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How to avoid an empty wallet — tips for saving money at college

Justin Pope
Associate Professor

Nearly 3 million first-time students start college in the coming weeks — and many will be short on money before the semester ends. With tuition rising steadily, many face the prospect of taking on heavy debt to pay for their degrees.

After talking to school officials and experts in fields ranging from design to finance to publishing, The Associated Press has assembled some tips for staying solvent through Thanksgiving and beyond.

Textbooks

The average yearly bill is $900, but save by buying used books at campus bookstores or through Web sites such as half.com, campusbooks.com, college-bookselect.com and others. Look into whether the publisher of a book you need has more flexible options; Thomson Learning, for instance, lets students download "e-chapters" of some titles instead of buying the full book.

You may be able to get some books for free. A new company called Freeload Press gives away us titles, mostly in business and finance, by supporting them with advertising revenue. And hundreds of textbooks are available for free online through gateways such as Textbook Revolution, StudentBookWorld and Freebooks4doctors. PIRG, the Public Interest Research Group, recently published a guide to low-cost books, available at http://www.make textbooksaftordable.com.

Gizmos

Parents and students heading off to college spend $8.2 billion annually on electronics — nearly as much as on clothing and dorm furnishing combined, according to the National Retail Federation. Save money with multipurpose devices, says Stephen Samt-Onge, an interior designer who is also a design consultant with Philips Electronics. A 19-inch flat panel monitor can double as a TV, a computer can double as a stereo system.

Colleges often offer discounts on computers, but you may not need to spend more to add software such as Microsoft Office. Sun Microsystems makes its StarOffice suite same free to students. It's available on Sun's Web site — click on "Communities" and then on the "Education" section.

Student loans

Increasingly, students and parents are paying for college with combinations of loans, and comparison shopping is difficult. A new Web site, http://www.simpletuition.com lets customers compare student loan offers in much the same way Orbitz lets users search for airlines. Right now it compares only private loans, and doesn't include big players such as Sallie Mae, but as part of broader research it could help you find a deal. Later this fall, the site will incorporate options for federally backed loans.

If you're a good student and need a private loan, you may want to check out a company called MyRichUncle. The company, which is bombarding students with aggressive marketing, says that it looks beyond credit scores and considers factors including program of study and academic history when evaluating how much students can borrow — so you may get a higher limit. It also claims to offer more competitive rates on federally backed loans, though in some cases those rates don't kick in until repayment begins.

This is the bar of a Second Lieutenant. You earn it by taking ROTC in college. It means Officer, a leader of the United States Army. To wear it is to put an entire team on your shoulders.
Credit cards
Students will get up to a dozen credit card offers when they first arrive on campus. But Eric Solomon, a spokesman for student loan company Nelnet, advises shopping around. Card companies tend to offer students lots of free goodies up front, but they may get better interest rates by looking at comparison sites including bankrate.com. Of course, pay your bills on time and interest won't be an issue.

Food
If you're smart and outgoing, you can eat practically free for days at a time, particularly early in the year when student clubs are trying to attract new members. Get breakfast bagels with the hiking club, and lunch subs at the English department open house. Your tuition is subsidizing lots of that free grub, so you might as well get your share.

Most students won't eat 21 meals per week in the dining hall, so don't pay for such a plan, says Tally Heart, director of student financial aid at Ohio State. When you do hit the dining hall, don't leave empty handed; Ohio State, for example, lets students take up to seven pieces of fruit with them. It's healthier than midnight pizza, and cheaper.

Beverages
Brew your own. A daily Starbucks coffee habit, at say $3 per day, adds up to $750 per year. Buy a mug and a coffee-maker for your dorm. For the ambitious and over 21, you could even do the same thing with beer. A few schools have brew clubs. After some upfront investments in equipment, you should be able to brew quality beer for no more than $2 per gallon — a lot cheaper than even bottom-shelf brands.

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From agriculture to architecture: a look at Cal Poly's seven colleges

Jennifer Hall

College of Agriculture, Food and Environmental Sciences

The College of Agriculture, Food and Environmental Sciences, formerly the College of Agriculture, is the fourth largest undergraduate agriculture program in the nation. The college includes over 3,500 students in 18 majors and awards 650 baccalaureate degrees each year, launching students into the No. 1 industry in the world.

The program uses over 6,000 acres for agricultural instruction in San Luis Obispo, which includes rangeland, orchards, vineyards, and the Orfalea College of Business.

College of Architecture and Environmental Design

The College of Architecture and Environmental Design is home to over 1,500 students, making it the largest program of its kind. It offers seven degree programs in five departments. The college facilities include a 12-acre outdoor experimental construction laboratory in Poly Canyon, a media resource center, and a photographic presentation facility.

Two new department heads will be joining the college this fall. Horst deLange from the University of Kentucky, as the new architecture department head, and Alan Estes from West Point, as head of the architecture engineering program.

A new construction management building is underway in place of the old air conditioning building and is expected to be completed in fall 2008. Ray Ludd, associate director of advancement for the College of Architecture and Environmental Design. Progress on the four-story building can be seen via a webcam at www.construction.calpoly.edu.

Orfalea College of Business

Launched third in the U.S. News and World Report's 2005 "Best Undergraduate Engineering Programs," the College of Engineering is the largest of the seven colleges with 3,800 students.

One of the original three colleges at Cal Poly, the College of Engineering has grown from five labs and two disciplines to 11 engineering degree programs and over 80 labs, totaling 16,000 square feet.

The college has a new dean this year, Mohammad Noori, and is expecting to open two new engineering buildings, the Bonderson Project Center, which will open this fall next to the library and Engineering 4, will open in February 2007.

"We're looking forward to the continuation of exciting projects in every area," said Amy Hewes, director of publications and communications for the college.

Among those projects are the new logo, designed by Cal Poly students, that incorporates the designs of Cal Poly and the Orfalea College of Business.

"We wanted to make sure we were communicating with firms that hire our students," said Dave Christy, dean of the Orfalea College of Business. "We're trying to imprint the idea of Cal Poly and business together.

College of Education

The College of Education allows students to attain multiple and single subject credentials as teachers, school counselors, special educators, and administrators in agriculture, English, home economics, mathematics, physical education, biology, chemistry, physics and social science.

This fall the college has several new faces walking the halls. Glen Casey from the Agricultural Education and Communication department will serve as interim associate dean and Louis Rosenberg, has accepted the Cochett Endowed Professorship position for a two-year term. Rosenberg has developed a new Educational Technology program available to students beginning this fall.

The College of Education is also taking a leading role in the Math and Science Initiative that is sponsored by the Chancellor's Office.

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Colleges

- Prior to this issue, engineering students that will be deployed for the second time in December 2006.

College of Liberal Arts

- One of the most selective liberal arts colleges in the nation, the College of Liberal Arts includes programs in arts, humanities, social sciences, communications and interdisciplinary studies and boasts 2,950 students.

- Many new programs, departments, chairs and professors will be joining the College of Liberal Arts this year. A major in ethnic studies is being added and chaired by Victor Velez. A new Latin American studies minor is in the works; modern languages and literature has a new department head, Brian Kennedy, and there are 15 new professors in the college.

- The Mustang Daily will also be celebrating its 80th year of production.

College of Science and Mathematics

- Recognized by the National Science Foundation for innovative science programs and Ph.D. programs, the College of Science and Mathematics includes 10 academic programs serving 1,368 students.

- This year the college has a new $1.2 million Center for Coastal Sciences built over the Avila Beach Pier that will include indoor and outdoor tanks, displays, research centers and classrooms. The building will house 18 different classes in biology, environmental science, computer science and chemistry including general education and specialty courses.

- "Quite a few students have the ability to get hands-on experience out there," said Mark Moline, the director of the center and biology professor.

- The center is built directly over the water at the end of the pier to allow for over the water labs. Whales and other marine life can often be seen from the building.

- "It's like going to sea without the waves," Moline said.

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This year, Cal Poly's radio station, KCPR 91.3 FM, will upgrade its studio and expand its coverage area. The station, which began broadcasting in 1968, is one of the only non-profit college radio stations and is completely run by student volunteers.

The current studio is located on the second floor of building 26 and will be moved to the third floor next to the CPTV room.

The station is also looking forward to moving its transmitter from "Radio Hill" at Cal Poly to the top of Cuesta Peak. The transmitter currently only broadcasts to the San Luis Obispo area and the move would allow coverage throughout San Luis Obispo County and beyond.

"Everybody in San Luis Obispo County will be able to hear us, including Santa Maria and 20 miles out to sea," journalism department chair George Ramos said.

Cal Poly had to get permission from Clear Channel, which owns the transmitter, in order to move it, he said. Because more people will be able to hear the station, it is important that the sound quality and programming are good, Ramos added.

Graham Culbertson, co-general manager of KCPR and journalism junior, said that the music played now is mostly "indie rock" bands. There are also a variety of shows including punk, rasta, metal and Democracy Now.

During the school year, journalism students will also broadcast news and sports shows. The station also plays music from local bands and used to even allow bands to play live on the air, Culbertson said.

"We have a lot of involvement with local bands," he said.

Culbertson was also a disc jockey for KCPR before he became co-general manager with civil and environmental engineering student Meghann Chell.

Erik Olson, one of KCPR's music directors, said the move upstairs in building 26 will allow more room in the control area so it is easier to teach in. However, Olson is a little skeptical about when the actual move will happen.

"I don't think anyone expects this to happen this year," he said. "There is always something getting in the way."

Ramos said that construction was due to start in August but has yet to begin. The idea of moving the station started back in 2003 and has been slowly progressing ever since, he said.

"Just because it doesn't happen right there on the spot, it doesn't mean it is going to go away," Ramos said. "Slowly but surely, it is going to happen."

Culbertson said that KCPR is also looking into podcasting and Web streams this year.

Although the station's volunteers come from all majors, it is trying to bring in more rising journalists, he said.

"One of the things we are working on is to try and integrate more journalism students," disc jockey Charlie Blair said.

At the beginning of each quarter, KCPR holds a meeting and anyone interested in being on the air or working at the station can apply, Culbertson said.

Music director Diego Baptista said the key to being involved in KCPR is a love for music and not the student's major.

Anyone interested in KCPR can check out the website, www.kcpr.com, or visit the station in building 26.

Ashley Archibald

LOS ANGELES — Ninety-six black students enrolled in the University of California, Los Angeles freshman class this fall, the lowest number in the past 10 years.

Of the 10,487 students admitted to the university in fall 2006, about 2.3 percent were black.

In comparison, the University of Southern California's freshman class was 4 percent black as of Aug. 21. In California, the population is 6.7 percent black, according to the 2000 U.S. Census.

This "crisis," as Janna Montero, vice chancellor of student affairs at UCLA, called it, is not confined merely to the black population of UCLA, but to minority admissions across the University of California system.

"One of cause of low minority admissions is Proposition 209, a bill in 1996 that prohibited the use of "preferential treatment" toward any group on the basis of race or gender in the public sector. "Before the passage of Prop. 209, UCSC had the highest number of African-American freshmen in the UC system," Montero said. "It pains us that this has changed."

The result is the elimination of affirmative action in the public sector and the outlawing of targeted racial quotas and recruitment practices, said David Cruz, a professor in the USC Gould School of Law.

"Prop. 209 limited the ability of public institutions to act in a race-conscious fashion," Cruz said.

The USC student body opinion on Proposition 209 is mixed. "I can't see how a university could take so few (black students)," said Janessa Currier, a sophomore. "Diversity is quality.""I don't think there should be a specific number of African-American students. They should be smart — they should not be chosen to keep it diverse," said Kristina Leuck, a sophomore. "In the wake of Proposition 209, private institutions such as USC, which remain unaffected by the law, are left to fill in the gaps, said Tim Brunold, USC associate dean and director of undergraduate admissions.

He said USC consistently seeks to increase its diversity statistics, and fall 2006 is the first semester that the white population of USC has fallen below 50 percent.

The black population has risen half a percent since the previous academic year; other minorities, such as Hispanics and Native Americans, have risen 1.5 and two-fifths of a percent, respectively.

Promoting diversity through the use of race as a "plus factor" has not lowered the quality of USC admits, he said.

"If you look at the retention and graduation rates at USC, the students that we have been selecting have been the type of student who will excel here at USC," Brunold said. "Diversity is quality."

"'Race' is a definite plus factor, see Minority, page 15

UC system minority enrollment on the decline

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Students come from far and wide to attend Cal Poly

Katie Hofstetter

New Year's trumps Christmas by far. A school day lasts from 8 a.m. to 5 p.m., not including homework. Parents are the ultimate decision-makers, even when they are wrong. And girls and boys rarely touch, although drinking is permitted in celebratory occasions as early as age 10.

Thus was the childhood of Barry Zhang, a Cal Poly construction management senior, in his hometown of Shanghui, China. Zhang said the differences between his hometown and current residence are substantial enough to fill a 10-page essay, and then some.

"For example, most of the girls in China, they keep a certain distance away from guys," he said. "Even if they are friends, there is always a line that they do not want guys to cross, so hugging, holding hands and kissing on the cheek never happen."

Zhang, 23, is one of approximately 150 international students attending Cal Poly. Half of them are participating in exchange programs, while the other half, including Zhang, are seeking a degree, said John Battenburg, director of international education and programs.

And while Cal Poly is opening its doors to an array of international students, the school is also offering a plethora of opportunities to study abroad, with 141 programs in 36 countries.

Last year alone 650 Cal Poly students capitalized on such opportunities, Battenburg said, spending anywhere from one quarter to one school year studying abroad.

"It is increasingly important that not only others understand more about the U.S., but that the U.S. understands more about other cultures as well," Battenburg said. He cited the effects of Sept. 11 as deterrences from exchange programs, because acquiring U.S. Visas has become difficult for certain countries.

In order to attract international students, and at the same time deal with Cal Poly's impacted classes, Battenburg said it is important to devise unique opportunities for international students.

For example, during the 2006-07 school year, an incoming Taiwanese student will be enrolled in Cal Poly classes, but will instruct a course in Chinese as well.

Battenburg said he is working on increasing similar opportunities for other international students as well.

"I would like to see the day we offer Arabic at Cal Poly," he said.

But the process of coming to Cal Poly can often be only one of a number of struggles for international students, especially for those seeking a degree.

Battenburg said international students often find the cost of living in San Luis Obispo, in combination with the out-of-state tuition, to be the most challenging part of a Cal Poly education. He also mentioned that students are often isolated from others of their culture in San Luis Obispo's location, which can be an added struggle.

To help curb these issues the international student programs and services have devised a number of programs to help the students get acclimated, one of which enlists the help of honors students for mentoring purposes.

Zhang said for him, the most difficult part about his current distance from China is the lack of family and food. Due to the one-child-per-family rule presently in place in his home country, Zhang said cousins become like brothers and sisters.

But even without everything he misses in China, Zhang has acquired an affection for the American people and the country's clean streets, so much so that his future plans are set in California.

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Enrollment plummets at New Orleans universities

Garecia Randle

The Daily Reveil (LSU)

BATON ROUGE, La. — Many colleges and universities in New Orleans have restored the necessary facilities to accommodate their students, but some schools were unable to increase student enrollment in the Katrina aftermath.

William Brown, Xavier University’s dean of admissions, said Xavier, one of the more damaged universities in New Orleans, is familiar with the struggle to get students to return. "We expect our freshman class to be about half of what it usually is," Brown said. "Typically we have 900 to 1,000 incoming freshmen as opposed to the 475 to 500 students we have coming this year.

"I'm sure the image [the students] saw of New Orleans made them reluctant to come back," Brown said. He said he noticed older students represented the highest percentage of students who returned to Xavier.

"The higher the classification, the more likely a student returned because they were already established," Brown said. "They already have friends, family and career ties.

Brown said the university is expected to have about 3,100 students. It typically has about 4,100 students. "We're trying to keep the lines of communication open and keep the students and parents updated on the condition of the campus," he said.

Loyola and Tulane University, which received less damage, also have lower enrollment rates this year.

Krystina Lelong, director of Loyola University’s Office of Public Affairs, said Loyola suffered a slight enrollment decrease, but she thinks the university has done well in its recovery process.

"The expected incoming freshman class for this fall is about 550 students, but we typically have about 850 freshmen," she said. "So the freshman numbers are down about 35 percent.

Lelong said the student retention rate is higher than it has been in years prior to Hurricane Katrina, and out-of-staters make up about half the student body.

Lelong said while under-graduate enrollment is 15 percent lower than last year, the profiles of the new students are as impressive as they have been in the past.

"We have managed to bring in students with average SAT scores of 1,242 and ACT scores of 26," Lelong said. "These students have quality comparable to the students we have always had."

Lelong said the last school enrollment did not fluctuate much in comparison to last fall.

"Currently we have 317 first-year law school students," she said. "The total law school enrollment is about 800 students.

Lelong said she is not certain how long it will take the university to completely restore its enrollment but is optimistic about the future.

"I cannot predict when everything will be back to normal, but we are less than one percent," she said. "We are working as hard as we can to get back to where we were before.

"I think this is a move to keep the students and parents to determine what factors played the biggest role in their decision to attend the school.

"Some families decided not to attend Tulane," Strecker said. "And the main deciding factor was the recovery of the city."

Strecker said he thinks the true recovery story is about 30 points. "The campus is completely restored," Strecker said he wants this semester to be one that will provide students with a positive outlook on the future of New Orleans and the university.

"I hope we can get through this season without any hurricanes or disasters," Strecker said. "It's one of many factors with the campus's future is unknown, but we have not been revealed to enough people.

"People have only seen the images on television," Strecker said. "But the true story of a campus restored is that we have not been revealed to enough people.

Brown is optimistic about the long-term future of Xavier.

"We think we're going to take us about two to three years to get back where we were," Brown said in regards to enrollment rates. "The campus itself is about 95 percent back up to par.

Brown said the institution is trying to encourage more students to enroll before Katrina returns. "We are trying to keep the lines of communication open and keep the students and parents updated on the condition of the campus," he said.

"The national average scores dropped five points in critical reading and two points in the math sections, but the drop was higher in public institutions," she said. "The national average scores dropped five points in critical reading and two points in the math sections, but the drop was higher in public institutions."

The national average scores for the incoming first year class actually showed an increase. "The scores of the incoming class were up two points compared to the old SAT," he said. "Most colleges are talking about having scores down about six to ten points.

Brown also said the SAT is not the sole factor that determines acceptance to the University of New Orleans. "It's one of many factors with the most important being the academic record in high school," he said. "The SAT or the ACT can help, and we strongly recommend any SAT IIs.

The SAT scores of the class of 2004 have not yet been compiled for print by the Office of

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National SAT scores see largest decline in 31 years

Whitney Greenloh

Charter Editor (U.Va. Student)

CHARLOTTESVILLE, Va. — The College Board recently released its average 2006 national SAT scores, showing the largest decline in combined test scores in 31 years. This year also marked the first time the new format of the exam, featuring higher level math questions, a writing section, and the omission of analogies, was administered.

The national average scores dropped five points in critical reading and two points in the math section according to College Board data.

However, Carmen Scorpionas, spokesperson for the College Board, said the decline in scores is not related to the new format of the exam.

Scorpionas said the decrease in scores could be explained by a variety of factors; however, she specified that the decrease may be due to reductions in the average number of times students took the exam.

"This year, there were three percent fewer students taking the SAT more than one time," she said. "Students added that when a student retakes the SAT for a second time, their score generally rises by about 30 points."

"So, therefore, students that only took the exam once did not benefit from the thirty-point gain," she said. "So when you average that in, that accounts for a lot of the decline."

While the Commonwealth posed some of the highest scores in the country, ranking tenth among all 50 states and the District of Columbia, its average scores decreased as well.

According to the College Board's data, Virginia showed a decline of four points in the critical writing section and a one point decrease in the math portion.

According to Dean of Admissions Jack Blackburn, the SAT admission scores for incoming first year class actually showed an increase. "The scores of the incoming class were up two points compared to the old SAT," he said. "Most colleges are talking about having scores down about six to ten points.

Blackburn also said the SAT is not the sole factor that determines acceptance to the University of New Orleans. "It's one of many factors with the most important being the academic record in high school," he said. "The SAT or the ACT can help, and we strongly recommend any SAT IIs.

The SAT scores of the class of 2010 have not yet been compiled for print by the Office of
Driven into debt — and does anyone care?

Nicole Small
MUSTANG DAILY

Ah, there is nothing like being in debt.

Every year when FAFSA time comes around, I have to start thinking about the upcoming year and the fact that I need to take out some loans to get me through the school year. I tell myself that debt is an investment, probably the same line other students in the same boat tell themselves.

Last year, I enjoyed a race fixed rate of 4.6 percent, but then what? In December, the federal government sneaked in legislation to raise student loan rates with the passing of the Deficit Reduction Act of 2005 (S. 1932). New rates start at 6.8 percent for student Stafford loans and 8.5 percent for Parent PLUS loans.

The entire purpose of the bill was to decrease the national debt. Federal programs such as Medicaid and Medicare will be cut as well.

Sadly to cover for others' mistakes, this was the biggest student loan hike ever in the place. Due to the passing of S.1932, federal student loan programs will suffer $12.7 billion in cuts between 2006 and 2010.

Meanwhile, the median debt for students who completed a bachelor's degree increased from $10,088 to $16,432 between the 1992-93 and 2003-04 school years.

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Meanwhile, the median debt for students who com-
Picking the right cell phone plan can be a tough call

Carrie Circosta

KENT, Ohio — Freshmen are off to a new start, and seniors are finishing the last streak of their undergraduate careers. But freshman or senior, it’s never too late to switch networks.

