soccer America.

Brittany Ridley
MUSTANG DIARY

With both national and local public success, Chris Goccong, Cal Poly’s defensive end football player, was honored as player of the week after recording six sacks and one touchdown just four weeks into Cal Poly’s 2005 football season.

The general engineering 6th-year student was runner-up for last year’s Buck Buchanan award, given to the top defensive player in NCAA Division I-AA. Goccong fell just short of the top-10 spot and teammate Jordan Beck. This year Goccong remains on the Buck Buchanan award watch list for his third year in a row.

Chris has extraordinary ability and to go along with that he has an extraordinary work ethic,” coach Rich Ellerson said. “He impacts how we make our game plans and how other teams make their game plans."

Goccong was also named 1-AA.org’s 2005 Division I-AA Preseason All-American first team.

He was also selected to the All-Under Appreciated third team by the Consensus Draft Service and had a school-record of 17.5 sacks in the 2004 season.

Despite his public and personal success on the field, Goccong’s award are rarely what motivate him on the field, Ellerson said.

Regardless of recognition and honors, the players are more concerned with the team’s overall success, according to Ellerson.

"What motivates these guys is the success of the season," Ellerson said.

Goccong said that he set his own goals for this season, but the team’s goals always come first.

"My individual goal is to beat my sack record this year. I had 17.5 sacks last year and my personal goal is to 20," Goccong said. "But winning the division title would be a lot better than breaking that record."

With daily football practice, weekly games and on-going schoolwork, Goccong said that the combination of school and sports have often made him forgo the average collegian student lifestyle.

"I think the biggest sacrifice is time commitment. I can’t go out on Friday night because I have a game Saturday, and I don’t get to go out and party," Goccong said. "That’s why this experience is as enriching as any other collegiate experience."

However, Goccong has not only sacrificed for football, but for his education as well. According to

Chris Goccong