Matt Webster, senior physical education major, switched from Verizon Wireless to Cingular last year to keep in touch with his family. "We decided on Cingular because it gave us free calls to everyone on the family plan," Webster said. "But the main reason we went with it is because my dad moved last year, and Verizon gave us horrible coverage at his new house. Plus, the rollover minutes are nice."

Webster said he’s on a family plan with his father, his father’s fiancé and his brother who attends Ohio State. He also said Cingular was particularly beneficial when traveling.

There is little difference between Verizon Wireless and Cingular when it comes to their individual and family plans. Both networks offer the same price for the same minutes with no roaming and free long distance.

According to a Web site, Cingular’s smallest individual plan starts at 450 minutes for $39.99 per month, with unlimited weekend calling and $0.45 per minute for "all connecting" services. Cingular’s 450 minute plan has all these perks, but it limits weekday calling minutes. The plan gives the user 3,000 minutes to use for the smallest individual plan starts at 450 minutes for $39.99 per month, with unlimited weekend calling and $0.45 per minute for "all connecting" services. Cingular’s 450 minute plan has all these perks, but it limits weekday calling minutes. The plan gives the user 3,000 minutes to use per month. However, with the Greater Freedom plan, roaming and long distance charges are possible if the phone is used out of the local area, said Gary. The National Freedom plan has free nationwide long distance and free roaming near major cities, said Gary.

But even if the smallest plans have too many minutes for a customer, each of these network providers has pre-paid plans with no month-to-month commitments.

"With INOp, those (pre-paid) plans expire in 60 days, and with this plan you get unlimited (calling), weekend calling and weekend minutes," said Motsenbocker, a customer service representative for Verizon. "With a family account of three or more lines, you get 10 numbers that are shared between all the lines, not per line."

Gary also said most rate plans have unlimited weekday, weekend and mobile-to-mobile minutes. However, with the Greater Freedom plan, roaming and long distance charges are possible if the phone is used out of the local area, said Gary. The National Freedom plan has free nationwide long distance and free roaming near major cities, said Gary.

...average charges range from 20 cents to 45 cents per minute depending on the plan.

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Lawmakers approve financial aid to illegal immigrants

SACRAMENTO — Students who came to the country illegally could apply for state financial aid and when they attend California colleges and universities under legislation approved Tuesday by the Assembly in a party-line vote.

Supporters said immigrant children who have graduated and completed at least three years of high school in California should not be penalized for their parents’ illegal status.

"We’re talking about limited resources here," said Assemblyman Chuck DeVore, R-Irvine. "There’s only so much that can go around. It’s a slap in the face to people who have followed the rules.

Lawmakers approved SB160 by a 43-27 vote, with no Republicans supporting it, and sent it to the Senate for final approval. Aides to Senate President pro Tem Darrell Steinberg said the bill would build upon existing state law that allows the same

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Samantha Young

Lawmakers approve financial aid to illegal immigrants

September 15 - 22, 2006
Cal Poly's top 5 actually enjoyable G.E. classes

Jenna Wilson

They may scare you, you may despise them and you may put them off for as long as possible, but sooner or later, you'll have to confront them. That's right, we're talking about general education classes.

Although some general education classes may have an empty reputation, others out there aren't so bad. The Mustang Daily provides some tips for finding "the good ones" in a list we call "The Top Five Actually Enjoyable G.E. Classes."

1. First and foremost, there's the Area F class, or the technology elective. Unless you've some type of engineering major, this is usually the least favorite G.E. class among students. However, after asking countless people, the votes all came back the same: Take AERO 310, Air and Space. Why? Well, why not learn about the history and impact aviation has had for the world as well as its future developments.

2. Depending on your major, you may have the D3 area; the upper-division for society and the individual. A high recommendation would be HIST 306, The Witch Hunt in Europe. You may become inspired when learning about all the patterns of developing throughout different cultures worldwide. To some, it's cool to learn about other cultures and it sure beats sitting through just another monotonous lecture.

3. Another Area D class is the D3 section, and a good choice is ANT 201, Cultural Anthropology. You may become inspired when learning about all the patterns of diversity throughout different cultures worldwide. To some, it's cool to learn about other cultures and it sure beats sitting through just another monotonous lecture.

4. Now onto Area C for arts and humanities. HUM 320, Values, Media and Culture, is an easier class about television, films, magazines and advertising. All greatly impact our contemporary society, making it easier for students to relate to.

5. Again, depending on the freedom of your major, try taking ASTR 101 for the Area B3 physical science class. Sure, it requires lots of studying, but this class reviews what we all learned in 10th grade. It delves deeper into the formation of the solar system as well as observations of the moon and other planets. This is your opportunity to let your secret nerdy-side unwind while you discover Poulcy and Gallileo's theories.

Laura Lujan

DAILY TIPS (CASTLE-FULLERTON)

FULLERTON, Calif. — Every six months, students find themselves in perpetual lines with their credit cards smoking before the semester has begun. The culprit: sky-high textbook costs that appear impossible to subside.

According to a 2005 study by the Government Accountability Office, textbook prices have soared by an average of 6 percent annually since 1988. Recently, however, new book formats and outlets have eased the financial — and in some cases, physical — burdens of textbooks, allowing students to hunt for the best deals to suit their needs.

Recent additions to the list of money-saving purchasing avenues include online textbook swapping, digital books, and rentals. At Swoosh.com, students may swap books without ever breaking out their wallets. The exchanges are made using a point system. The books you list are assigned points based on the retail value, demand and condition of each. These points are the currency you use to buy a book once you have found the one you need.

Books in digital form are downloaded to a user’s computer by activating e-book cards online and cost varying percentages less than textbooks. For classes that do not require the entire book to be read or for notes sections may be printed out as needed and carried around easily.

Titan Shops was the leading distributor of e-books out of the 40 university book stores that participated in the pilot program last year, according to senior manager Steve Magana.

Though digital copyright issues have made it difficult for titles to be cleared for sale as e-books, the number of titles available in this format has nearly doubled from 37 last year to 65 this year.

A downside is that until more e-books become available, the selection is limited. If the next wave," Magana said.

In the next year or two, e-books will also be available for download onto an iPod as audio books, said Magana. Online marketplace and auction sites have made bargain hunting especially easy for those who shop before semester begins.

Tammy Tran, an education graduate student earning her teaching credentials, has used Half.com in the past to purchase textbooks. Tran said she's saved a lot of money by using the Web site.

"That's always nice," she said.

Jorge Ceron, a sophomore psychology major and sales associate at Titan Shops, said students don't have the time or energy to spend comparing prices. Students prefer going to campus bookstores over online marketplace sites for convenience, even if they end up paying more.

"It's just easier to walk over and get your book right after class than having to go somewhere else to get it," Ceron said.

So as not to be overlooked by other outlets in the traditional textbook arena, Titan Shops has been promoting its "Lowest Price Guarantee" more heavily than ever this year, including at freshmen orientation.

The program, which started around 10 years ago, offers to match competitors' prices and give 25 percent of the difference back to the buyer.

Online bookstores such as Amazon and Barnes and Noble have just been added to the list of competitor prices Titan Shops accepts as part of the guarantee. Marketplace and auction sites are not included.

Titan Shops changes the publisher's list price for books and makes adjustments to prices based on other bookstores accordingly.

The new textbook rental program is an alternative Magana recommends, especially for general education classes that students just want to get in and out of.

"It all depends on your lifestyle and how you want to use the material," Magana said. Textbooks don't always have to be bound.
Freedom
continued from page 15
wrote CSU general counsel
Christine Helbeck.
In 1992, California adopted a
law protecting college students' freedom of expression if it occurred
off-campus, but that law did not
specifically mention protection of
the student press.

The Student Press Law Center, a
nonprofit Virginia-based organiza-
tion, dedicated to providing infor-
maton and legal help to the stu-
dent press and journalism educators
have followed the case since the 7th
Circuit Court decision.

Mark Goodman, executive direc-
tor of SPLC, said that the new law
acts as a reminder to colleges and
the university system that the stu-
dent media cannot be censored. He
said that it also reaffirms the stu-
dent press 'First Amendment rights.

To many supporters of the bill,
the reaffirmation of the college
press 'First Amendment rights is a
step toward teaching students the
professionalism in their craft.

"If we teach students to be pro-

fessional journalists," chair-elect
CSUF Department of Communications Tony Fellow said, "they should
learn and practice their future craft in a professional
atmosphere...[with] no prior cen-
sorship of the media."

Schwarzenegger vetoes bill on
gay protections in textbooks

SACRAMENTO — Gov. Arnold
Schwarzenegger vetoed a bill
Wednesday that would have barred
textbooks from using language that
would be discriminatory to gays, say­ing
the state's education laws already
prevent discrimination.

The bill's author, state Sen. Sheila
Kuehl, called the veto "unexplainable." Kuehl's bill initially would have
required California's social science
textbooks to include the historical
contributions of homosexuals, but the
state Assembly amended it to ask the
governor to request in an effort to avoid a veto
from the Republican governor.

The final version of SB 1437
would have prohibited any negative
portrayal of homosexuals in textbooks
and other instructional material,
expanding current anti-discrimination
laws that apply to minorities.

But in a veto message, Schwarzenegger said California's educa-
tion code already prohibits discrimi-
nation in schools and says everyone is
to be treated equally in our state educational institu-
tions, regardless of their sex, ethnic

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September 15 - 22, 2006
Wikipedia not an encyclopedia

Harmony Treviño
Daily Titan, June 27, 2006
Fullerton, Calif. — California State University-Fullerton's
Nikola Chekaredzliikov is wary when he uses Wikipedia as a source.

"I'm a little bit careful with the content," said the music major. "Because not every subject is always the exact truth... My teachers have said to just be careful." Since the creation of Wikipedia in 2001, the legitimacy of the Web site has been disputed, and is considered an unworthy source amongst educators.

The Web site has millions of articles in 229 different languages, with 1,335,258 articles in the English language alone. Topics of articles range from biographies, pop culture, science and everything in between, all which can be edited by any user with a few clicks of a mouse.

In a recent attempt to build credibility, the online encyclopedia has made it so that users may only edit semi-protected articles if they have an account with the Web site. Once an article is edited, the IP address of the user gets recorded, a way of monitoring any abuse. But because these articles are not a trusted resource.

According to Becky Harris, a customer service representative for Cingular, there's a pay-as-you-go plan that has a flat rate of 25 cents per minute, and another pay-as-you-go plan that is 10 cents per minute with a $15 access charge when the phone is used. Depending on the plan, there is unlimited night and weekend minutes.

Although he allows students to reference the Web site, he does not permit students to use it as a valid source of research.

"I'm quite skeptical of Internet sources to begin with," he said. "Because I think a lot of them are not founded within any set of criteria or notation so you can check where the information on Wikipedia is all bad. It's certainly something I don't encourage my students to use Wikipedia as a point of reference at all.

"It's a matter of legitimacy is a problem." Harris said. "We as a community Web sites like Wikipedia. This is not a categorical rejection of the Internet, but there have to be standards," he said.

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Unsecured wireless networks prove dangerous

Matt Nelson
The Daily Iowan (The Daily Iowan)

IOWA CITY, Iowa — Your unsecured wireless router could be the most dangerous thing you bring on campus.

While conducting a recent audit of the University of Iowa's wireless networks, officials discovered a number of unsecured wireless routers running on the campus. Only half of them were encrypted, the audit found.

There are many dangers associated with running an unsecured wireless network. Anyone can log into the network and use bandwidth for anything, from email access or instant messaging to downloading child pornography, as was the case with one Toronto man in 2004.

"If you live in an apartment and you have an unsecured wireless network, you're more exposed," said Souvik Dasgupta, a UI professor of engineering. "A really sophisticated person could get your personal data that you're sending through the network."

"If you have the right tools, you could easily get into someone's computer," said Andrew Sietkau, a sophomore computer engineering student. The problem with wireless routers, he said, is they create networks that are vulnerable to infiltration from other wireless-enabled devices. These same devices could be used to access computers that are sharing the router to steal or intercept personal data transmitted across the wireless network, he said.

Some hackers have even had their hardware hacked to route users to Web sites "phishing" for identities to steal, said computer science researchers such as Alex Leow of Indiana University, who warn against buying wireless routers from untrusted hardware vendors, according to Iowa's university website.

The UI Information Technology Services has also been under attack. In August 2004, an outside source accessed up to 300,000 credit card and student ID numbers from a computer in the University Book Store. Then, in September, an infected computer worm distributed through Windows infected hundreds of systems. In May 2005, an outside source accessed up to 300,000 credit card and student ID numbers from a computer in the University Book Store.

Recent reports have also surfaced concerning a computer worm distributed through Windows infected hundreds of systems. In May 2005, an outside source accessed up to 300,000 credit card and student ID numbers from a computer in the University Book Store. Then, in September, an infected computer worm distributed through Windows infected hundreds of systems. In May 2005, an outside source accessed up to 300,000 credit card and student ID numbers from a computer in the University Book Store.

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Identity theft has been the second most-reported problem to the Federal Trade Commission in recent years, and university campuses — where vast amounts of personal information, such as Social Security numbers and credit card and bank account information are stored on university servers — are especially vulnerable.

In 2003, the Center for Democratic & International Studies and the Terri program was hacked into, and the credit card numbers of more than 27,000 patrons were stolen. A year later, the University of California-San Diego put 300,000 students, faculty members, alumni, university employees, and applicants on notice that their personal information was possibly at risk.

In two recent months of this year, Ohio University has reported five data breaches.

A number of Iowa veterans and members of the armed services were also threatened with identity theft. In May, teenagers broke into the home of a Department of Veteran Affairs official in Maryland, and stole his laptop containing the names, birth dates, and Social Security numbers of veterans who had been discharged since 1972 and some additional 2.1 million active and Reserve members. Soon after, the FBI determined that those files had not been accessed.

Dasgupta urged people to protect themselves from electronic identity fraud despite any inconvenience doing so may cause.

"It's a good idea. It takes a little work, but you can always find someone cheaper who is just as good," he said. "It can be less dangerous than transmitting data over the Internet."

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10 things everyone must do before college graduation

Jenna Wilson

**Watch a movie at the Sunset Drive-In.**

Not many are fortunate enough to grow up in a place where there is still a drive-in movie theater. Here in San Luis Obispo the Sunset Drive-In, located at 235 Elks Lane, offers two movies nightly for a small fee of $6. Whether you’re cozy in a car or make your own bed in the back of a truck, the drive-in is a must-do of group dates.

**Go on some local hikes.**

Whether you’re an avid hiker or just looking for a casual afternoon walk, some of the most popular hikes in town are only a short drive from the dorms. Also, make sure to hike up Bishop Peak, which is located off of Highland Drive. You will be sure to see remarkable sights of the town and get a good workout in the process. Madonna Mountain is another hike where you can expect spectacular views of the area. The mountain may be a fun hike for those adventuresome enough to try it.

**Have a 16-ounce margarita at Vallarta’s Restaurant.**

Let’s face it. You have turn 21, a 16-ounce is a must. If you’re in town during your 21st birthday, head over to Vallarta’s, located at 1208 Monterey St., and they’ll give you a free 16-ounce all for yourself. Good luck attempting to finish this alone, and make sure you have a designated driver set up because you are sure to leave the restaurant with a memorable buzz.

**Go to Farmers’ Market.**

This could — and should — be accomplished during your first week here in San Luis Obispo. Every Thursday night from 6 p.m. to 9 p.m. for Farmers’ Market downtown where local vendors and businesses gather.

**Visit the men’s bathroom at Madonna Inn.**

Don’t ask why, just do it. Everyone does it just to say “Oh yeah I’ve seen that thing.” It won’t ruin the big surprise for you, but let’s just think “waterfall” here.

**Pumpkin picking at Avila Valley Barn.**

Located off U.S. Highway 101 at 560 Avila Valley Dr., this place has it all for a fun afternoon with food. Opened seasonally from May to December, the Avila Valley Barn lets partakers pick their own fruits and vegetables. But it is perhaps busiest in October when everyone gathers to choose the best pumpkin right out of the patch and take it home to carve or make a fresh pumpkin pie. In minutes the barn has expanded in recent years to also include a candy shop, gift shop and fresh roasted corn stand.

**See Santa Barbara!**

Be a tourist, go wine tasting! Known for its wine country and attracts many visitors every year for this reason. So why not be one of those tourists and go out and try the wine. This 21-and-over activity is a fun way to spend the day with friends, maintaining a nice buzz while you do Be sure to have a designated driver and then head north on U.S. Highway 101 to Paso Robles and choose where you’d like to go. With over 100 wineries, you won’t find yourself disappointed.

**Enjoy a romantic night at the Sycamore Inn Hot Springs.**

Located at 1253 Highway 154 in Avila Beach, the mineral springs will leave you feeling very relaxed after an hours soak in their tubs. Whether you go with a special someone or just with the company of some good friends, for around $15 per person, you will certainly enjoy the time spent gazing into the stars and a little while looking back in a hot spring.

**Have a green beer at McCarthy’s Pub on St. Patrick’s Day.**

Every year Irish-lovers honor the St. Patrick’s Day by donning their green beer and an abundance of Irish Car Bombs, standing in line to order and have a green beer and dance to Irish music that early in the morning. With more people attending every year, soon people will most likely camp out overnight to ensure their space. So be prepared for a cold, but well worth it, night chimney.

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Mustang Daily picks 10 best movies to watch in college

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The mother of all movies, "Animal House," was picked as Mustang Daily's No. 1. With the Mustang Daily, you can have a night at the movies, pop up some popcorn, sit back, and have a good time. And it definitely gives a new definition to the concept "survival of the fittest."

Bend it Like Beckham: A feel-good British romp with a young Keira Knightly. "Bend it Like Beckham" has the right amount of comedy and action for any movie fan. Throw in an Indian wedding, some romance and a bunch of soccer balls, and you've got yourself a real crowd-pleaser.

Check out the Mustang Daily Web site, www.mustangdaily.net, for more of the latest movie reviews and Hollywood happenings.

MUSTANG DAILY

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Tyler Wise

San Luis Obispo is full of bars, night clubs and venues with a barge of local, live entertainment, but worry say-unless you’re of legal age, you won’t be able to take advantage of any of these fine establishments.

Save a modicum of 18 and over music performances, the downtown scene is still many years out of your reach, freshmen.

Put it out of sight and out of mind, because even though the bar and nightclub scene is a killer aspect of San Luis Obispo, there are plenty of other good spots in and around San Luis Obispo for you to stretch out, chill out, and work out without having to be of the boozing age.

To begin with, travel no further than the University Union in the heart of Cal Poly to find plenty of outlets for entertainment. A good place to kill time in-between classes and study sessions or to hang out on lary weekend afternoons, the UC has more than enough going on to keep you busy for hours without taking a huge bite out of your wallet.

Walk into the UC and stroll on over to Mustang Lanes and you’ll find over 10 lanes to get your bowl on. The lanes also include a ball return, room with eight professional tables and an arcade for you to get the Dance Dance Revolution out of your system (casing fans included). The lanes are open Monday to Thursday from 9 a.m. to 10 p.m., Friday 9 a.m. to 1 a.m., Saturday 10 a.m. to 1 a.m., and Sunday noon to 11 p.m.

If you feel like getting goofy, hit up the Mustang Lanes on Saturdays for Cosmic Bowling” and get down on some psychedelic bowling while munching on Backstage Plaza’s located right next door.

The UC also offers concerts in the Union Plaza at the front entrance on Thursdays at 11 a.m. To kick off a fresh fall quarter, Cal Poly’s own eclectic rock group, Sherwood, will be performing in the plaza at 2 p.m. for all you late night dancing machines, get your freak on at The Graduate Club that is courteous enough to accommodate you little ladies and young bucks alike a night a week.

Pop and lock all you like on Wednesday’s “College Hump Night” or grab your partner on Thursday’s “College Tup Night” or grab your partner on Thursday’s “College Hump Night” or grab your partner on Thursday’s “College Hump Night” or grab your partner on Thursday’s “College Hump Night” or grab your partner on Thursday’s “College Hump Night” or grab your partner on Thursday’s “College Hump Night” or grab your partner on Thursday’s “College Hump Night” or grab your partner on Thursday’s “College Hump Night” or grab your partner on Thursday’s “College Hump Night” or grab your partner on Thursday’s “College Hump Night” or grab your partner on Thursday’s “College Hump Night” or grab your partner on Thursday’s “College Hump Night” or grab your partner on Thursday’s “College Hump Night” or grab your partner on Thursday’s “College Hump Night” or grab your partner on Thursday’s “College Hump Night” or grab your partner on Thursday’s “College Hump Night”. If you didn’t sweet enough country out of your system on Thursday, you can catch Country Night again on Satur­days. Festivities usually begin at 8 p.m.

If you’re looking for one last hur­gh before the night’s end, you can catch country Night and mainstream cinema, “just might be the place to massage your grey matter during the weekends.

To find out on the dance floor like Madonna continental can’t your force, maybe you’re the type who enjoys inde­pendent and aesthetically pleasing cinema. Searching for deeper meaning, which according to their Web site, “showcases the very best of independent, foreign, Art House, and mainstream cinema,” just might be the place to manage your grey

Located downtown, The Palm is a great place to take your date out for some downright comical, impacting, and tear jerking flicks without having to pay a ridiculous sum for admission, popcorn and refreshments.

If you’re looking for one last hur­gh before the night’s end you can round off your adventures in San Luis Obispo by heading over to Woodstock’s Pizza downtown for killer slices of scrumptious pizza and refreshments. Open well into the night (1 a.m. Monday through Wednesday and 2 a.m. Thursday and Friday) Woodstock’s is the ultimate joint to hang out with friends at the cap of your late night excursions.

And with an assortment of unique menu items, ping pong, read-to-go slices, televisions every which way you look, and an arcade to get some Pac-Man or Metal Slug action, there is no place better than Woodstock’s in San Luis Obispo to end an awesome evening.

If San Luis Obispo is too confin­ing for your wandering soul, then venture no further than Avila or Pismo Beach. Drive through what seems like a forest of oak trees and you’ll be greeted by the salty air of the ocean and the quaint sight of this little beach town with loads to offer.

For all you late night dancing machines, get your freak on at The Graduate Club that is courteous enough to accommodate you little ladies and young bucks alike a night a week.

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If you’re looking for one last hur­gh before the night’s end, you can catch country Night and mainstream cinema, “just might be the place to massage your grey

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Preface allows students and community to read together

Katharine Tiffin

College students and members of the community had a chance to be on the same page this summer. Preface, the Cal Poly-shared Reading Program welcomes all of San Luis Obispo County to join the campus in the uniting experience of reading this year’s selection.

Preface, which was first implemented in 2005, is part of the university’s orientation program, WOW. In coming freshmen and transfers are asked to read a pre-selected novel during the summer, which they review and discuss with volunteer discussion facilitators during the Week of Welcome. This year’s book was "The Lovely Bones" by Alice Sebold, a heartbreaking story which encompasses the reality of rape and murder.

Last year, the program expanded citywide to include community discussions of "The Kite Runner" by Khaled Hosseini at the San Luis Obispo City-County Library. There was an enormous response. When the program culminated with the author’s visit, the audience was the biggest that the Performing Arts Center had ever seen. As a result, the organizers decided to expand the program to the entire county. Libraries across all of San Luis Obispo County will hold volunteer-led discussions of the novel.

The program will enable students and residents of the country to share in one experience. "It is a good venue for interaction," said Patricia Ponce, Program Coordinator. "It’s a good opportunity for both entities to enjoy reading and enjoy each other."

Some students who participated in the program said they were glad to have a chance to get a head start on the Cal Poly learning experience. "I think it was a good way to start college-level discussions," said computer science freshman Brian Oppenheimer. Ponce said that about 70 percent of students said they read the entire novel. This year, she expects the students to respond just as well because the novel they have selected will appeal to many people, due to the issues it tackles. "The Lovely Bones," ends the dry and repetitive storylines of most books. The book engulfs the reader into the storyline almost immediately, which helps peak interest into the book instead of having to wait until the second or third chapter to find out what is going on.

For 14-year-old Susie Salmon, life was short and unpredictable, but heaven was even stranger. "My name was Salmon, like the fish; first name, Susie. I was fourteen when I was murdered on December 6, 1953," she said. "It’s a good opportunity for both entities to enjoy reading and enjoy each other."

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San Luis Obispo offers entertaining, cheap road trips

Sara Hamilton

Mustang Daily

Have the stagnant college environment, gas prices and heat got you down? Try taking a look at what the surrounding area has to offer in the way of entertainment. You may be surprised to learn that there are many day trips you can take without ever leaving San Luis Obispo County.

Mission San Luis de Tolosa was founded in 1772 and is less than a five-minute drive from campus. There is also a waterfall outside to enjoy.

If you don’t find the heat in North County too bothersome, you might want to stop by San Luis Obispo County’s only zoo. The Charles Paddock Zoo was established in 1930 and named after its founder, a county park ranger who nursed wild animals back to health.

Located 20 minutes away from campus, the zoo is open every day from 10 a.m. to 5 p.m. and charges a $5 admission. Although mostly everyone has visited the Central Coast gem Hearst Castle, few have ventured to nearby San Simeon to see the magnificent elephant seals. The end of August brought the end of their molting and the Mission San Miguel Arcángel. It was founded in 1797, making it the 16th in the California mission chain. The museum is open every day from 9:30 a.m. to 4:15 p.m., and the gift shop stays open every day from 9:30 a.m. until 4:30 p.m.

Founded in 1772, Mission San Luis Obispo de Tolosa is less than five minutes from campus and has free guided tours on Sundays and Fridays at 1:15 p.m. The mission and gift shop are open every day from 9 a.m. to 5 p.m.

Let’s face it, The Central Coast is one of the best grape-growing regions of the world. There are over 100 wineries in Paso Robles, and most of them have tasting rooms and offer tours of their facilities and vineyards. Visit www.paso-winery.com for help choosing a destination and setting up a winery tour.

The historic Pozo Saloon has been a San Luis Obispo County landmark since 1868. The saloon is open on weekends from 11 a.m. to 6 p.m. and features local musicians Sundays from 1 p.m. to 9 p.m. Less than 30 miles from campus, the saloon is located off U.S. Highway 101. Take the Santa Margarita exit, follow the signs to Santa Margarita Lake and stay on Pozo Road for minutes from campus.

You know the story behind James Dean, but have you visited Cholame to pay tribute to the legend? The James Dean Memorial Junction is at the intersection of the legend, up-close demonstrations in the Learning Center, and a session of hands-on activities. The museum is within minutes of the historic Roserocks, Montaña de Oro State Park, and Mission San Miguel Arcángel. The museum is open from 10 a.m. to 5 p.m. every day except Thanksgiving, Christmas and New Year’s Day. After a day at the dunes, most people go straight home. Why not grab dinner first! The Great American Melodrama and Vaudeville in Oceano offers dinner and a movie — old style. There’s it’s own place on the floor and piano music in the air, so guests eat at cabaret tables facing the stage. Performers from all over the United States present classic comedies, musicals and melodramas. “Paris in the Saddle Again,” a spoof of the low-budget horror and western movies of the states, will be performed from Sept. 28 to Nov. 12. For information, show times and tickets, call the box office at 489-2499.

Top 10 continued from page 22

Whether you head east or west on U.S. Highway 46 or find local ones right in Paso Robles, you’ll be sure to try a good variety of classic wines. Another stop could be the Firestone Brewery; right off U.S. Highway 101, where beer-lovers can try a sampler of the Firestone beer and even get a tour of how it is brewed.

Go on a tour of Hearst Castle. You’ve seen it on the Travel Channel, you’ve heard about it around town, so why not actually go see it for yourself? The incredible Hearst Castle is located about 60 miles north off U.S. Highway 1, a must-see for every student. At a cost of $20 to $30 per person, you will be amazed at the history of the castle and everything inside of it. From the pool made with gold to the endless statues and gardens, Hearst Castle definitely lives up to its reputation. With five different tour options to choose from, you get to see something new every time. Be sure to look out for the zebras that graze the fields as you drive up. This is a great opportunity to watch nature at its best so be sure to have a camera.

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Laura Potts
The Coleman/James AL Academy

TUSCALOOSA, Ala. — Maybe your favorite episode is the one with the baby pool. Maybe it’s the episode where Lisa sprains her ankle. Maybe it’s the one when Jessie becomes addicted to caffeine pills. Or maybe, if you are Dennis Haskins, your favorite episode is “the one when Mr. Belding says no to his brother.”

No matter the favorite episode, the University of Alabama’s “Back to Schuester with Mr. Belding” was a hit.

I can’t start a day without ‘Saved by the Bell’ ... It was really good to be a ’90s kid.

—Meredith Osborne
University of Alabama
Industrial engineering junior

Students wore plaided satins in the Ferguson Theatre — some dressed in homemade “Saved by the Bell” T-shirts, and others acted out the show’s theme song — all to see their favorite high school principal, Mr. Belding, played by Dennis Haskins.

The event was attended by 325 students, said UP President Becky Harmon.

Chris Todd, a freshman majoring in broadcast journalism, said his older siblings watched “Saved by the Bell,” which caused him to become interested in the show.

“I was the youngest of six and two of those six were girls,” Todd said. “My sisters were big Zack fans and always loved Lisa’s clothing.”

Clad in her “I love Screech” T-shirt, Alyce Armstrong, a freshman majoring in political science, remembered watching with her siblings as well.

“It was something I got hooked on. My all siblings watched it, and so I grew up to a try as well,” Armstrong said.

Meredith Osborne, a junior majoring in industrial engineering, said watching the show is a big part of her morning routine.

“I can’t start a day without ‘Saved by the Bell.’ It was really good to be a ’90s kid,” Osborne said.

After a five-minute video of show clips featuring Haskins, everyone’s favorite theme song filled through the speakers, sending the crowd into a roar of cheers.

During the show, a student was chosen to interview Haskins and a trivia game was played, where six students got the opportunity to win an autographed picture of the cast.

Haskins encouraged UA students to never give up and never get discouraged, no matter how many times someone tells them no.

“I try to target the college age because they grew up during the time ‘Saved by the Bell’ ran,” Haskins said. “I want to encourage people to take a chance. Most importantly, to follow their dreams.”

One thing Osborne said she liked from the program was that Haskins admits that he will always be remembered as Mr. Belding.

“Some people that get really big in television get upset if they are not remembered for only one role,” Osborne said. “I like that he doesn’t loathe being remembered as Mr. Belding.”

“I think too many people risk failing at things. The one thing I’ve learned is that you always learn from your mistakes,” Haskins said. “I still learn from mine everyday.”

Haskins closed the programs by challenging each student for the next couple to do one random act of kindness for someone.

“It could be anything,” Haskins said. “You guys are the future, so let’s do all we can to make the world a better place.”

Students were packed like sardines in the Ferguson Theatre — some dressed in homemade "Saved by the Bell" T-shirts and others singing the show's theme song — all to see their favorite high school principal, Mr. Belding, played by Dennis Haskins.

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WASHINGTON — Dartmouth alumnus Sam Means ’03 won his first Emmy award for comedy writing as part of the writing team of "The Daily Show with Jon Stewart."

Means leapt onto the Shrine Auditorium stage in Los Angeles with Stewart and fellow writers to take the top prize for outstanding writing in a variety, music or comedy program in front of 16.1 million television viewers. The writing team beat out "The Late Show with David Letterman," "Late Night with Conan O’Brien," "Real Time with Bill Maher" and "Daily Show" spin-off "The Colbert Report."

In addition to his work on "The Daily Show," Means currently draws cartoons for The New Yorker. He began his professional comedy career as a writer for humor magazines "The Onion" and "McSweeney’s," as well as "Saturday Night Live’s" comedy news segment "Weekend Update." He has also contributed cartoons to The Wall Street Journal.

During his time at the College, Means wrote a satirical column for the arts section of The Dartmouth and contributed to The Dartmouth Mirror. After graduating in 2003, Means went on to King’s College in Cambridge, Mass., where he earned a masters in philosophy. "The Daily Show," which features scathingly sarcastic comedic commentary on current events and interviews with political figures, also took home the Emmy for outstanding variety, music or comedy series for the fifth time in six years. The program, which bills itself as "a nightly half-hour series unburdened by objectivity, journalistic integrity or even accuracy," airs Monday through Thursday at 11 p.m. on Comedy Central.
Trying to keep the New Orleans art scene alive

Darby Price
 portrayal of Tiajuana. But even if there was no language barrier, there might be as much as a 20-minute walk or more just to get anywhere near fluent in the language of "bars." We started off the night at a classy restaurant, feeling like classy people with our classy drinks. But pretty soon, we overheard some classiness and opted for some burgers and beers instead. As the sun started to set, the neon lights are all that "the bars" were really like—Vancouver seemed like a safer bet that Tiajuana. But even if there was no language barrier, there might be as much as a 20-minute walk or more just to get anywhere near fluent in the language of "bars." We started off the night at a classy restaurant, feeling like classy people with our classy drinks. But pretty soon, we overheard some classiness and opted for some burgers and beers instead. As the sun started to set, the neon lights are all that "the bars" were really like—Vancouver seemed like a safer bet

The underage secret of the bars

Kristen Marshall

My friends and I have been waiting for this year for a long time. Sure, we're older and wiser, but we live in homes, not dorms, and we even pay our bills occasionally. But this is the year that we will glide through that velvet rope and become induced into the world of "The Bars."

To all of you who are older than me: You have really built up the meaning of "downtown." Trying to work in an office where everyone is older than you and leaves on Thursday nights shouting, "See you downtown!" as they run out the door. It makes the underage college student wonder, what really happens when the sun sets and college students flock to Higgins Street?

Last summer, some friends and I road-tripped up north to discover what "the bars" were really like—Vancouver seemed like a safer bet

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'Beerfest' is filled to the brim with laughs

Kali Price

KENT, Ohio — Who's to say Americans aren't the best beer drinkers in the world? It's the myth the cast of "Beerfest" tries to debunk in the new movie, about family friendship, and of course, drinking an unhealthy—and probably smile—amount of beer. The film starts out a little slow for the comedy group Broken Lizard—Paul Soter, Erik Stolhanske, Kevin Heffernan and director Jon Hederlaw—"Beerfest" is full of off completely because U.S. currency is stronger. By the end of the night, we were all not only flushed, but also pretty broke. One guy managed to spend $80 that night alone.

"Beerfest" is filled to the brim with laughs

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New ‘South Park’ DVD provides TV with moral center

Patrick Thompson
The Fox News Channel

WASHINGTON - The newest DVD release from the comic minds behind the international hit "Barnyard" and "Organic" is not a film at all, but rather another season of their TV series, "South Park." For those unfamiliar with "South Park," it's a half-hour cartoon about four chronic Colorado youth and the times and troubles of growing up in small-town America. A fairly tired TV setup, yes, but apparently the show has found moderate success. That is, if you consider six Emmy nominations in 10 seasons successful.

It's the fact that they take the standard sitcom plot and make them especially cute in cartoon form. For example, in the first episode of season eight (the latest season out on DVD), the boys play out an elaborate fantasy of being ninjas. Cute, right? But then, when one of the boys has his eye gouged out by an actual chihuahua star and the other boys dress him as a dog by gluing hair to him so he can be cared for by the rear-sighted swee­tened teas won't bother the boys getting into trouble. That's just adorable.

"South Park," a cartoon comedy which takes standard sitcom plots and makes them into...
Hilton's new release is not so hot

Allison Wingate
THE INDEPENDENT COLLEGEAN

TOLEDO, Ohio — It's hard going into listening to an album like "Paris" by Paris Hilton with an open mind.

With the sex tape scandal to the shockers of "The Simple Life" with cow-tan Nicole Richie, it's diffi­cult to take the girl seriously, and if making this album was an attempt to gain respect and establish herself as an artist, Paris definitely failed.

This album is credited to producer Scott Storch and Scott Storch done for managing to make some­thing remotely listenable consider­ ing his resources when it comes to Paris's lack of variation in vocal tone, the one-dimensional lyrics, and his subject's severely immature state of mind.

The vocal. . . bottom line. Track.

It sounds as if she's singing for the sake of it rather than feeling anything, and who could blame her considering the juvenile lyrical content.

Unsurprisingly, she couldn't even wait 30 seconds into the album on the club track and last single "Turn It Up" to drop her trademark line "Trash Talk," followed by various sex noises.

Honestly, that's pretty much the theme of the album; Paris's self-proclaimed "hotness" and how she sang, she does luve the ability to say no to something that may turn her into a bad light.

Overall I felt that the album was a pretty poor choice to end the album with and honestly ended up leaving an even worse taste in my mouth.

The first release for an artist is an important one, and I feel like the album was a pathetic example of what's to come concerning Paris's musical career.

The constant focus on sex in this album shows how little respect Hilton has for herself.

Paris proves through the song "Fightin' Over Me" that just because big names like Fat Joe and Jadakiss rap on one of your tracks doesn't mean that it'll be good.

On the song, Paris sings the same two lines repeatedly about how "all the boys" are always fighting over her along side the MCs which proves to be inadequate in providing a necessary balance within the song.

There is no bridge, there is no verse — just those monotonously repetitive lines in which Paris somehow manages the English language by forcing the word "fight" into two syllables.

And I found you're what I can't live without.

Paris then drops a bomb with the ridiculously, tacky line "My heart beats like a drum/When I hear you come." My jaw literally fell.

There has to be a point where some class needs to be involved, and the constant focus on sex in this album shows how little respect Paris has for herself as a professional.

The tracks "Nothing in This World" and "Screwed," which fell in line accordingly, proved to be the most intolerable. They both wielded a certain rock quality and were generally upbeat, reminding me a bit of Hilary Duff with the addition of sexual themes.

There are the forgettable tracks such as "Turn You On," "I Want You," and "Not Leaving Without You," which lyrics deal with the same theme of seeking a man and obtaining him and all fall.

Paris concludes the album with a rendition of "Do Ya Think I'm Sexy?" a cover of the 1979 hit by Rod Stewart.

I feel like this was a pretty poor choice to end the album with and honestly ended up leaving an even worse taste in my mouth.

Overall I felt that the album was very juvenile; albeit Paris nuy not even consider getting a fake I.D. because if you search for it, you'll discover that this area has all the play places, attractions and distractions you could want to ensure that your undergraduate college days are never dull.

Make up, break up — everything's a shake up

Megan Hein
CHASER CHIEF (U.VAlO)

CHARLOTTEVILLE, Va. — Welcome (back) to college: This is a sex column. I wrote about sex and sex-related issues. Now, that we've covered the basics, let's get cracking.

The great thing about classes starting on a Wednesday is not only most people hoping to scratch the party itch, scratched, chuffed, healed, and scratched again. So, there's really little point opening with warnings about avoiding making out in large budgets, going to the movies or to a bar to avoid such scenarios. Instead, I think I shall acquaint people with a few things to expect and maybe shell out some reminders to older students.

The end of summer heralds the end of many things. One is — sometimes — relationships. Summer flings cool off, people who were doing long-distance compare notes and decide to get honest, while others face commitment like gazelles from a hungry lion. If you suddenly find yourself single, don't panic. For those who like relationships, being surround­ed by thousands of people affords many opportunities to mingle.

For those who wish to swing solo a bit, I'd advise against indulging in the newly single euphoria that I can best describe as a three-year-old hopped up on coff­ee. An overwhelming sense of freedom leads many rational people to constantly seek hookups as it will prove they are single or real­ly over someone. This thinking can lead to bad decisions and regret.

One thing to expect if you're a first-year is the end of some high school relationships. You may know someone or you yourself may be someone in a surviving high school relationship. You may experience yet another at a different school. These relationships facinate me because as a risk something that survives the first Thanksgiving break tends to last a long time. However, I'd say only 30 percent of high school relationships last past Thanksgiving of first year. If you're in that situation take comfort in knowing you are not alone.

Moving on — with every end there is a beginning, a new opportunity, something like that. The great thing about a new school is the new people that may have similar interests. You've always been into cooler parties (just an example — I have no idea if it exists and I'm too afraid to check) chances are you can find someone who shares in this unique interest.

My motto is "freak what you feel." It's so long as it doesn't involve animals, I would say I sup­port most if not all forms of consensual sexual experimentation being the operative word.

Some reminders: If you're having sex, use a condom! Encourage it for oral sex as well because oral sex spreads STD's. Few people I know use condoms for oral sex unless they feel it takes longer to provide enough stimulation or because some flavored condoms don't taste as good as normal, regular condom lined up with toothpaste-covered tongues. My advice: If you and your partner have never been checked for STDS, you do not wish to use condoms for oral sex, don't have oral sex. Ambiguous situations are not an excuse to get an STD test proctored.

Another good rule of thumb is = it's courteous to whoever you are with, be it a new acquaintance or a long term partner. Bad hookup sto­ries circulate...

Plenty of good vibes, Pismo is the place to make your beach escapades a fun-filled all-day affair.

Grab some delicious finger food and the best clam chowder at the famous Avila Grocery. And when the sun is warn­ing and the moon rises, simply head a mile north of the pier to spend the night with a guitar, some burgers, good company and head­ed around one of the many bonfire pits on the beach.

Are relatively tame afternoons and peaceful evenings in the sand. Perhaps you're in need of some of spicier beachside entertainment. Simply jump back into your ride and cruise a little further South straight on into Pismo Beach for a smorgasbord of action.

With good surf, good food, and good vibes, Pismo is the perfect setting for your escape.
Bars
continued from page 30

Needless to say, very few of us could afford manicures or breakfast for 2 or 3—especially in the morning.
As we headed back across the border, still a little hung-over, I realized that growing up comes in the most trivial of ways sometimes.
I think about my freshman year at college—the days when we crashed happy hour at The Cliff just to eat the food or set up a slip-n-slide on Dexter Lawn on a Friday night when the sprinklers were in full force—and I remember that, as much fun as it is to get dressed up and order classy drinks, sometimes you have to sit back and say, "I'm not 23 yet, and that's kind of awesome."

Though I know that someday in my not-too-distant future, I will be able to hobbit, "See you downtown!" for myself, until March 24. I'm OK with being my underaged self.

New Orleans
continued from page 30
The impact of the hurricane is not so much in the broken wood and the moody planner. It lies much closer to the introspective pride that the citizens of New Orleans carry with them, a pride for a culture that cannot be torn apart by wind and waves. The grief is for lives turned upside down and communities of people being split and scattered across the country. The determination is for a brighter future and a return to normal.

"Some of our buyers are not in the homes," graphic designer for ROYV Studios Marc McCall said, "Some people are buying pieces that they can put in their homes once they're rebuilt."

For the artists who call this city on the Mississippi home, life has changed drastically while inspiration has skyrocketed.

I have always painted New Orleans, local artist Alan Flattmann said, "I am planning a show in December that will be nothing but pieces about New Orleans at night or on rainy days."

Even regular citizens are a part of the art scene now; at the New Orleans Museum of Art, a striking exhibition entitled "Katrina Exposed A Community of Photographs" is on display until mid-September. The gallery walls are covered with photographs taken by professionals and regular citizens alike. Some are humorous, like one picture of a drowning sign that reads, "Smile, New Orleans!" Others, including several pictures of corpses lying face down, are chilling and stark.

The hundreds of photographs reveal that the community of people affected by Hurricane Katrina span several economic and social strata. These are the people who must now rebuild from the ground up and they are desperate for ways to express their hardships and renew their strength.

The art is no longer in brush strokes or in the notes coming from the saxophone; it is in the trees, the ability to simultaneously stupid and give voice to all the grief and hope that remained when the floodwaters receded.

The city has definitely changed...
It's like living in a Third World country now.

Lee Przyk

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Time Capsule
September 15

• 1830 An English man becomes the first to be run over by a railroad train.
• 1949 'The Lone Ranger' premiers on ABC-TV.
• 1970 Decca awards Bing Crosby a second platinum disc for selling 300 million.
• 1990 Florida lottery is more than $100,000,000.

Newlyweds
married this week (Continued from page 31)

Erica Hartzler and Jeremy Leathers, 20,
both of Athens, are the happy couple.

Sports

• The University of Georgia men's tennis team is 0-3 in dual meets this season, losing to a ranked opponent for the second time in two weeks.

Magazine

• The magazine ad is such a thing of the past.

Cover Story

• The magazine cover is everything these days.

Aguilera
continued from page 31

While the beats were left to DJ Premier, the driving force here is Aguilera, who proves with "Back to Basics" that she is the top of her class in pop stations. Instead of singing on the ill-fated pop rock like today's Kelly Clarkson or becoming the next Avril Lavigne and trying out pop-punk, Aguilera pops in neutral and lets her guard down—without having one or two children in the process.

Critics may say this would have been better as a single disc, and they might be right; however, in a day and age where listeners tire easily over ten tracks, double albums might be the only way to go.

Although a bit too overexposed, Aguilera's "Back to Basics" is a smooth ride that should appeal anyone and everyone who ever smiled at singing in church, or for that matter, singing in general.

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Video game trade show
shrinking in size and scope

Richard Snyder
Fayette & Florando Florando (Florida News)
TALLAHASSEE, Fla. — This year's iteration of Electronic Entertainment Expo, or E3 as the large, annual Los Angeles-based video game trade show is commonly called, will be the last of its kind. The Entertainment Software Association, which oversees the organization of video game companies (such as Nintendo, Microsoft, Sony, Capcom, Electronic Arts, Sega) and other industry giants, said E3 announced that the events would undergo a significant downsizing.

While the show traditionally attracted a crowd of 70,000 housing from a broad array of game-related professions and associations, including the media, fan sites, bloggers and employees of various chains such as Wal-Mart and Gamestop, the downsizing would lower that number to 5,000, attending only by invitation.

The changes affect how the show is run as much as how many are attending. While previous E3s were centered on games being displayed in company booths on a general show-room floor, future iterations will employ smaller closed-door discussions between journalists and developers and put far fewer games on display.

Representatives of the ESA member companies site that the main reason behind this drastic change is the enormous cost that comes with running their respective booths at the show, especially as they're working alongside competitors which could steal away desired attention.

Furthermore, many expected games, such as "Halo 2" and the upcoming "Gears of War," were only shown to invited press members off of the show floor, making ESA members question the booths' utility.

The representatives also mentioned that the current incarnation of the show wasn't allowing them to talk to "the right people." Sega of America President Simon Jeffrey elaborated that he would be able to speak to rounds of fan-site members but couldn't get 30 minutes with prominent figures from Wal-Mart.

Reactions to E3's downsizing have been heavily mixed. Many people outside of the ESA have questioned E3's continued necessity, citing how more games are being shown away from the main show floor as an increasing amount of companies are specious press events held shortly before E3. Others are even optimistic, believing that this will cause gaming news to be more evenly spread throughout the year and remove any perceived need for companies to save their biggest announcements for "E3 Season," a time that many complain is over saturated with gaming news, leaving the rest of the year comparatively bare.

But there's a sizable group that's far more skeptical about this decision. Some have argued that this works against smaller game developers that relied on the large exposition to obtain mainstream attention.

Critics claim it's also to the chagrin of many smaller game publications see Game, page 34

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George Reeves’ story: truth, justice or the American way?

Aaron Fullerton
Daily Trojan (UNC)

LOS ANGELES — Fame.

George Reeves couldn’t live with it, and he couldn’t live without it. The star of TV’s “Adventures of Superman” was found dead from a bullet wound in 1959. It was ruled a suicide. But was it?

Los Sinno, Actors’ Equity’s detective character in the new film “Hollywoodland,” is on the case, though his priorities, like Reeves’ (Ben Affleck), are less about his profession and more about notoriety. And even though the mysteries surrounding Reeves’ death leave many question marks to this day, the stars of “Hollywoodland” are more preoccupied with the TV star’s life as a modern parallel than an enigmatic weaved conspiracy theory.

Reeves’ story, it seems, is not one of truth or justice. It’s about the American way.

“My take is, whether or not he shot himself, he still killed himself,” said Bob Hoskins, who chews scenery in the film as MGM chief Eddie Mannix. The chief’s wife, Toni (Diane Lane), has a long-term affair with Reeves.

Reeves was never particularly fond of being the star of a children’s show, and the role left him typecast for the rest of his life. He sought bigger, better parts and did what he could to get his face in the paper, but it was never enough. A bitter ending to his affair with Toni and an unsatisfying relationship with his fiancée Leontore Lemmon (Robin Tunney) didn’t help Reeves’ downward spiral.

Lane admits that when she was younger and watched the show, she thought of Reeves as Superman.

“Hook, line and strike: He was Superman,” she said.

Despite stardom, a joyful love life and relative wealth (Mannix never hesitated to buy him anything), Reeves could never find happiness because he never felt respected.

The film highlights the public’s association of Reeves with the Man of Steel in a turning scene when a young boy tries to shoot Reeves in order to watch the bullet bounce off his chest.

In another scene, theater patsies can’t quit giggling as Reeves plays a serious role in “From Here to Eternity.”

“Reeves’ story is the tragedy of the American dream,” Tunney said.

Affleck, who watched every episode of the television show, found that Reeves’ plight wasn’t especially uncommon, particularly in the world of celebrities. “In the film, someone says that it should have been enough for a life. But the man was perpetually dissatisfied,” he said.

The stars of the film are all too quick to not only compare but also contrast the pitfalls of fame and notoriety between Reeves era and their own. “In his day” Affleck said, “there were three networks and a studio-approved (Hollywood) magazine. Now there are layers upon layers upon layers of gossip and news. Back then, they kept a polite distance. Just look at Rock Hudson.”

At the same time, Tunney wonders if that very distance was what left celebrities like George Reeves thirsty for more. “If his affair with Toni — of which Eddie Mannix was well aware of — were in the gossip pages, would it have helped Reeves’ career?”

“I think Hollywood is more forgiving” (now)?” she asked.

Affleck, of course, laughs at the hypothetical. The role Affleck is best known for is that of himself. He doesn’t need a film coming out in order to grace a magazine cover. Or at least he didn’t need to, back when he dated a certain actress/pop star.

Reeves is now a father — he has a daughter, Violet, with wife Jennifer Garner — and he’s entering a “new period” of good roles.

Game

continued from page 33

and Web sites:

A percentage of these skepticism fear that this will negatively impact how the media handles game coverage, arguing that the far more exclusive setup of future E3 could be used to only invite less critical journalists, setting a precedent that places the media at the mercy of game companies which now could have greater control over the game in the first in a series of movies he says he’s “actually proud to be in.” Next, he will be working on his skills as a director, he’s adapting “Gone, Baby, Gone,” by Mystic River” author Dennis Lehane, for the big screen.

It seems that Affleck’s career, although previously a passable punch line, won’t go Reeves’ way anytime soon. He’s got a good feeling about “Hollywoodland.”

“Superman is just so in the zeitgeist,” he said.

what is said about their respective products.

The Electronic Entertainment Expo was formed by the Interactive Digital Software Association (which later became the ESA) in 1995, as an attempt at a video-game-specific trade show.

Previously, companies presented their wares in a similar fashion as a part of the Consumer Electronics Show, which was centered around electronic merchandise in general.

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Fred Afflerbach

The Tribune-Herald (Ethan Stover)

SAN MARCOS, Texas — In a

popular movie, often performed by

high school drama departments, the

protagonist, J. Pierrepont Finch, gets

away with granting his way to the

top of the world business.

If it can work at stage, then why

not at the college level?

"How to Succeed in Business

Without Really Trying" is a swing-

student vehicle (Finch) eager on

manipulations rather than hard work,

to climb the ladder at World Wide

Wicker Company (Texas State).

First off, a few base-building in

college — those pernickety English

professors making us perfect spelling,

punctuation and grammar, and then

perky homework assignments —

can be overcome with a little help

from modern technology. As stu-

dents, we were armed with more

than the $14,000 worth or unused

notebooks bouncing around in our

backpacks. We have spell check, a

footprint warning to insure we have

spelled everything twice.

Now you might think this was

delicious in cost-expensive, costing

thousands upon thousands of dollars

— like a tank of gas, or a monthly

cell phone bill — but it comes true

with most word processing software.

It is not just for efficients people

(pedantic) and CEOs but for

students on a budget, or seniors

on fixed income.

If you are not familiar with spell

check, or curious why those little

red lines keep popping up underneath

your words as you type, then this is

a real letter day (for you).

Here’s how it works. I just im-

spelled the word “missed” in this

sentence, but one of those squiggly

little red critters alerted me. So I

clicked on spell check in my toolbar

and it showed me the correct

spelling. And the best thing, you

don’t have to learn to spell as you

correctly, just click one of the sug-

gestions in the dialog box and

proceed, the line disappears and the

word is spelled right.

If you feel uneasy pronouncing

your English assignment, nhớ

how you zip look on paper, don’t

worry, weather anything can go

wrong. Spell check has got your

covered.

Sometimes procrastinating is too

good is to much work. And if you don’t

like little red lines constantly whining

you across the margins, there isn’t

another feature that will help save

day. You can set up spell check to

watch all your three wrong and then

you can check the whole document at

once.

And there’s more. Spell check can

follow along, correcting any mis-

spelled words as you type. Start of

the menu to pick up after you a home.

Unfortunately, spell check catches

proper nouns that are unusual and

mourn them as if they are misspelled.

So if you are writing a paper about

the Russian novel "One Day in the

Life of Ivan Denisovich," and you

don’t like Denisovich underlined in

red glaring at you, simply open up

spell check and add Denisovich to

your computers dictionary.

With spell check now performing in

your heavy metal editing, I can

forget that pencil matted wrapped

into me by former English teacher

meant to help students remember

how to spell such tricky words as
decree, reliance and before I believe E. screech after C. or sounded as A in

neighbor at.wer.

Wring with spell check at my side is

like the old saying about driving dynamite and hometown — you just have to get close. Or

maybe the Greenhouse commercial

and it is best “Sit back, relax and let

the driving to it.”

At the end of the musical, se-

lence Finch, has overcome his way to

a cush job on the board of directors

(already without really doing any-

thing, other than showing up and

learning how to get out of trouble.

So in summary, use spell check religiously to make your English grade rise and help pave a smooth ride to a successful college experi-

ment. Without really trying.

Facebook becomes resource for voters, tool for candidates

Kathleen Voody

Dairy Queen (K. Konczak)

CHAMPAIGN, Ill. — Wondering what Republican Senate candidate Josh

Myers favors in movie? Or maybe

you’re just trying to learn Democrat

Illinois House of Representatives

candidate Dr. David Gill’s birthday?

Some enough you may be able to

log into Facebook and find out all

the information you need, and some

you don’t.

About local political can-
didates. Several candidates have

established Facebook profiles or

groups to help support small

college-age voters, and others are

planning to do so within the next few

weeks.

Kenyon Williamson, University of

Illinois junior, is the campaign

manager for Republican Illinois Gen-

eral Assembly candidate Rex Hestfield.

The campaign just launched a

Facebook group last month, she

said.

Now that the campaign season

really kicked off, though, we think it

would be a great way to get in
touch with younger voters, she said.

"Facebook is something that

students use at least every week, in

fact every day," she said.

Illinois Green Party candidate

Tom Abram has used his University

student profile to promote his cam-

paign in addition to a traditional

Web site.

"Using Facebook is an integral

part to getting message in college

students," Abram said. "Political can-
didates need to reach out to young

voters. Our generation has no deal

with the issues going on now. We

will affect our lives in the

future."

Abram’s campaign has already

gained donations and volunteers
through Facebook and has also used

the feature to promote fundraisers.

Democratic incumbent Naomi

Jakobsen’s campaign did not return

a message seeking information, but

her group has been established

supporting the Democrat.

Gill’s campaign formed a

Facebook group to promote his

issues.

Jessica Frank, Champaign

Regional Coordinator for the Gill

campaign, and a senior in LAS said

she formed the group to promote the

Registered Student Organization

Students for David Gill and to provide

more information to student voters.

"The group is a great tool for

gaining students to vote early," she

said. "A lot of students don’t know

how or where to vote either, so the

group gives them easy access to this

information.

The group has also allowed the

Gill campaign to recruit more vol-

unteers and gain endorsements and
donations from groups that base

these benefits on online votes. Frank

said.

Republican incumbent Tim

Johnson’s campaign could not be

reached for information.

Bill Credland, spokesman for

Myers, said the campaign is in the

process of creating a Facebook pro-

file.

See Facebook, page 36.
Tim es, they are are a-changin with D ylan’s ‘M oden Tim es’

Rudi Greenberg
The Dragonsack (U. Maryland)

COLEGE PARK, Md. — “I don’t know anybody who’s made a record that sounds decent in the past 20 years, really,” said Bob Dylan. He was commenting on modern recording technology, not necessarily the quality of actual music created over the past 20 years. Bob Dylan even speaks against the sound of his 36-second studio album “Modern Times,” saying that “these songs probably sounded ten times better in the studio when we recorded em-

CDs are small,” he said. “There’s no stature to [them].”

Bob Dylan can get away with saying something like that — he’s Bob Dylan. For some reason when he releases a new album, there’s a certain excitement and praise that comes with it that other “older” artists from the same era just don’t receive. (Read: The Rolling Stones, Eric Clapton, Paul McCartney ...)

“Modern Times” is supposed to be the third and final release in a trilogy of later-aged Dylan, the first being 1993’s “Time Out Of Mind.” “Modern Times” follows “Love and Theft” released in 2001, when Dylan turned 60. Now at 65, commonly known as the age of retirement, Dylan is back with another album of brand-new original material. “Modern Times” is more a throwback to an older time than a statement on our current world.

First things first: The biggest knock on Dylan has always been his voice. Even on his earlier, classic albums such as “Highway 61 Revisited” and “Blonde on Blonde,” his voice was criticized. He sang with a nasal tone — that’s his style. I saw Dylan perform live in 2006, and the biggest memory I walked away with was how bad his voice sounded — like he was straining the whole time.

Same with this album. The biggest problem with “Modern Times” is Dylan’s voice. Maybe it is a personal thing, but it has to be said this album will be listened to over and over again because of the quality of his voice. It’s not that the songs are bad; they’re excellent and impressive, but age has not suited Dylan’s voice well, making it tough to fully enjoy the record.

Other than Dylan’s voice, there’s not much bad about “Modern Times.” It’s everything one would expect from Bob Dylan. It’s bluesy, and every time I see his lyrics are as cryptic as they’ve always been.

The album’s 10 songs stretch just past the 60-minute mark, with the shortest clocking in at just under five minutes. Dylan is almost always playing guitar, piano and harmonica with his band providing the rest of the instruments.

“Times” opens with “Thunder on the Mountain,” a rockabilly number that doesn’t have much of a chorus.

Dylan name-drops R&B singer Alicia Keys’ name in the first verse, claiming that’s he’s been “looking for her even clean through Tennessee.” It’s an upbeat tune that has Dylan taking on his “no-kicking” role through both his tone and lyrics.

“Spirit on the Water” is a jazzy track that feels at home from the ‘40s, but it also features Dylan’s worst vocals on the album.

The songs tracks along with Dylan crooning to a lady, his voice featuring that signature snarl.

“Rollin’” and “Tumble” is a fast-paced, bluesy song about Dylan rolling and tumbling through life.

“Workingman’s Blues #2” is a tale about the common worker. It’s one of the more emotional songs on the album and Dylan’s voice works well on it. “The Levee’s Gonna Break” is a reworking of an old song about the Great Mississippi Flood of 1927, but it’s hard to believe he is recording this song for any other reason than Hurricane Katrina.

The album’s strongest song, the one that will instantly be added to Dylan’s huge and esteemed catalog in “Ain’t Talkin’.”

It’s a song about the world’s end for one man, possibly Dylan realizing his own mortality. The man seeks guidance from his mother and promises he will avenge his father’s death. It’s a somewhat depressing story, but it suits the album and Dylan perfectly.

His voice may be shot, he may hate the way modern recordings (even his own) still sound, but a song like “Ain’t Talkin’” shows that Dylan’s still got it.

Facebook

continued from page 35

“The network is an amazing tool for getting our message out to voters,” he said. “The profile will be a very active part of our campaign to inform voters of events and issues.”

Nationally, politicians have adopted Facebook as a legitimate campaign resource.

Democratic Indiana Senator Evan Bayh’s use of his alumni Facebook account has received national attention.

Jonathan Kott, spokesman for the All American Political Action Campaign, of which Bayh is a chairman, said the idea of using Facebook was suggested by a staffer and the account was set up in June 2006.

“The Senator thought it was best to use a medium that nothing else could use to energize and engage them,” Kott said. “It allowed him to connect with them on their level.”
Incoming Poly athletes talented, acclaimed

Katie Mofretter

Mustang Daily

Here's a look at some of the promising incoming Cal Poly freshmen athletes looking to hone their skills and show their talent on Mustang turf.

Kyle Smith (Baseball)

Smith comes to Cal Poly from Fresno, where he hit .430 with eight home runs and 36 RBIs in his final year of high school. The shortstop was named to the all-state and all-valley baseball teams and was honored as the Fresno Bee Player of the Year. In coming to Cal Poly, Smith said he hopes to get started strong both athletically and academically. But he said his ultimate goal does not differ from those of any other Division I baseball player — to play professionally.

Jose Garcia (Men's soccer)

Garcia, a Redwood City native, joins first-year head coach Paul Holocher as a new addition to the men's soccer team.

"I know it is going to be 10 times harder and 10 times faster and the challenge is the exciting part for me," Garcia said. He was recruited by the Mustangs after attending a Cal Poly-hosted soccer camp. He landed himself on the all-league team all four years of high school. The outside/center midfielder was also honored with Offensive Player of the Year his junior and senior years.

Charles Anderson (Men's basketball)

The lone incoming freshman on the men's basketball team, Anderson, said he chose Cal Poly because of the "good area, good people." Anderson, who plays shooting guard and small forward, hails from Fresno, where he was a teammate of Cal Poly sophomore Tyler Stohrer. During high school, Anderson was named first-team all-league for three years, and for two years was an all-area selection. He said his goal for the team next year is to help Cal Poly reach its first NCAA Tournament since joining Division I in 1994.

Kimberly Donatelli (Cross country)

Donatelli is following in her family's footsteps by attending Cal Poly. Both of the 17-year-old's parents attended Cal Poly and her grandparents also live in the area. For Donatelli, the family history, Central Coast location, and Cal Poly's academic prestige made it the perfect place to continue her running career. Donatelli, a Ventura native, is making the move to San Luis Obispo in hopes of bettering her 17:36-mile, 11:02-two-mile and 5:08-mile times, as well as creating bonds with her teammates.

Brittany Blalock (Women's tennis)

Blalock comes to Cal Poly with the aim to "go far as an individual and help the team as a whole." If her high school performances are any indication of what's yet to come, Blalock should be in good shape. She was part of a three-year league-champion high school tennis team in her Rancho Mirage, Calif., hometown. During her sophomore, junior and senior years she dominated league at singles. As a freshman, she was part of a league-winning doubles pair. Blalock was an academic scholar as well, ranking 15th in her high school's graduating class.

Carrie Andrews (Women's soccer)

As a high school senior, Andrews was named the Contra Costa Times' Girls Soccer Player of the Year for her part in the team reaching the CIF-North Coast Section 3A championship game for three consecutive years. The outside/center defender, who comes to Cal Poly from Pleasanton, Calif., was also named first-team all-league her senior year. Andrews said she is excited for the heightened competition and more experienced players that she will encounter as a member of the Cal Poly women's soccer team.

Katherine Hinke (Volleyball)

Hinke thinks San Luis Obispo is a "perfect little town." The Santa Barbara native has known for "a long time" that she would like to attend Cal Poly as she had no desire to venture south past-high school. As a member of the volleyball team, Hinke, an outside hitter, is hoping to be a part of an NCAA Tournament-bound team, and to maybe get a little court time too. In her senior year, she was named Most Valuable Player on her high school volleyball team and was placed on both first-team all-league and second-team all-CIF lists.

Cal Poly attacking midfielder Jose Garcia of Redwood City is one of many freshmen athletes hoping to make an impact this year.

Fletcher, a Los Alamitos native, has been golfing competitively for six years. Her career grandfather introduced her to the sport. Fletcher has earned accolades in her high school district and surrounding area. She was named the Southern California PGA Player of the Year in 2003, and was invited to the LPGA Team at see Poly Freshmen, page 40

Experts: Students addicted to Internet

Laura Braun

The Daily Vegetarian (Ihlen State U)

Alcoholics have boozed, drug addicts have, cocaine, and college students have Facebook. Just when students found a carfree activity to occupy themselves for those 45 minutes between classes, a new addiction has surfaced. Internet addiction is on the rise and college-age students are at risk.

According to Bryan Denner, clinical coordinator for the Illinois Institute of Addiction Recovery, Internet addiction is not something you can boil down to a couple of hours. One thing is the amount of hours being spent online, but more so is looking at the consequences.

"We try to evaluate what some of the problems areas are: Are they becoming further and further preoccupied? Are they having trouble controlling the amount of time they spend on the Internet? Are they intending to get off in a short period of time, but then can't control themselves. Though most students might not be turning their entire lives over to the hypnotic glow of their computer screens, an electronic addiction is hard to deny. The amount of students on cellular phones and personal digital assistants has grown tremendously over the past few years.

As technology develops, so does the affordability of advanced phones, such as the T-Mobile Sidekick. The Sidekick offers a full keyboard, which makes e-mailing, instant messaging, web browsing and "HipTip" blogging much more efficient. The phone also offers a camera with flash and organizational tools to fit the lifestyle of "socialites in training" or any other intensely busy people.

But what can begin as a simple reliance on Internet accessibility can develop into something more serious. The warning signs of Internet addiction include becoming preoccupied with thoughts of using the computer and becoming dishonest about actual time spent on the computer.

For most Internet addicts, the most alarming sign apparent among Internet users begins to affect other aspects of their lives negatively.

"There are clients heavily involved in online gaming. They spend significant amounts of time with it and make an investment. Some people get caught up in internet sex and certain pornography. The Internet has a wide variety of access to a lot of things," Denner said.

The worst kind of Internet addiction crosses over into other kinds of addictions.

"Someone who starts out using cocaine can develop a cocaine problematic. Cocaine takes center stage in their life. Just because someone is using the Internet doesn't mean that they are addicted to it," Denner said.

"That being said, if we do determine that there is an addiction to the Internet that crossed over into other areas like pornography, we have to see if they got into it after they got involved with the Internet. It is kind of a cross addiction."
Poly names new men's tennis coach

Justin McGrath, the 2006 Sun Belt Conference Men's Tennis Coach of the Year and head coach of both the men's and women's programs at Louisiana-Lafayette, has been selected as head coach of the Cal Poly men's tennis program.

The announcement was made Thursday by Cal Poly director of athletics Alison Cone.

McGrath has spent the last four years at Louisiana-Lafayette, where he led the men's program to national rankings each season, with the 2006 squad finishing No. 36.

"We are very fortunate to hire a coach with Justin's experience. He is a proven winner from a Division I program who works extremely hard to provide a positive athletic and academic experience for his student-athletes," Cone said.

McGrath led the Ragin' Cajuns to a conference championship in 2006 and they were runners-up in both 2004 and 2005.

His 2006 team earned a berth in the NCAA Tournament while members of the 2005 team qualified as individuals.

Under McGrath's tutelage, Louisiana-Lafayette posted a 27-0 record on its home courts.

He led the women's program to its first national ranking (No. 73) in 2006 and posted a 14-6 overall record.

Before arriving at Louisiana-Lafayette, McGrath was an assistant men's coach at the University of Arkansas in Fayetteville from 1999 to 2002.


Before arriving at Arkansas, McGrath spent four years as assistant men's coach at the University of Southern California.
Poly Freshmen
continued from page 28

Faye, honoring top athletes in the district, her sophomore, junior and senior years of high school. At Cal Poly, Fletcher is looking to further hone her golfing skills and make a significant contribution to the team.

Geoff Gonzalez (Men’s golf)
Like Fletcher, Gonzalez’s grandpa was his first link to golf, which he has been playing for 12 years. The Burbank native chose Cal Poly because of its academic reputation and successful golf team. Gonzalez is looking forward to meeting new people and contributing to last year’s Big West Conference champion men’s golf team. “I just hope to add something to the team because they’ve been good.”

Kyle Maddux (Football)
Maddux comes to Cal Poly from Camarillo, where he played for Ventura-based St. Bonaventure High, which has won 95 of its last 98 games. In his time at St. Bonny, Maddux was named all-IF and all-state and played with fellow Mustang football players Carlton Gilchrist and Ryan Park. Maddux said his goals for his time at Cal Poly are to “play football and have a good time, but more importantly, get my education.” He is prepared to redshirt his freshman year in order to prime himself for the following four years.

Krysten Cary (Softball)
Cary led her high school team in Rancho Santa Margarita to the CIF-Southern Section playoffs with six home runs and a .450 batting average over the season. Cary, who plays first base, was team captain her junior and senior years, and was named first-team all-league her final year.

Her decision to come to Cal Poly was aided by current Mustang softball player Stephanie Tom, whom Cary knows from traveling softball teams. She said she is hoping to start in her first year at Cal Poly and “to be a good asset to the team as a freshman.”

Kevin Jones (Track and field)
Jones began pole vaulting his freshman year of high school because he heard it was the “easy sport” and wanted a way out of physical education. His first year he vaulted a mere seven feet. Then, in the summer between his freshman and sophomore years he grew a foot, and his second year of the sport he vaulted 12.6 feet and won league in his native San Diego. The following two years, Jones repeated his league wins and continued to heighten his vaults, with a personal record of 16.4 feet. He comes to Cal Poly with the hope of qualifying for NCAA Regionals and improving his vault to more than 17 feet.

Lea Wallace (Track and field)
Wallace, a Napa native, became interested in Cal Poly through her summer track coach, a Cal Poly alumnus. Wallace said her hopes for next year would be to “improve my times and hold my own in college competition.” Her best times entering Cal Poly are a 37.2 seconds in the 400-meter, a 210.4 in the 800-meter and a 5:06.0 in the 1,600-meter. Wallace was twice named Most Valuable Player in both her high school cross country and track teams and was called Athlete of the Year by the Napa Valley Register.

Rebecca Tratter (Women’s basketball)
Tratter’s high school basketball career came to a disappointing end when her CIF-Central Coast Section playoffs-bound Sunnyvale team had
Milich named new Poly swimming, diving head coach

Tom Milich, aquatics director of the Cal State Swim Club, and former swimming and diving head coach at Fresno State, has been selected to coach the Cal Poly swimming and diving program.

Milich has spent 15 years with the Cal State Swim Club and the Aquatics Director of Clovis Unified School District, and spent two years as the women's head coach at Fresno State, where he earned Western Athletic Conference Coach of the Year honors in 2004.

"This is a new chapter for Cal Poly swimming and diving," Cal Poly director of athletics Alison Cone said.

"For Cal Poly to be able to hire a coach with his tremendous background including international experience is exciting. I think he will provide the experienced leadership we need to build a competitive program. The addition of Tom Milich is head coach to this program, combined with increasing budgets and scholarships, should allow for a bright future for Cal Poly swimming and diving."

Cone added, "I would like to thank Phil Yoshida for the exceptional job he did with the team while serving as interim head coach at Cal Poly."

"I am very excited about becoming a member of the Cal Poly athletics family and look forward to continuing the great traditions that have been cultivated by our past staff of the swimming program Milich said."

With the Cal State Swim Club, Milich has coached free swimmers that have gone on to represent the United States in international competition while seven have competed at the NCAA Division 1 championships. As the district's aquatics manager, he has overseen the Clovis Water Polo Club, Clovis Dive Club, Swim Clovis, Clovis Masters and the scheduling and staffing of all seven of the district's swimming facilities.

Milich is an 11-time recipient of the American Swim Coaches Association Distinguished Coach of the year award.

Prior to joining the Clovis Swim Club in 1998, Milich served in the head water polo coach at Fresno State (1989-92). During his tenure, he served on the NCAA regional select committee and as an NCAA representative for United States Water Polo.

Milich was an assistant coach for the U.S. under-award medal-winning US Olympic team in 1998 and served on the staff of the 1991 gold medal World Championships team and the under medal at the Pan Am Games.

Prior to his collegiate and international experiences, Milich coached at the high school level, where he helped develop 61 All-Americans, including Worsham's Janet Evans and John Mykykian. He garnered California Swimming Coach of the Year honors in 1987 while coaching at El Dorado High School in Placentia.

Milich graduated from Long Beach State with a bachelor's degree in biology in 1978 and earned his teaching credential in life sciences in 1980 from LSSU.

Recreation

Hikers brave nature to reach new heights

Eric Billingsley

ASSOCIATED PRESS

It's a way to hike, sightsee and comparatively track where you've hiked and what you've seen. And its popularity is growing.

It's called highpointing, the act of tracking down and ascending the highest point of elevation in any area. County, mountain range and national forest highpoints are just a few of the other destinations a person can conquer.

A nationwide organization for people who are conquering the highest elevation points in each state is The Highpointers Club, founded in 1968. Club Chairman Roger Roswell says highpointing has a following of more than 10,000 people nationwide.

Every state has a highest point of elevation, whether it's a towering mountain peak or a nondescript knoll in a cornfield. In New Mexico, it is Wheeler Peak near Taos, elevation 13,163 feet.

Eight years ago, Melissa Rigg and her husband moved to Santa Fe from the San Francisco area. "We thought it would be a good way to see the state, to do every county highpoint," Rigg said. Sometimes they would knock off three in a weekend. Some were in rugged, barely accessible locales.

"Highpointing has been a way to get out and see things, exercise and obsess about trick off a list," said John Kirk, a 30-year-old financial analyst from Arvada, Colo. "The latter is probably a predilection — it is something we can't choose or escape.

Mountains just happen to be the compulsion of choice."

Kirk began hiking in New Mexico in 2000. Since then he has finished all of Colorado's 64 county highpoints and expects to complete the New Mexico county highpoints within a year. He then plans to bag peaks in Arizona and Wyoming.

"Those who scoff at mountain climbing will likely find this hobby even more repugnant and nonsensical," said Kirk.

"Most of the time they're in a week end. Some even in a week end. Some even in a week end. S o m e  w e a * in

"... Less than a quarter of the high points have trails," said Kirk. "It's really a lot of route finding, rock scrambling and bushwhacking. It's as close as we can get to a front experience.""
Cal Poly’s 1960 football team to receive honor

SPORTS INFORMATION REPORT

The 1960 Cal Poly football team will receive an honorary induction into the Cal Poly Athletics Hall of Fame on Sept. 29.

Cal Poly will host two campus events honoring the team and the unique legacy it brings to the history of the university.

A late-afternoon private ceremony will be held dedicating Mustang Memorial Plaza, 15,000-square-foot space honoring the 18 members of the Cal Poly family who lost their lives in the tragic Oct. 29, 1960 plane crash at Toledo Municipal Airport.

In the plaza, each of the 18 individuals who perished will be honored with a biographical plaque, mounted on a copper pillar standing at the height of each person. In addition, other plaques, including those previously placed at the University Union Mustang Plaza and the memorial Rock placed at the base of the stadium flag pole, will be rededicated.

In an evening ceremony on campus, Cal Poly Athletics will host its annual Hall of Fame Induction Dinner in which the entire 1960 Cal Poly football team will receive an honorary induction into the Cal Poly Athletics Hall of Fame.

Families of those who perished, team members who survived the crash, coaches and other members of the 1960 team have received personal invitations to return to campus and join past Hall of Fame inductees and special guests for this special honor and recognition.

On Sept. 30, Alex G. Spanos Stadium and Mustang Memorial Plaza Cal Poly play Southern Utah in a Great West Football Conference game that night at 6.

Alex G. Spanos Stadium, scheduled to open this season, will expand seating of the former Mustang Stadium to 10,000 seats and also includes widening and improvements to the existing field, new lighting and public address systems, a press box with press and game staff areas, two radio suites, one television booth and selected reception areas.

The Cal Poly Athletics Hall of Fame currently has 89 members, including one athlete twice — Cecil Turner as a football player and as a member of the 1968 men’s 440 and relay quartet.

The 1960 football squad will be the first team entry into the Hall of Fame.

Sports Editor’s Note

Game/event recaps and coverage of the Cal Poly football, volleyball, men’s and women’s soccer, cross country and men’s and women’s golf teams will begin to run Sept. 25 in the Mustang Daily’s Back to School Edition.

Bush calls for national parks birthday makeover

John Heilprin
ASSOCIATED PRESS

There’s nothing like a big birthday bash on the horizon — even if it’s a decade away — to make you want to look your best.

So, President Bush directed the National Park Service to set “performance” goals for itself for the next 10 years. The idea is to have as many bragging rights as possible when the Park Service turns a century old in 2016.

“As havens of enjoyment, recreation, learning and personal renewal, national parks must endure,” said Interior Secretary Dirk Kempthorne, while opening a new visitor education center at Yellowstone National Park in Wyoming, Idaho and Montana.

To the Park Service, the presidential mandate is tantamount to President Kennedy’s call to put a man on the moon.

“This is for us what that was to NASA,” Park Service spokesman David Barra said. “At the end of this 100 years, we want things that people will enjoy into the next century. And if you want a good reason to do something, a birthday’s a good reason. Everybody wants a birthday party.”

Bush asked the Park Service to give him a list of “signature projects and programs” by the end of next May. Those likely would include the agency’s efforts to:

- Restore about 30 old, decaying buildings in Ellis Island’s South Buiding Complex, where nearly 12 million immigrants entered the United States from 1892 until 1954.
- Construct a $100 million light rail system to cut traffic around a heavily visited South Rim of Grand Canyon National Park, plus “greenways” with biking and walking trails.

Bush said the projects would build on 6,000 park improvements made over the past five years.

He requested, and Congress agreed, to spend $5 billion-plus for those projects. But his pledge to eliminate a $5 billion annual maintenance backlog remains unfilled.
Central Coast
perfect for surfing

Kevin Cuneo
MUSTANG DAILY

The jagged coastline in San Luis Obispo County has a variety of points, rocky reefs and sandbars that produce waves appropriate for every level of surfer. There are countless potential surfing spots dotted along the coastline, with the most frequented spots centralized around specific breaks. Although often overshadowed by California's other world-class surfing destinations like Santa Cruz and San Diego, the Central Coast offers some of the best surfing in California. With so many different places to choose from, crowds are hardly ever an issue.

Beginning on the North Coast, the first spot to mention is the Cayucos Pier, which can see some excellent lefts and rights with the best surf on the south side. In certain swell conditions the surf produced by the beach's sandbars has the potential to hollow out and create nice tubes. However, Cayucos and the surrounding area can be known to produce several classrooms.

Further south lays Morro Bay, where consistent surf makes it one of the most popular places to get wet on the Central Coast. Its most frequented location is on the north side of Morro rock.

The best time to hit Morro Bay is in the winter when it maintains nice wave shape in overhead swells. However, afternoon winds can blow over the waves, causing them to get sloppy.

Slightly south of Morro Bay is Montana de Oro State Park, which has several different beach and reef breaks. With shallow reefs and quick sloping beaches, Montana de Oro is one of the more challenging yet rewarding places to surf.

In the South County, Pismo Beach can be considered home base for most surfers in the area. Its long, gentle sloping beaches produce significantly slower moving waves, excellent for novice surfers, but there are very decent waves on both sides of the pier.

Pismo Beach is one of the most frequented beaches in the county, so it is always good to be wary of other surfers.

It is important to know that the water temperature on the Central Coast usually stays in the high 50s, so packing a wetsuit is a must, usually year-round.

There are a few secrets that are yet to be discovered, so enjoy the beautiful coastal area and go exploring.

Kelly Holder
TODAY'S PETS (NORTH CAROLINA STATE)

A student relaxes in a Lazyboy in the center of the football field. Around him 300-pound linemen glare into the eyes of the enemy. Perfect, glossy running backs with the salty sweat beading off their foreheads. But the student isn't wet, nor is he afraid.

He takes a step of souls, glides his hand over the sleek piece of plastic in his hand and begins another round of Madden football.

The third generation of gaming consoles has arrived. The Microsoft Xbox 360, released last year, and the Sony PlayStation 3, due out in November, are state of the art, cutting edge, drool-worthy gadgets, which can serve as digital entertainment hubs in the home.

The last generation of gaming consoles, PlayStation 2 and the original Xbox, were released about six years ago. At that time, thanks to its much wider game base and fan base acquired through the original PlayStation, the PS2 dominated the console market.

But even if the PS2 sold more, many people preferred the Xbox to the PS2.

"The Xbox has a huge drive which makes it faster," Ken Wyman, a sophomore in political science, said. "And the controller is a lot more user-friendly."
Roll to satisfaction at local skate parks

Tyler Wise
MUSTANG DAILY

For any skateboarders making a grand entrance into Cal Poly this fall, and for those returning students who picked up the addiction over the summer, you’re going to find out right away that this campus isn’t friendly territory for your passion.

It certainly is appealing to the eye — plenty of rolling hills, stairs, rails, ledges, manual pads, and all kinds of interesting and obscure terrain. This campus is a skateboarder’s dream.

Sadly, it is no more than eye candy for you to ogle. Skateboarding is illegal on campus even as a mode of transportation.

So for you skateboarders drooling over this concrete woodland while vision of endless carve lines and tricks dance like superphosphorus through your heads, may I suggest some reasonable alternatives to satisfy your last for skateboarding.

Santa Rosa Skate Park

Close to campus, the Santa Rosa Skate Park, located in the Santa Rosa Park near Football Boulevard, is the closest facility one can find to skateboard free of charge.

This park is run and maintained by local high school and Cal Poly skateboarders (under the ever-watchful eye of the city), so the atmosphere is very down to earth and friendly.

The park contains a 4-foot mini-ramp that was recently equipped with a spine ramp that transitions into a street course that includes a pyramid ramp and a mob-mash of fun boxes rectangular boxes with metal edges designed for grind, rails and quarter-pipes.

The skate park is open Tuesday through Friday from 3 to 7 p.m. for the “after-school special” sessions, Saturday, 12 to 7 p.m. and Sunday, 12 to 5 p.m. The entrance fee is $2 and only a helmet is required. Lights are also available for the dark nights ahead.

If you’re not feeling the entrance fee or the obstacle set-up, there’s a nice roller hockey rink next door where you can get your flat ground groove going. Plus, the employees at the skate park usually throw a rail out there for you to practice on.

To get here, you can skate off campus through the California Street exit of Cal Poly, turn right onto Football Boulevard and cut across Casa Street, which ends at the entrance of the Santa Rosa Park.

Los Osos Skate Park

A true diamond in the rough, the Los Osos Skate Park is potentially the best-kept secret as far as California skate parks go. Located at 2810 Palisades Ave. in the Los Osos Community Park, this skate park is a concrete gem.

Outdoors, with more than 17,000 square feet of concrete, this park is packed full of benches, half-pipes, ramps, ledges, rails and even a pool.

If you feel like getting the inner Dogtown and Z-Boys out of your system, try carving the pool, which is shaped like a left “kidney,” that has a 4-foot shallow and 9-foot deep end complete with real pool coping.

The park also includes a capsule bowl with a 6-foot and 8-foot wall that bends just over vertical. In the middle of the park, you’ll find a depressed “flow” section with quarter-pipes that pour into a flat section that includes a pyramid at the center. Adjacent to the pyramid is another 8-foot wall with a channel gap in the middle for you to throw some nice front-side airs across.

Admission into the park is $2 per day or for $30, you can purchase a 12-day pass. Only a helmet is required.

Oddly enough, you can’t pay at the entrance of the park, but if you head just up the block to the Los Osos Boardshop, you can purchase a pass and get your skate on.

To get to the Los Osos Skate Park, simply drive down Football Boulevard until you reach Los Osos Valley Road, take a right at the stoplight and drive all the way into Los Osos and straight to the park. It’ll be on the left hand side, and you definitely won’t miss it.

Atascadero Skate Park

Summer has ended and long fall nights and rainy days are on the horizon. Where is there to go skateboarding when San Luis Obispo becomes dark and soggy?

Put your buddies into that beat-up sedan and head into Atascadero for some indoor skate park action.

Located at 5893 Traffic Way just off the Traffic Way exit from U.S. Highway 101, the George C. Buero Skate Park in Atascadero has all the ramps, pyramids, rails and quarter-pipes under one roof.

Enclosed within a spacious warehouse, the Atascadero Skate Park has plenty of smooth concrete, indoor lights and ventilation. On each side of the park, you’ll find quarter-pipes that dump you into a “kicker section.” It includes an assortment of pre-fabricated pyramids, stairs and hand rails, flat-boxes and flat bars rails spaced intermittently all over the park so you can get some back-to-back trick lines going on.

Because skateboarding is not allowed at Cal Poly, many students hit the pavement in skate parks like the one in Santa Rosa Park.

Patrick Straitfield Mustang Daily
MUSTANG MARCHING BAND
www.band.calpoly.edu
Band Camp: Fri-Sun (9/22-24) Rm 216
1st meeting: Tues 9/26@3:10 p.m. Rm 216

JAZZ BANDS
www.jazzbands.calpoly.edu
1st meeting: Mon 9/25@11:10 a.m. and 3:10 p.m. Rm 216

SYMPHONY
www.symphony.calpoly.edu
Auditions: Sun 9/24 1-5 p.m. Rm 126, Mon 2-5 p.m. Rm 126
Tues 7-9 p.m. Rm 218, Weds 3-5 p.m. Rm 126
1st meeting: Tues 9/26@4:10 p.m. Rm 216

WIND ORCHESTRAS
www.windorchestra.calpoly.edu
1st meeting: Mon 9/25@7:10 p.m. Rm 216

CHOIRS
www.choirs.calpoly.edu
Auditions for new students: Sun 9/24 1-5 p.m. Rm 218
PolyPhonics 1st meeting: Mon 9/25@11:10 a.m. Rm 218
University Singers 1st meeting: Mon 9/25@4:10 p.m. Rm 218

Sign up for your interview/audition during WOW or the first week in the Davidson Music Center (bldg 45)

Come to the first meetings to check them out

Academic credit is offered, instruments are provided

PLEASE VISIT THE ENSEMBLE WEB PAGES LISTED ABOVE FOR DETAILS

STAFF EDITORIAL

Don’t worry, the Mustang Daily is here for you

Year roommates will change, grades will fluctuate, stress levels will go up and down during your college career. But no matter what else changes, the Mustang Daily will be there with you through it all.

Tell your parents not to worry (while they still try to call you every day) because we’ll be more comforting than a bowl of cereal at 2 a.m. while studying for a final.

We’ll be the ones entertaining you while you sit in your uncomfortable desk before class, not wanting to just stare at the fliers on the walls. That’s right, we’ve got both Sudoku and the New York Times Crossword Puzzle every day.

Best of all, the Mustang Daily makes you smarter. Did you know that Cal Poly is ranked the 11th best golf school for men and women in the country according to Golf Digest Magazine?

Did you know that most departments on campus are unprepared for the next big earthquake? This includes the journalism department, which is currently stocked with bags of mustard packets, expired boxes of water and space blankets.

And did you know that the Mustang Daily won four awards in a statewide contest for journalism excellence earlier this year? And the advertising staff pulled in another three at a national contest including best marketing package.

Our reporters are all Cal Poly students who are part of an advanced reporting class. Columnists, however, can come from all majors and will not only appear in the paper every day, but will spill onto our Web site, www.mustangdaily.net, too.

Our most exciting new column this year will be “Traveler Checks,” which will be written every Thursday by different Cal Poly students studying abroad. We’ve tracked down students studying everywhere from Germany, Prague, Spain and beyond.

Mustang Daily editors spend countless hours five days a week in the newsroom to keep you informed and updated. We strive for accuracy in every article so if something’s not quite right, let us know.

And if you ever have an idea that you think would make for a great Mustang Daily story, don’t hesitate to send it our way. You can always send in press releases and e-mails at mustangdaily@gmail.com.

We also get giddy over letters to the editors, which you can send to mustangdailyopinions@gmail.com.

If you put in for the Mustang Daily, we’ll put out for you.

Editorials reflect the opinion of the Mustang Daily.

Mattress
T-99
F-139
Q - 179
K - 199

Futons $179
Desks $79
Sofas $299
Sectionals $599
Emily Rancer  

"Unlike many other universities, Cal Poly does not pair up students based on common interests, meaning your roommate was probably assigned randomly. "Students indicate to us if they are a smoker or nonsmoker. And that is all. We don't do any profiling," housing coordinator Juliana Clark said. "We compare ourselves every year with seven other demographically similar schools and we've found that schools that do profiling have a worse roommate satisfaction rate."

Of students living in the dorms, Clark said that 87 percent are reportedly satisfied with their roommate experience, which is higher than other schools that match roommates based on profiling.

So what qualifies as a satisfying roommate experience? Open communication, even if it just means asking about their day, can turn awkward situations into comfortable ones.

Welcome to San Luis Obispo

Don't Forget to pick up your free T-shirt at
Noor Jewelers

On reverse side of shirt
"I got shined in San Luis Obispo"

Noor Jewelers

1108 Broad Street  
Down Town San Luis Obispo  
805-546-8090

September 15 - 22, 2006

MUSTANG DAILY

SURVIVAL GUIDE

Avoid dorm troubles by being a good roommate

How to be a GREAT ROOMMATE tips for starting the year off right

- get to know your roommate from the start
- respect your roommate's space and belongings
- respect your roommate's study time and schedule
- keep your music, TV, and phone conversations at a reasonable volume, or use headphones
- turn off your alarm clock when you wake up
- clean up your messes
- no loud sex

Mónica Yamamoto  Mustang Daily

"I had some roommates who did something to really bug me that I never really confronted them about," said electrical engineering senior John Corwin. "I guess the thing that bugs you about them, try not to take it out on them passive aggressively."

Realize that even little annoyances added up over a year's time can easily drive your roommate crazy. Again, being considerate has its benefit.

"The only complaint I did have was that he never emptied out the trash," Corwin said. "I'll empty it out for him."

Cleanliness can be a huge factor in the housing happiness scale. Your room is also your roommate's room, so try to keep the place relatively clean—whether it's your dirty dishes, open snack bags or laundry—do something about it before things pile up.

"Sharing a room is a drag," nutrition senior Anna Schroeder said. "You never know whose going to be in your personal space. You never have privacy really, even if you're alone."

Schroeder hit on a sensitive nerve among many roommates: privacy. If you end up dating someone during your first year, be careful about how much time he or she spends in your dorm room. And whatever you do, never "sleek" your roommate.

"Most of it just has to do with respect—respect the other person's personal space, time and property," Corwin said. "Follow that and you shouldn't get along, as long as you're not annoying."
Cal Poly works with off-campus housing to accommodate freshman that don’t get into the residence halls.

Jennifer Hall

Late night study sessions, floor versus floor competitions and popcorn exploding in the common room microwave are all experiences characteristic of the dorms. But what about the nearly 1,300 freshmen that the Cal Poly residence halls don’t have room for?

“We are over our designed capacity and will utilize our triples and quads this year,” Assistant Vice President for Student Affairs Preston Allen said. “We encourage students to look for off-campus housing.”

Cal Poly admitted 4,000 new students for fall 2006 but can only house 2,700. The residence halls include double rooms, study lounges and common rooms but to accommodate the large demand for on-campus housing, some students will be placed in triple and quad rooms or overflow rooms with four to six students.

“Twice as many students apply that we have bed space for,” Allen said.

The Cal Poly housing Web site specifically states that “freshmen are not guaranteed housing,” and an extensive list of off-campus housing options has been compiled that are considered good student living environments.

“We direct almost 1,000 students off into the community to places that can assist them in the housing transition,” Allen said.

Some of the recommended complexes that work in conjunction with Cal Poly include Mustang Village, Steamer Glen and the Valencia Apartments. Allen meets with an off campus committee monthly to work with these community partner housing options.

Mustang Village is located adjacent to campus and can house 1,500 students in furnished and unfurnished studios and two-bedroom apartments. The complex includes a pool, convenience store, two-acre park, barbecue areas, fitness center and study areas. Each apartment has a full kitchen and living room with cable TV and Internet.

Steamer Glen, located on Football Blvd. 1.7 miles away from campus, is comprised only of freshman this year. The residence hall environment includes student resident assistants, meal plans, planned student activities and study rooms similar to the Cal Poly residence halls.

Steamer can house approximately 600 residents in 13 three-story buildings. Students can choose from double or single rooms that are furnished with a twin bed, chair, desk, dresser and bookshelves and are wired for phone, cable TV, and Internet. The rooms are situated around a common living room and include a bathroom at the end of the hall that is shared with up to nine suite mates.

The Valencia Apartments, located on Ramona Drive 2.2 miles from campus, offer furnished three-bedroom townhouses to 480 students.

Students have their own rooms and can enjoy a heated pool, computer lab, big screen television lounge and fitness center. They also offer a 5 to 10 percent “good student” discount for full-time students.

“The rooms are pretty big,” said Darcie Levulet, a civil engineering junior. “The bus stop is nice and close to campus. It’s very convenient.”

Additional information about off-campus housing can be found at http://housing.calpoly.edu.
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Web sites make student job searching easy

Jerrie Wilson  Survival Guide

Whether you need to pay the bills or just want some extra spending cash, San Luis Obispo offers all jobs imaginable. From working on-campus to downtown, the arrays of opportunities are endless.

For those students who do have access to downtown and other areas of San Luis Obispo for work, there are various other ways to find jobs. The Tribune classified section, Slopjobs.com, Craigslist and Mustang jobs are just a few alternatives to finding a job that suits you best.

For students with limited transportation, working on-campus is a great way to make money while still being able to get to class in a timely manner. ASI continuously has job openings for various positions throughout Cal Poly, ranging from a classroom assistant for the campus’ Children’s Center to event student supervisors for the Recreational Sports Center. Most jobs on campus start paying anywhere from $6.75 per hour and up and usually generate between 10 to 20 hours of work per week.

Social science senior Christy Wenning works for the human resource department at ASI and said they are continually hiring students and have approximately 400 student employees.

"ASI totally works around your schedule and we have a policy that students don’t work more than 20 hours per week," Wenning said. "Most student employees generally begin around $7.50 per hour and can make up to $10 or $11 per hour as student managers." Wenning said. Positions are available in the Recreational Sports Center, the Children’s Center and the University Union, typically yearlong.

By logging on to ASI through my.calpoly.edu, students are able to browse the job listings and apply online for easy accessibility. The Tribune classified pages are filled with multiple jobs ranging from all areas of expertise. From bank tellers, to lifeguards, to food servers, you are guaranteed to find something that suits your need.

Another alternative is to use Slopjobs.com. By logging on and registering for a free account, people have access to hundreds of jobs available around town. With almost 2,000 registered San Luis Obispo employers seeking new applicants, students are bound to find something that works for them.

Although classified ads and Slopjobs.com have more of a selection to choose from, most companies aren’t as lenient as ASI is with school schedules and the pay varies dramatically depending upon the company.

For those who prefer to make their own schedule, working odd jobs can be beneficial. Web sites such as Craigslist.com and Cal Poly’s Mustang Jobs on my.calpoly.edu allows people to post work as they need it with the pay depending on the job. From babysitting, to housecleaning, to yard work, and even internships opportunities, these Web sites make it easy for students to work odd jobs and choose the work they want to do.

Depending on the type of person you are and the availability of hours you are able to work, there should be a job that fits everyone in this. From working at a restaurant or working in retail or being the handy librarian on campus, the work for students is out there and it’s up to you to go find it.

Please be respectful and do not abuse this site.
Jandy Jones
MUSTANG DAILY

Fear comes in many forms. It can be anything from fear of heights to being scared of spiders. But for some students at Cal Poly, fear could result from not being able to register.

It is a state requirement that all registered students have proof of immunization against Hepatitis B, measles, mumps and rubella. If not, there will be consequences.

“It will ultimately result in a registration hold,” said Lori Williams, medical record supervisor at the Health Center.

Transfer students and incoming freshmen must have proof of those immunizations before their second quarter at Cal Poly, she said.

Because immunization against Hepatitis B is done in a series that takes about six months, students must show proof of the first shot before the start of their second year. Williams said.

“Most students in California schools had to have the shots by the time they were in high school,” she said.

The reason that these particular diseases have to be immunized against is because they are very communicable, she said. That means that they are airborne and can easily pass with close contact.

A disease like the three-day measles can have long-term effect like birth defects, Ruiz said. It is done after 1980.

“Most students in California schools had to have the shots by the time they were in high school,” she said.

The reason that these particular immunizations must be done is because they are very communicable, she said. That means that they are airborne and can easily pass with close contact.

Williams recommends that students make sure they have an updated tetanus and diphtheria immunization. A test against tuberculosis is also a good idea, she said.

Students used to be notified by mail to turn in proof of immunizations but will now be sent a reminder by e-mail because it is the official means of communication.

“The difficulty for us has been getting notification out,” she said, adding that many postcard reminders were returned due to wrong addresses.

The requirement for immunization is also in the Cal Poly catalog under the newly admitted section, she said.

For questions concerning immunizations contact the Health Center at 756-1211 or check it out online at www.hcs.calpoly.edu.

Immunizations

Incoming students must have proof of all of the following immunizations before their 2nd year at Cal Poly:

- Hepatitis B
- Measles
- Mumps
- Rubella

Monica Yamamoto, Mustang Daily

Mustang Daily
WE TACKLE THE ISSUES

Myths continued from page 51

This is totally untrue, and I find it personally insulting. Women are perfectly capable of making their own decisions and cannot be swayed by some guy at a bar just because he is old enough to buy her a Smirnoff! Triple Black Girls, you should be offended by this too! In fact, I say we start a support group All of you freshmen girls come to my apartment tonight, and we can discuss this travesty. I’ll get the Triple Black.

Myth 4: The Freshman 15

Does not exist, so don’t worry about it. Party on, freshmen, party on.

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January 2nd

February 1st

(Copy)
Don't get arrested; know SLO's unusual laws

Emily Rancer
MUSTANG DAILY
Living in a new city can be confusing at first. But things can get even more confusing if you violate a law that you didn't even know existed.

The city of San Luis Obispo and Cal Poly have many laws and ordinances that, to an incoming student, are hard to know.

Forget to shower for a few days? Then skip your next trip to any San Luis Obispo County's 14 public libraries and bookmobiles. In 2005, the San Luis Obispo County Board of Supervisors approved an ordinance allowing authorities to kick out "malodorous guests." Visitors can also be asked to leave for fighting, eating, drinking, sleeping, playing games and printing or viewing illegal materials on library computers, according to a March, 2005 Associated Press article.

If you'd rather hang out downtown than at the local library, make sure to bring a watch. Another city ordinance prohibits sitting on a public bench downtown for more than an hour.

"What that law is really about is a sort of a combination of people who are the transient type that take up the benches with all of their stuff and try to pushhandle," said San Luis Obispo Police Department Captain Dan Blank.

"Visitors are given tickets but not arrested," Blank added.

Ok, so you don't want to sit around downtown — you'd rather be on the move. That's fine, as long as you're not moving on a skateboard.

"You can't be allowed on a skateboard downtown at all," Blanke said. The downtown area, as defined by SLOPD, is a rectangle formed by Santa Rosa, Pacific, Nipomo and Palm streets.

"The whole reason for that is all the additional foot traffic downtown," Blanke said. "It's for the safety of pedestrians."

Cal Poly has its own laws concerning skateboarding. To avoid injuries, the University Police Department banned skateboarding altogether on campus.

"You cannot skateboard or use skateboards with any kind of wheel devices such as inline skates anywhere on campus," University Police Chief Bill Watton said. "That has to do with safety and the number of students on campus. And we're on kind of a hilly terrain."

As for students who bike on campus, watch out for "walk-zones," which include all of inner Perimeter Drive. University Police officers often ticket bikers who should be walking in those areas.

"It's because of the concentration of pedestrians in there and we don't want the injuries," Watton said.

Bikes aren't the only ones special enough to have their own zones; the university restricts on-campus cigarette use to designated smoking areas too.

"The whole idea is that the whole university does not have a 'smoke' policy," Watton said.

If you're handling a beer in any state buildings and all our buildings are state buildings," Watton said. "Outside, you have to be 20 feet away from any entrance to a building."

While smoking is allowed in its own zone, alcohol is completely prohibited on campus — including the dorms. Resident halls are notorious for kicking out students who dare to stash beer in their rooms. Alcohol is only allowed on campus when there is a university-sponsored event such as baseball games, and those drinking are 21 and over.

"Thinking of heading off campus to drink to avoid on-campus penalties? Make sure to follow these three important rules:

1. Don't be loud. If you're hosting a house party, the police department can slap you with a $550 fine for the first noise violation. Curious what constitutes as noisy?

"It's noise that can be heard 50 feet from the source across a property line," Blanke said.

The fine escalates to $700 for the second offense in 12 months and $1,000 for the third.

2. Don't pee in public. Blanke said that this law is violated more often than you think and can be costly. As with noise violations, the first offense is $350 and can increase to $1,000 by the third time in a 12-month period.

3. Don't have open containers of alcohol in public. Before it or not, you can be cited for this violation by standing on your front porch. A "public" place is considered anywhere that is open to the public, even if you're on private property.

"People are welcome to walk up your sidewalk and knock on your front door," Blanke said. "Just catch a lot of people off guard."

---

San Luis Obispo has several odd laws, including one that bans sitting on public benches downtown for longer than an hour. City law also prohibits skateboarding downtown, which Cal Poly enforces on campus too.
Bikes remain most stolen items on campus

Kristen Marshall
September 15, 2006

Clarissa Delgado kept her bike behind the Sequoia residence hall throughout her freshman year. She kept it with her back tire locked in the racks so she could easily ride away. Throughout the year, she never had a problem and when freshman year ended, her friend volunteered to pick up her bike and store it over the summer.

The only trouble was, when he came by to get it, the bike was missing the front wheel. "It's a good thing I live close to campus," said the architecture junior, since she still hasn't replaced it.

While theft on campus isn't an overwhelming problem, it is still there and bike theft is at the top of the list.

"Between that and alcohol, those are the two things that keep us busy," said University police chief Bill Watto. Many bicycles are stored near the dorms. Watto advises students to not only lock both tires, but to have a good lock. "We don't have a big problem with cars," he said. "People won't break into a car if they don't see something they want."

The Kennedy Library has also been a site for frequent thefts. Judy Drake, a library employee, said people who leave to get something to eat may return to find that their backpack had been stolen. "We have posted signs on every floor that advises students not to leave their stuff unattended," Drake said.

She said in her memory, the worst times of the year are always at the end of fall quarter during finals and the end of spring quarter.

"People are really good about turning stuff in," she said, noting that people will find cell phones and even wallets and turn them in to the front desk.

Upon discovering an item has gone missing, Watto said students should call the University Police Department immediately if on campus, or the San Luis Obispo Police Department off campus.

He advised that students should keep identification numbers for bikes, laptops and other personal items listed somewhere. "We can put that (ID number) in a nationwide database and there's a chance they could get it back," he said.

But to avoid this problem in the first place, Watto said students should only bring what they absolutely need when coming to campus, and to be sure to lock things up, whether it be a bike, a car, a dorm room, etc.

Drake also advised to mark items in a way that the owner can recognize it and not to leave it unattended.

As for Delgado, she believes the campus is pretty safe, particularly in the dorms.

But she does have one piece of advice: "If you're going to lock your bike, lock the front wheel because the back wheel is too much of a hassle to take."
Day in the life of a resident adviser

Jennifer Hall

MUSTANG DAILY

Welcome to the dorms.
Late night study sessions, Backstage Pizza deliveries and movie nights.

For freshmen, it is a once-in-a-lifetime experience that will never be forgotten. It’s the home away from home, but what happens when Mom and Dad aren’t there to help anymore? That’s where the resident advisers come in. Find out what it’s really like for your RA to live with you on a daily basis.

6 a.m.
Veteran resident adviser Benji Borowiec, a computer engineering junior, hits the water with a splash for his first water polo practice of the day. After waking up before the sun, Borowiec knows he has a long day ahead of him.

As a college athlete, balancing classes, friends, practices and tournaments is not an easy task, but Borowiec throws another element into the mix. He is responsible for 33 college freshmen who live on his floor.

8 a.m.
Sprinting from the pool, Borowiec heads to his early morning class. Last year as an RA in Sierra Madre, he often had classes with his residents and other RAs that allowed him to form friendships in an academic setting and find some convenient study buddies.

“I had a lot in common with my residents,” Borowiec said.

10 a.m.

With two hours of grueling practice and two hours of class behind him, Borowiec heads to a weekly meeting with his CSD. The meeting is meant to give Borowiec a chance to express any concerns or problems he has been having with residents and to plan programs and social events.

Last year Borowiec won the Outstanding Program of the Quarter and Best Alcohol Awareness Program award for his “How Well Do You Know Your Roommates” game and root beer pong tournament that included facts about drinking under each cup.

“Getting residents to come to programs is hard but as the year progresses they come more often,” Borowiec said. “I really like trying to go all out.”

Noon
Borowiec takes a quick break for lunch with some residents before his next class. He’s happy to take advantage of his campus meal plan, part of his compensation for being an RA.

Rooms and board for the year is what the resident advisers get in return for working 20 to 25 hours per week. They get their own room in the hall as well.

3 p.m.
After attending his afternoon classes, Borowiec heads back to his room for an afternoon of studying.

“The majority of the day is homework and an occasional nap,” Borowiec said.

However, there are times when duty calls and Borowiec will have to put his studies to aside take care of a resident. Last year he had to call 911 three separate times for residents that had serious illnesses.

“It was really intense,” Borowiec said. “There probably won’t be as many 911 calls this year.”

6 p.m.
After finishing his homework for the day, Borowiec heads to dinner with some fellow RAs that he meant during training.

All resident advisors attend training for three weeks prior to the beginning of the school year where they learn how to properly deal with any potential problems, plan programs and interact with residents.

7 p.m.
Borowiec begins his first set of rounds for the night. He and the other RAs on duty walk the perimeter of the residence hall to make sure everything is in order.

“We look for anything obscene in windows or anything crazy going on,” Borowiec said.

On the nights he isn’t on duty, Borowiec attends a second water polo practice.

9 p.m.
Returning again to the residence halls, Borowiec sits in on the weekly staff meeting with all the RAs to discuss upcoming social events or programs and other issues that have arisen during the week.

10 p.m.
Leaving the weekly meeting early if necessary.

Jason Hall

MUSTANG DAILY

Resident advisers like Benji Borowiec usually work 20 to 25 hours per week. They arrived three weeks prior to the beginning of training.

They arrived three weeks prior to the beginning of training. The RAs were trained to: 1) be able to handle any emergency, 2) know when to call a pro and call for help, 3) know how to interact with residents and 4) know when to turn down loud parties.

With a lot of responsibility comes a lot of stress, but Borowiec says the RA system is hard but as the year progresses they come more often.” Borowiec said. “I really like trying to go all out.”

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RA Survival Guide

continued from page 53

essay.) Borowiec begins his second set of rounds, this time through the halls, shutting doors for quiet hours.

It takes about an hour to go through each hall, making sure that residents are keeping the noise down.

Midnight

With the day gone, Borowiec ends his duty with one last set of rounds. Most of the residents are in their rooms asleep or studying so the rounds go quickly.

U. Texas’ diversity a change for incoming international students

Soonhyong Kwon
Daily Texan (U. Texas)

AUSTIN, Texas — When Frank Wang, an economics freshman from China, moved to the University of Texas campus Aug. 22, 2005, he said the school’s international personality overwhelmed him.

Students and faculty of every race were walking around campus, a scene that was completely new to him.

Wang said he graduated from a small public school that consisted of only 200 students in Teda, a small town in China, and he rarely got the chance to interact with people from different cultures.

The population of the city I lived in was less than 40,000. Now, the number of enrolled students only in this school is more than 45,000. This is ridiculous,” he said.

“T here are many cultural differences between my hometown and U.T. In my town, people would not greet with the others if they do not know each other. In here, however, people say hello to the others every time they see each other. People are really friendly in here. I make friends more easily at U.T.”

Although Wang said UT’s diverse campus inspired him, there were also some differences he doesn’t understand yet.

“Every single night in my hall, people are running, singing and screaming loudly while it really bothers others who try to sleep. I really cannot understand why they do that every night,” he said.

Astronomy freshman Yoo Jai Won said he’s also had the opportunity to experience a different culture on the UT campus, even in his own room. Living in Seoul, South Korea, for most of his life, he interacted with mostly Koreans, he said.

“I live in a supplemental space in Jester West and two roommates of mine are Muslims,” he said. “I grew up as a Christian, so it is very fresh to experience the Islamic culture from my roommates. When they pray to Allah five times a day, the sound of the room suddenly becomes really quiet and sacred.”

2 a.m.

On the weekends, Borowiec has an extra set of rounds to check for residents coming back late from a night out on the town.

He usually checks the bathrooms for any residents that may be sick and makes sure that everything is in order.

“We understand that drinking alcohol is a big part of our culture, but we don’t want it to affect the community,” Borowiec said.

Last year Borowiec didn’t have too many problems.

“I’m looking forward to this year,” Borowiec said. “It’s a lot of fun working with residents and developing friendships.”

Sooner Mustang Daily

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SLO offers options to students without wheels

Jennifer Hall

The first Friday night in San Luis Obispo many car-less students will ask themselves what there is to do. Dinner at one of the popular restaurants, a movie on the big screen, or that party everyone is talking about? But the more important issue is how to get there.

There are a multitude of transportation options open to Cal Poly students including a free bus system, taxis, Safe Ride, biking and of course, good old fashioned walking. SLO Transit is a public bus service that operates within the San Luis Obispo city limits and is free to Cal Poly students with their PolyCard. There are eight different routes that all meet at the Downtown Transit Center located on Palm Street.

The buses stop at two main places on campus in front of Mont Gym and next to the agricultural sciences building on University Drive. There are four other stops on campus: two on Grand Avenue, one in front of the graphic arts building on South Perimeter and one in front of the Alex G. Spanos Stadium on College Avenue.

The buses run every half hour Monday through Friday from 6:30 a.m. to 6:30 p.m. and every hour Saturday and Sunday from 9 a.m. to 6 p.m. There is also a night service available Monday through Thursday that runs from 6:30 p.m. to 9 p.m. SLO Transit estimates that over 1,000 Cal Poly students ride the buses daily when school is in session. They recommend that students rely on the buses to get to school plus ahead in their scheduling to avoid overcrowding, especially in the mornings.

"Don't catch the bus that will get you to class right on time. Plan a half hour early," said SLO Transit dispatcher Syndi Fraser."We will mix out our buses and have no choice but to pass people.

RTA Transit Authority is a countywide public bus system that connects the individual cities of San Luis Obispo County. Monday through Sunday fares vary from $1 to $2.75. All routes operate Monday through Friday from 6 a.m. to 9:45 p.m. and select hours on the weekends. There is a transfer center located on Palm Street and select routes come to Cal Poly in front of Mont Gym.

The City of San Luis Obispo also provides a downtown medley that stops throughout downtown every 15 to 20 minutes. It operates Thursday from 3:30 p.m. to 9 p.m., Friday and Saturday from noon to 9 p.m. and Sunday from noon to 5:30 p.m. Students can ride for 25 cents. In addition to the bus systems there are a variety of shuttle services including Ride-On, Runabout, and Dial-A-Ride.

When all else fails there are seven taxi services that run throughout the country. Two companies are available 24 hours a day: Beach Cities Cab and Central Coast Cab.

To conserve gas and money, many students bike to and from their destinations. San Luis Obispo's mild climate and bike-friendly community make this safe and easy. All buses are equipped with bike racks and bike lanes exist on many high traffic streets.

More information about transportation in San Luis Obispo can be found at www.rideshare.org.

Morning-after pill approved for purchase without prescription

Sara Spivey

May 24, 2010

Women older than 18 will soon be able to purchase the emergency contraceptive pill, called Plan B, without a prescription, as the result of an Aug. 24 decision by the Food and Drug Administration. Plan B often called the morning-after pill, contains the same ingredients used in birth control pills and is taken in a two-tablet dose. When taken within 72 hours of unprotected sex or contraceptive failure, it reduces the risk of pregnancy by 89 percent. "It's a higher dose of birth control that stops the egg from fertilizing," said Patricia Benfield Jones, the San Jose State University Student Health Center pharmacist manager. "It's very effective.

Plan B is available to SJSU students through a prescription from the health center. However, some students say they have not discussed how and when that might change.

The decision to sell the medication over the counter ended a more than three-year back-and-forth struggle between the FDA and Plan B's manufacturer, Barr Pharmaceuticals.

"It's about time they approved Plan B for over-the-counter use," said Henneysey Zander, a senior nursing major.

Zander said the amount of time it took for the FDA to approve the over-the-counter sale was just as much of a political decision as a medical one.

"If it were left up to health-care professionals, it would have been cleared a long time ago," she said. Zander said the privacy afforded to women by removing the process of getting a prescription would lessen the intimidation factor, which might lead to more women choosing emergency contraception instead of taking the risk of getting pregnant.

"It will prevent people from having to go through the trauma of an abortion," she said.

Barr Pharmaceuticals, the manufacturer, originally applied to the FDA for approval of the nonprescription sale of Plan B to women of all ages in 2003. The application was rejected, as was a subsequent application to limit sales to women 16 and older.

Although supporters see the FDA's decision as opening the limited over-the-counter sale of Plan B as a victory, many also think the FDA should still approve Plan B for all ages.

"I think that the FDA could have gone further — the medical community said that Plan B is OK and safe and can be taken by women under 18," said Derek Jackson, chairman of the Pro-Choice Coalition of Santa Clara County. see Plan B, page 60
Welcome Back Students!

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SLO offers ways to relieve stress

Sara Hamilton
MUSTANG DAILY

For a more low-key day, you've practically guaranteed relaxation at Sycamore Mineral Springs, where the beautiful gardens, therapeutic massages, and the historic mineral hot springs can help wash your cares away. For those of you who enjoy a more active style of relaxation, there is also a yoga institute, hiking trails and a labyrinth. Sycamore Springs is located at 1215 Avila Beach Dr. in Avila Beach. Call 595-3702 for more information.

Relaxation can also come from awe-inspiring adventures, like the Sub Seas Tours and Virg's Landing of Morro Bay, which offer a peek at marine life. Virg has whale watching, sport fishing, scuba diving and Kayaking equipment for rent for your day in the ocean. Sub-Sea Tours, also in Morro Bay, offers a chance to see the underwater habitat as well as the abovewater views in a semi-submersible vessel. Call 722-1222 for Virg's Landing and 722-4463 for Sub-Sea Tours.

1. If you want to get good grades, never underestimate the power of having sex with a teaching assistant. I myself have never done it, not do I know anybody who ever has, but don't just see sex as just a really ideal idea? They're older, they'll protect you and help you with class. What better way to get an A+? No, I'm just kidding. Abstinence.

2. Do not, repeat do not think that it is a good idea to eat at Panda Express every day. I know it looks appetizing — and probably free if you have a CartCard — but there's really just no human way to describe how disgusting that is.

3. I did it for a while my freshman year and gained 15 pounds. Not to mention the acte problems came back, and my breath smelled like rotten sweet and your eggplant for a month.

The Central Coast offers some of the state's finest recreational areas. Cayucos State Beach is known for its fishing pier, beautiful waterfront and nearby historical buildings. The Los Osos Oaks State Reserve is famous for its oak trees, some of which date back 700 years. Montaña de Oro State Park boasts over six miles of coastline, trails overlooking the beach, campsites and bike trails. Morro Bay State Park offers boating, fishing, bird watching and golfing. Morro Strand State Beach is home to many kite-flyers and wind surfers because of its reliable winds.

Oceanos Dunes has 1,500 acres of open sand dunes for dune buggy recreation, and it's the only state park in California where vehicles may drive and camp on the beach. Pismo State Beach has six miles of sandy beaches, popular with joggers and surfers. San Simeon State Park has two miles of coastline and is as close as you can camp to Hearst Castle.

Sara Hamilton
MUSTANG DAILY

**COMMENTARY**

**Parents: Don't read this column**

Andi Berlin
ARIZONA DAILY WILDCAT

This column is supposed to contain a secret list of guidelines for the school savvy freshmen who wish to get ahead, may it be at their parents' expense. These are ideas so hot, so salty you'll have to that the name Mary Magdalene four times and put your head with your hand to relieve yourself after you read them — or just eat a potato chip, I guess.

Unfortunately, this list is going to be useless as a program in a headline if it gets read by anyone older than 25. The memories will find out, unleash their powers of embarrassment and coercion, and the next thing you know, you'll be cutting coupons and parking a hand-me-down minivan that says "Mom taxi" in the Tyrell Avenue Parking Garage. I was hoping the funny-looking picture of myself would distract them all, but no parents actually enjoy reading things that look incredibly boring and dull. And I don't think the blaring headline made matters any better. (Blame copy.)

Here is my last effort: Did you know the sociopolitical ethnography of the Iowans, Americans exceptionally able have been climbing at an astronomical rate since the Paleolithic period? There, parents hate to hear about that stuff. Now that it's just us, we can get down to business. Here are some things you need to know but never ever, ever want your parents to know you know.

1. If you want to get good grades, never underestimate the power of having sex with a teaching assistant. I myself have never done it, nor do I know anybody who ever has, but doesn't just see sex as just the really ideal idea? They're older, they'll protect you and help you with class. What better way to get an A+? No, I'm just kidding. Abstinence.

2. Do not, repeat do not think that it is a good idea to eat at Panda Express every day. I know it looks appetizing — and probably free if you have a CartCard — but there's really just no human way to describe how disgusting that is.

3. I did it for a while my freshman year and gained 15 pounds. Not to mention the acte problems came back, and my breath smelled like rotten sweet and your eggplant for a month.

The right to privacy isn't just in the Constitution because soldiers had to be quartered; it's because nobody wants to make small talk that they've been there seem like a random idea? You're older, they'll protect you and help you with class. What better way to get an A+? No, I'm just kidding. Abstinence.

There, I hope that helped a little bit. You've still probably gone to look like an idiot, trip on your face and make out with a yoked a few times before you get a hang of the whole college thing. But maybe these words of wisdom will temper your fall a little bit. At the very least, you now know just a little more about the ethnography of Iowans. Study hard!

**Plan B**

continued from page 59

She said that she has been able to get emergency contraception in a timely manner without having to tell their parents is something that is difficult for teenagers.

"There's always some teens who know how to access services, but up it's really is a big barrier," Jackson said.

Marla Fromm, an SJC campus counselor for Family Nurse Campus Services, said that this is a difficult people that the medication might be housed if it, you can read available, especi-

Call 544-2000 to hear about all of your options.

Drop-ins welcome • 175 Santa Rosa Street (across from Santa Rosa Park) in SLO

Free Pregnancy Testing
Ethnic eating cures hamburger boredom

Kevin Cuneo

If you are bored with your everyday burger and fries, try some of these local eateries that offer delicious ethnic foods.

MEXICAN
For the most authentic Mexican food on the Central Coast, take a drive up U.S. Highway 1 through Morro Bay and stop at the Chapala Market. Everything offered is high on flavor and low on cost. While the burritos and tacos are delicious, try their tamales or chiles reyes for a real treat. Everything is prepared quickly, which makes Chapala perfect for a fast lunch or a quick bite between surf sessions.

Taco de Mexico offers the most delicious Mexican food in San Luis Obispo for breakfast, lunch and dinner. Although the flavor may not be as authentic as Chapala Market, its convenient location on Santa Rosa Street makes Taco de Mexico one of the most popular Mexican restaurants in town. Taco de Mexico is also quick and low-cost which makes it a great place to grab a bite between classes. If you’re tired of the same old turkey sandwiches try one of Taco de Mexico’s tamales.

If you are in the mood for a sit-down Mexican experience, check out Pepe Delgado’s Mexican Restaurant. Pepe’s offers a huge menu with several different combinations to suit any mood. In addition to great Mexican food, Pepe’s has a full bar with great specials on drinks, especially Margaritas, during happy hour.

ITALIAN
Hands down, Café Roma has the best Italian food in San Luis Obispo. By combining an elegant atmosphere with authentic Italian dishes, Café Roma delivers one of the most pleasant dining experiences on the central coast. In addition to a perfectly sized menu of pastas, pizzas and meat dishes, Café Roma has an extensive wine list with selections from throughout Italy and the world.

If you are in the mood for a short drive out to Pismo Beach try Giuseppi’s Italian Restaurant on Price Street. By offering daily specials and a nice wine list, Giuseppi’s has become one of the most popular Italian restaurants in San Luis Obispo County. Fresh seafood dishes and a wide variety of pastas give Giuseppi’s top marks in menu variety. The restaurant just opened up a second spot in downtown San Luis Obispo on Monterey Street.

Located in the heart of downtown San Luis Obispo, Vieni Vei Trattoria’s patio dining combined with authentic Italian cuisine makes it one of the most well-liked restaurants in the city. With great deals on wine and daily specials, Vieni Vei is a great place to have an authentic Italian meal without breaking your pocketbook.

ASIAN
Yanagi Sushi is able to take top honors in this enormous category by offering unique and tasty dishes at reasonable prices. Yanagi’s chefs create colorful and one-of-a-kind sushi rolls that will please eaters of all palates. If you are not in the mood for something spicy, sweet or just tasty, Royal Thai Restaurant will always satisfy your needs. Royal Thai offers a huge variety of authentic Thai cuisine, which include some delicious soups.

Golden Gong restaurant offers great Chinese food at reasonable prices whether you are sitting down or just getting some takeout. With a variety of Szechuan dishes, Golden Gong is the most complete Chinese restaurant in San Luis Obispo, delivering unique taste with every selection. To make the unbeatable Baba Gluonig even better, Oasis has live belly dancing every Friday and Saturday night.

For a great place to grab some Greek grub, go to Jaffa Café on Higuera Street, just a few blocks away from the downtown center. The pitas and gyros at Jaffa are delicious, but the entire menu offers a variety of great choices.
Rancer’s Recipes

Just because you’re a new student doesn’t mean you have to
be confined to boxes of Easy Mac and expired bags of pop-
corn. A spin of creativity can
turn any typical dorm room snack into a tasty (and quick)
bite to eat.

Not-So-Common Ramen
Salad
• 1 package Top Ramen
(your favorite!)
• 4 cups spinach leaves, torn
• 3/4 cup cooked and diced
chicken (found in grocery
store’s deli section)
• 1/2 cup grapes, halved
• 1 red bell pepper, cut into
strips
• 1/4 cup canned mandarin
oranges, drained
• 1/4 cup onion, diced thinly
• 1/4 cup bottled vinaigrette
dressing

Cook noodles according to
package directions, but do not
add flavor packets. Drain, cool,
and cut noodles up slightly.
Combine with other salad
ingredients in a large bowl. Add
dressing just before eating.

Popcorn Trail Mix
1 bag popped popcorn
1/4 cup raisins
1/4 cup banana chips
1/4 cup chocolate chips
1/4 cup peanuts

Combine all ingredients. Store in sealed container or
plastic Ziploc bag to keep fresh.

Be creative when you hit the
grocery store aisles to find your
own additional trail mix
favorites.

Toppers for Your
Breakfast, Lunch or Dinner
Bowl of Oatmeal
As a freshman, you’ll find that
anything easily microwavable,
like cereal, is an instant suc-
cess. But try these toppings to
add more flavor to your next
bowl:
• Diced dried apricots and
honey
• Coarsely chopped apples
and brown sugar
• Bananas and maple syrup
• Semisweet chocolate chips
• Strawberry jam

Rancer’s Recipes are available online at www.mustangdaily.net.
Guide to San Luis Obispo County restaurants

Amy Asman
Jennifer Hall

Bon Temps Creole Café
1000 Olive St.
San Luis Obispo
(805) 544-2000

Cuisine: Creole

Hours: Daily, 7 a.m. – 2 p.m., 5 p.m. – 9 p.m.

House Specialty: Gumbo and red beans and rice

Student Special: Steak and egg special before 9 a.m. for $5.99

About Us: This traditional Louisiana style restaurant offers unique meals such as jambalaya, egg benedict, corn bread and blackened peanuts for affordable prices. They can seat large parties and they cater for big events.

$ California Pizza Kitchen
876 Market St.
San Luis Obispo
(805) 744-0790

Cuisine: Pizza, Italian

Hours: Sunday – Wednesday, 11 a.m. – 10 p.m.; Thursday – Saturday, 11 a.m. – 11 p.m.

House Specialty: Barbecue Chicken Pizza

About Us: California Pizza Kitchen just opened in August 2006 and includes a full service counter bar with specialty drinks in addition to the distinct CPK pizza favorites.

$ Chino’s Mexican Bistro
892 Ninth St.
San Luis Obispo
(805) 544-8086

Cuisine: Mexican

Hours: Daily, 11 a.m. – 10 p.m.

House Specialty: Tostada supreme and fish tacos

Student Special: Game nights and other student specials coming soon

About Us: Chino’s Mexican Bistro opened in July 2006 and is family owned and operated.

$ Cork ‘n’ Bottle Liquor Store
774 Football Blvd.
San Luis Obispo
(805) 543-8637

Cuisine: Hamburgers, deli sandwiches, liquor

Hours: Weekdays, 7 a.m. – 11 p.m.; Weekends, 7 a.m. – 2 a.m.

House Specialty: Cheesburger special with fries and a drink for $3.99

About Us: Cork ‘n’ Bottle has the best prices and selection of kegs around but they will ID fake IDs and prosecute offenders.

$ Crushed Grape Wine & Gifts
319 Madonna Rd.
San Luis Obispo
(805) 544-4449

Cuisine: Deli

Hours: Daily, 11 a.m. – 6 p.m.

House Specialty: Hoe pastrami and turkey melt

Student Special: $1 off each sandwich with student ID

About Us: The Crushed Grape offers gifts, handcrafted cookies, sandwiches and other specialties that they deliver to Cal Poly’s campus.

$-$$ Cuginis Pizzeria & Ristorante
3810 Broad St.
San Luis Obispo
(805) 744-9999

www.cuginisspizza.com

Cuisine: Italian, pizza

Hours: Monday – Thursday, 11 a.m. – 9 p.m.; Friday – Saturday, 11 a.m. – 9:30 p.m.; Sunday, 11 a.m. – 8 p.m.

House Specialty: Slice of pizza, salad and drink for $7

About Us: Cuginis features fast homemade Italian food for affordable prices. They also cater large parties.

$ EP Koberl at Blue
998 Monterey
San Luis Obispo

About Us: EP Koberl at Blue is the perfect place to stop by for food and drinks before the parties start.

$ Higher Groundz
3320 Broad Street, San Luis Obispo, CA

Coffee Shop & Deli

Buy 1 drink, get the 2nd of equal or lesser value FREE

Get your total coffee shop experience!

Pizzeria Cugini’s

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(805) 784-9999

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Econo Lodge

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- Free local calls
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Breathe deeply. We’re not far.
Guide continued from page 41

Cuisine: Asian, Mediterranean, Californian

Hours: Monday - Wednesday, 11:30 a.m. - Midnight; Thursday - Saturday, 11:30 a.m. - 2 a.m.; Saturday - Sunday, 4 p.m. - 2 a.m.

House Specialty: Scarred ale with a miso-honey glaze and "blue fried rice" glazed with a wasabi sauce.

Student Special: Nightly specials.

About Us: Owner and chef Erich Koberl, the former executive chef at Donald Trump's Taj Mahal in Atlantic City, has created a contemporary dining experience featuring five music four nights a week and a "terroir cuisine," made up of the finest ingredients and wines from around the world.

$55

Gus's Grocery & Deli
1638 Dix St.
San Luis Obispo
(805) 541-8165

Cuisine: Deli sandwiches

Hours: Monday - Friday, 7 a.m. - 8 p.m.; Saturday, 8 a.m. - 9 p.m.; Sunday, 9 a.m. - 7 p.m.

House Specialty: Chicken teriyaki sandwich on Tuesday and hot tri-tip with sake sandwich on Wednesdays.

Student Special: Coupons available through Cal Poly coupon books.

About Us: Gus's has been voted "Best Deli" for the past 17 years by the New Times for serving their sliced, fresh to-order sandwiches.

$ High Street Market & Deli
360 High St.
San Luis Obispo
(805) 541-4738

Cuisine: Deli sandwiches

Hours: Monday - Saturday, 9 a.m. - 5 p.m.; Sunday, 10 a.m. - 3 p.m.

House Specialty: California turkey sandwich and spring club sandwich.

Student Special: 4:20 special, all sandwiches are $4.20 after that time daily.

About Us: High Street Deli serves specialty meats and cheeses fresh daily to the tune of great music.

$ Holbrah Restaurant
571 Embarcadero
Morro Bay
(805) 772-2411

Cuisine: Sandwiches, salads, soup

Hours: Daily, 11 a.m. - 9 p.m.

House Specialty: Hand carved roast beef sandwiches and fish and chips.

About Us: This Morro Bay restaurant & deli has been serving Cal Poly students for over 35 years.

Their patissons, turkey, ham and roast beef French dips are completed with a view of Morro Bay and the Morro Rock from their waterfront dining room.

$ Laguna BBQ & Brew
11560 Los Osos Valley Rd.
San Luis Obispo
(805) 547-1485

Cuisine: Barbecue

Hours: Sunday - Thursday, 9 a.m. - 11 p.m.; Friday - Saturday, 9 a.m. - 12 p.m.

House Specialty: Cheeseburgers and tri-tip sandwiches

Student Special: $2 pitchers of beer on Wednesdays from 7 p.m. to 10 p.m.

About Us: The Laguna BBQ & Brew serves delicious hamburgers, sandwiches and BBQ items and a big screen television.

$ Le Ciel Crepe Café
3211 Broad St.
San Luis Obispo
(805) 763-2013

www.lecielcrepes.com

Cuisine: Savory crepes

Hours: Daily, 11 a.m. - 8:30 p.m.

House Specialty: Crepes

Students Special: Discount with SLO Passport

About Us: Le Ciel is a quaint, French-style café that serves California-inspired cuisine using flavors from around the world ranging from Latin to Thai. They also serve sandwiches, salads, soup and gelato.

All crepes are served with rosemary potatoes and a choice of salad or soup.

S-SS

Louisa's Place
964 Higuera St.
San Luis Obispo
(805) 541-0227

Cuisine: Homestyle breakfast and lunch

Hours: Daily, 6 a.m. - 3 p.m.

House Specialty: Omlettes

About Us: Louisa's has been serving omlettes since the 1950's. The menu features more than 25 different omlettes, French toast, country-fried steak and pancakes for breakfast and burgers, soup and sandwiches for lunch. Breakfast is served until 3 p.m. daily.

$ Mission Grill
1023 Osos St.
San Luis Obispo
(805) 547-5544

www.missiongrill.com

Cuisine: Californian

Hours: Lunch: Monday - Saturday: 11:30 a.m. - 3 p.m.; Dinner: Sunday - Wednesday, 5 p.m. - 9 p.m.; Thursday - Saturday, 5 p.m. - 10 p.m.; Sunday brunch, 10:30 - 1:00

House Specialty: Fresh fish, steak

see Guide, page 66

High Street Deli
1119 Garden Street
San Luis Obispo, California

Phone: 805-543-1813

www.higsthreetdeli.com

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www.downtownbrewingco.com

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• Pet friendly rooms available
• 2 blocks from ocean
• Encampadero, shops & restaurants

Econo Lodge South

• Tastefully appointed quiet rooms
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**Cad's Bar & Grill**

1065 Los Osos Valley Rd. (In Vons shopping center)

- French Toast Friday Nights
- Saturday Night $1 Tecate & PBR
- Sunday Brunch $5 Endless Mamosa w/ Breakfast
- We Also Carry 12 Different Kinds of Beer & Hot Sake

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**Kona’s Deli**

Home of the SurfSandwich

Voted One of the Best Sandwich Shops in SLO by Cal Poly Students ’05 & ’06

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**Mustang Daily DINING**

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**Guide**

continued from page 65

Student Special: Happy hour with half price drinks, $4 cocktails and half price appetizers, Monday - Thursday, 2 p.m. - 6 p.m. and all day Fridays.

About Us: Located next door to the Mission de Tolosa the Mission Plaza and the San Luis Creek. The award-winning restaurant has been featured in Sunset Magazine, Wine Spectator, The New York Times and Eater Dill.

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**Natural Café**

Fixe Wine Dinners
Friday Night Prix of Cambria

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**Robin’s**

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**Otter Rock Café**

885 Embarcadero
Morro Bay
(805) 772-1420
www.morrobay.com/otterrock-cafe/

Cuisine: Seafood
Hours: Daily, 8:30 a.m. to 9 p.m. (bar closes at 2 a.m.)

House Special: Fish special
Student Special: Karaoke Night
on Tuesdays at 9 p.m. and Ladies Night on Thursdays beginning at 7 p.m.

About Us: Otter Rock Cafe, overlooking Morro Bay's scenic harbor, features fine food, a full bar and live entertainment. Serving breakfast, lunch and dinner, Otter Rock features an extensive Kid's menu, steaks and seafood, chicken and a variety of other dishes.

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**Panolivo**

1009 Monterey St.
San Luis Obispo
(805) 545-8700
www.panolivo.com

Cuisine: French, Mediterranean
Hours: Daily, 8 a.m. to 10 p.m.

House Special: Chicken Cordon Bleu

Student Special: Continental breakfast served Monday through Saturday at the bakery counter 9:30 - 11 a.m.

About Us: “Just like in Paris!” This “upscale French bistro ... with a California flair” has a full bar and bakery packed with more than 140 French and San Luis Obispo County wines and gourmet house-made pastries and desserts. While the menu ranges on the more expensive side, Panolivo is the perfect place to enjoy the comfort of your outdoor patio, states the restaurant’s Web site, www.morrobay.com/otterrock-cafe/.

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**The Pita Pit**

858 E. Foothill Blvd.
San Luis Obispo
(805) 543-7482
www.pitapitusa.com

Cuisine: Fresh pita sandwiches and drinks

Hours: Daily, 11 - 3 a.m.

House Special: Special Sauce (it’s a house secret) on a build-your-own pita

Student Special: Pita Pit has discounts for large catering events and it sometimes has a joint program with Domino’s if it gives

see Guide, page 67
away free pitas.
delivery and event catering.
the Pita Pit also offers home
healthy eating" location is a late
n invention, this new "Fresh thinking,
night favorite among Cal Poly stu-
sport bar.
ners. The Pita Pit also offers home
downtown area employees do
the rave at this college favorite.
receive a
receive a

Pizza Solo
801 Higuera St.
San Luis Obispo
(805) 544-8786
Cuisine: Italian
Hours: Daily, 11 a.m. to 9 p.m.
House Special: Cheesy garlic breadsticks and the calzones are all
the rave at this college favorite.

Splash Café
1477 Monterey St.
San Luis Obispo
(805) 544-7567
Cuisine: Splash Café
Hours: Daily, Breakfast/lunch 9

Taco Roco
281 Santa Rosa St.
San Luis Obispo
(805) 543-2810
Cuisine: Mexican
House Special: Carne Asada burrito
Student Specials: There is a list
promotions and coupons on Taco

Taj Palace
795 Foothill Blvd.
San Luis Obispo
(805) 543-0722
Cuisine: Indian
Hours: Daily, Breakfast/lunch 9

Mustangs Place
801 Higuera St.
San Luis Obispo
964 Higuera St. SLO • 805-541-0227
Cuisine: Red Beans & Rice
and an assortment of drinks.

726 higuera street san luis obispo, ca 93401 543.3986
visit www.novorestaurant.com for more info
Dining

Polly Campus on Foothill Blvd. The restaurant has an intimate atmosphere and plenty of seating for large groups.

Woodstock's Pizza
1006 Higuera St.
San Luis Obispo
(805) 541-4420
www.woodstocksl.com
Cuisine: Pizza, salads
Hours: Monday - Wednesday, 11 a.m. - 11 p.m.; Thursday - Saturday, 11 a.m. - 2 a.m.; Sunday, 11 a.m. - midnight
House Special: "The BBQ Bird Pizza loaded with barbecued chicken, red onions, bacon, extra cheese and barbecue sauce.
Student Special: Check the Web site for Mustang Deals and coupons.

About Us: Located right in the heart of downtown San Luis Obispo, Woodstock's Pizza is one of the restaurants in a small family-owned chain that dots the California coast. A local hangout for college students and families alike, this neighborhood favorite specializes in unusual pizzas and cold beers on tap.

Yanagi Sushi
1203 Marsh St.
San Luis Obispo
(805) 541-3383
Cuisine: Sushi
Hours: Monday - Saturday, 11:30 a.m. - 2:30 p.m., 5 - 10 p.m.; Sunday, 3:30 - 9:30 p.m.
House Special: Any of the house rolls are worth a try, especially the Crunchy Dragon roll.
Student Special: There is no student discount, but the dinner combination gives diners a choice of a special roll and house nigi for about $20.

About Us: Check out Yanagi Sushi in the Scolari's shopping center for some killer sushi. While the menu may seem a little pricey, having fresh fish and vegetables is worth the extra buck. Yanagi doesn't accept reservations so show up early for a seat at one of San Luis Obispo's most popular restaurants.

SS-SSS

MARK WEISS NSIDIAZ

Dollar M Menu

i'm lovin' it
Kevin Camero

MUSTANG DAILY DINING

September 15 - 22, 2006

Ethnic eating cures hamburger boredom

If you are bored with your every­day burger and fries, try some of these local eateries that offer delicious ethnic foods.

MEXICAN

For the most authentic Mexican food on the Central Coast, take a drive up U.S. Highway 1 through Morro Bay and stop at the Chapala Market. Everything they offer is high on flavor and low on cost. While the burritos and tacos are delicious, try their tamales or chilies leyenos for a true taste of the old dryer sandwiches try one of Taco de Mexico's tortas.

If you are in the mood for a sit-down Mexican experience, check out Pepe Delgado's Mexican Restaurant. Pepe's offers a huge menu with several different combinations to suit any mood. In addition to great Mexican food Pepe's has a full bar with great specials on drinks, especially Margaritas, during happy hour.

Located in the heart of downtown San Luis Obispo, Vieni Vei Trattoria's patio dining combined with authentic Italian cuisine makes it one of the most well-liked restaurants in the city. With great deals on wine and daily specials, Vieni Vis is a great place to have an authentic Italian meal without breaking your pocketbook.

If you are in the mood for a short drive out to Pismo Beach try Guiseppe's Italian Restaurant on Price Street. By offering daily specials and a nice wine list, Giuseppe's has become one of the most popular Italian restaurants in San Luis Obispo County. Fresh seafood dishes and a wide variety of pastas give Giuseppe's top marks in menu variety. The restaurant just opened up a second spot in downtown San Luis Obispo on Monterey Street.

For a great place to grab some Greek grub, go to Jaffa Café on Higuera Street, just a few blocks away from the downtown center. The pitas and gyros at Jaffa are delicious, but the entire menu offers a variety of great choices.

MEDITERRANEAN

With a beautifully designed dining room and authentic Mediterranean cuisine, Oasis Moroccan Cuisine has one of the most unique restaurants on the Central Coast. Oasis has an extensive authentic menu, which delivers unique taste with every selection.

Whether you are in the mood for something spicy, sweet or just tasty, Royal Thai Restaurant will always satisfy your needs. Royal Thai offers a huge variety of authentic Thai cuisine, which include some delicious soups.

Golden Gong restaurant offers great Chinese food at reasonable prices whether you are sitting down or just getting some takeout. With a variety of Szechuan dishes, Golden Gong is the most complete Chinese restaurant in San Luis Obispo.

HAPPY HOUR

Across from the Mission

B.B.Q

Vegetarian

Tacos

Burgers

Gyros

Garlic Chicken

Souvlaki

Live Music!

Thursday thru Sunday

(805) 543-5555 • 778 Higuera St. SLO • Inside the Network

FREE PATTY UPGRADE

WITH CAL POLY ID CARD

Santa Rosa @ Olive

1075 Olive

San Luis Obispo

Set a table for three at the one-of-a-kind sushi rolls that will please eaters of all palates. If you are not in the mood for something raw, Yanagi has a wide selection of baked sushi rolls as well as several soups and tempura dishes.

Located in the heart of downtown San Luis Obispo, Café Roma has the best Italian food in San Luis Obispo. By combining an elegant atmosphere with authentic Italian dishes, Café Roma delivers one of the most pleasant dining experiences on the central coast. In addition to a perfectly sized menu of pastas, pizza and meat dishes, Café Roma has an extensive wine list with selections from throughout Italy and the world.

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Rancer’s Recipes

Just because you’re a new student doesn’t mean you have to be confined to boxes of Easy Mac and expired bags of popcorn. A spin of creativity can turn any typical dorm room snack into a tasty (and quick) bite to eat.

Not-So-Common Ramen Salad

- 1 package Top Ramen (your favorite!)
- 4 cups spinach leaves, torn
- 3/4 cups cooked and diced chicken (found in grocery store’s deli section)
- 1/2 cup grapes, halved
- 1 red bell pepper, cut into strips
- 1/4 cup canned mandarin oranges, drained
- 1/4 red onion, sliced thinly
- 1/4 cup bottled vinaigrette dressing

Cook noodles according to package directions, but do not add flavor packets. Drain, cool, and cut noodles up slightly. Combine with other salad ingredients in a large bowl. Add dressing just before eating.

Popcorn Trail Mix

- 1 bag popped popcorn
- 1/2 cup banana chips
- 1/2 cup chocolate chips
- 1/2 cup peanuts

Combine all ingredients. Store in sealed container or plastic Ziploc bag to keep fresh. Be creative when you hit the grocery store aisles to find your own additional trail mix favorites.

Emily’s cooking tip of the week:

Some argue that by adding more flavor to your meal, you'll be less hungry afterwards. While on-campus food can often be bland, try spicing it up whenever possible to avoid the extra pounds that everyone’s been warning you about. Don't forget that fresh foods, such as fruits and vegetables, can be easily taken over by packaged alternatives. Instead, pack your fridge with the good stuff and stay healthy!

The home of the Original BBQ Chicken Pizza now has a new home in San Luis Obispo.

The Cliffs Resort

Sunday Brunch and Jazz

Live Music 10:00am - 2:00pm every Sunday
Exhibition Omelets and Pasta
Chef’s Carvery
Salad, Smoked Salmon, Sushi, Fruit & Cheese Buffet
Exhibition Belgian Waffles

Seafood Market - Crab legs, oysters on the half shell, green lip mussels, little neck clams and prawns.

Brunch Buffet - Eggs benedict, breakfast omelets, fresh fruit,核准的bacon, administrator's choice of scrambled eggs, sautéed chicken with spinach sauce, roast breast of chicken with wild mushrooms, sautéed asparagus with lemon butter.

Latin Buffet - Chile rellenos, tamales, black beans, guacamole, and Chef John’s famous homemade salsa.

Pastry and Dessert Buffet

Sunday Brunch Buffet includes champagne, sparkling cider, juice, coffee and tea $29.50 per person • $23.00 seniors • $19.50 • children 5 – 13 years old

All Day Dining at The Cliffs Resort

Restaurant, Bar & Patio Dining Daily
Breakfast Buffet and a la carte Breakfast Menu
From 6:30 am, Mon.-Fri., and 7:00am - 9:00am, Sat.-Sun.
Lunch Service 11:00 am - 5:00 pm
Dinner Service 5:00 pm - 10:00 pm
Bar Menu & Appetizers 11:00 am - 10:00 pm

The Bar at The Cliffs Resort - cocktails, beer & wine
11:00 am - 11:00 pm, Sun.-Thur., 11:00 am - midnight, Fri., Sat.

The Cliffs Resort’s Famous Happy Hour!

Drink specials and complimentary tacos Monday through Friday 4pm to 7pm

The Cliffs Resort

773-5056 ext.650

2757 Shell Beach Road • Shell Beach, California • www.cliffsresorts.com
**Mustang Daily**

**Dining**

Guide to San Luis Obispo County restaurants

Amy Asman
Jennifer Hall

**Bon Temps Creole Café**
1000 Olive St.
San Luis Obispo
(805) 544-2100

Cuisine: Cajun, Creole
Hours: Daily, 7 a.m. - 2 p.m., 5 p.m. - 9 p.m.

House Specialty: Gumbo and red beans and rice

Student Special: Steak and egg special before 9 a.m. for $5.99

About Us: This traditional Louisiana style restaurant offers unique meals like jambalaya, egg benedict, corn bread and boiled peanuts for affordable prices. They can seat large parties and they cater for big events.

$7

California Pizza Kitchen
876 Marsh St.
San Luis Obispo
(805) 784-0790

Cuisine: Pizza, Italian
Hours: Sunday - Wednesday, 11 a.m. - 10 p.m., Thursday - Saturday, 11 a.m. - 11 p.m.

House Specialty: Barbecue Chicken Pizza

About Us: California Pizza Kitchen just opened in August 2006 and includes a full service counter bar with specialty drinks in addition to the distinct CPK pizza favorites.

$8

Chino's Mexican Bistro
882 Marsh St.
San Luis Obispo
(805) 544-8856

Cuisine: Mexican
Hours: Daily, 11 a.m. - 10 p.m.

House Specialty: Tostada supreme and fish tacos

Student Special: Game nights and other student specials coming soon

About Us: Chino's Mexican Bistro opened in July 2006 and is family owned and operated.

$12

Cork 'n' Bottle Liquor Store
774 Foothill Blvd.
San Luis Obispo
(805) 543-8637

Cuisine: Hamburgers, deli sandwiches, liquor

* Hours: Weekdays, 7 a.m. - 11 p.m., Weekends, 7 a.m. - 2 a.m.

House Specialty: Cheesburger special with fries and a drink for $3.99

About Us: Cork 'n' Bottle has the best prices and selection of kegs around but they will ID, confiscate fake IDs and prosecute offenders.

$12

Crushed Grape Wine & Gifts
419 Madonna Rd.
San Luis Obispo
(805) 544-4449

Cuisine: Italian, pizza

Hours: Monday - Thursday, 11 a.m. - 9 p.m., Friday - Saturday, 11 a.m. - 9:30 p.m.; Sunday, 11 a.m. - 8 p.m.

House Specialty: Slice of pizza, salad and drink for $7

About Us: Cuginis Pizza & Ristorante 3810 Broad St.
San Luis Obispo
(805) 784-9999

www.cuginispizza.com

Cuisine: Italian, pizza

Hours: Sunday - Wednesday, 11 a.m. - 10 p.m.; Thursday - Saturday, 11 a.m. - 10 p.m.

House Specialty: Slice of pizza, salad and drink for $7

About Us: Cuginis features fast homemade Italian food for affordable prices. They also cater large parties.
Guide continued from page 66
(805) 743-1135
Cuisine: Asian, Mediterranean, Californian
Hours: Monday – Wednesday, 11:30 a.m. – 9:30 p.m.; Thursday – Saturday, 11:30 a.m. – 10 p.m.; Sunday, 11 a.m. – 3 p.m.
House Specialty: Seared ahi with a miso-honey glaze and "blue fried rice" glossed with a wasabi beard blue
Student Special: Nightly specials, 10 p.m. until closing
About Us: Owner and chef Erich Koberl, the former executive chef at Donald Trump's Taj Mahal in Atlantic City, has created a contemporary dining experience featuring live music nights a week and a "terroir cuisine," made up of the finest ingredients and wines from around the world.
$5
Gus's Grocery & Deli
1630 Osos St.
San Luis Obispo
(805) 543-8165
Cuisine: Deli sandwiches
Hours: Monday – Friday, 7 a.m. – 8 p.m.; Saturday, 8 a.m. – 9 p.m.; Sunday, 8 a.m. – 7:30 a.m.
House Specialty: Chicken teriyaki sandwich on Tuesdays and hot re-up with salad sandwich on Wednesdays
Student Special: Coupons available through Cal Poly coupon book
About Us: Gus's has been voted "Best Deli" for the past 17 years by the New Times for serving their pastrami, turkey, ham and roast beef French dips are completed with a view of Morro Bay and the Morro Rock from their waterfront dining room.
$5
Laguna BBQ & Brew
11560 Los Osos Valley Rd.
San Luis Obispo
(805) 547-1485
Cuisine: Barbecue
Hours: Sunday – Thursday, 9 a.m. – 11 p.m.; Friday – Saturday, 9 a.m. – 12 p.m.
House Specialty: Cheeseburgers and re-up sandwiches
Student Special: $2 pitchers of beer on Wednesdays from 7 p.m. to 10 p.m.
About Us: The Laguna BBQ & Brew offers delicious hamburgers, sandwiches and BBQ items and a big screen television.
$5
Le Ciel Crepe Café
3211 Broad St.
San Luis Obispo
(805) 783-2033
www.lecielcrepes.com
Cuisine: Savory crepes
Hours: Daily, 7 a.m. – 8:30 p.m.
House Specialty: Crepes
Students Special: Discount with SLO Passport
About Us: Le Ciel is a quaint, French-style café that serves California-inspired cuisine using flavors from around the world ranging from Latin to Thai. They also serve sandwiches, salads, soup and gelato. All crepes are served with roasted rosemary potatoes and a choice of salad or soup.
$5
High Street Market & Deli
390 High St.
San Luis Obispo
(805) 541-4738
Cuisine: Deli sandwiches
Hours: Monday – Saturday, 9 a.m. – 5 p.m.; Sunday, 10 a.m. – 3 p.m.
House Specialty: California turkey sandwich and spring club sandwich
Student Special: $4.20 special, all sandwiches are $4.20 after that date daily
About Us: High Street Deli serves specialty meats and cheeses fresh daily to the tune of great music.
$5
Hofbrau Restaurant
571 Embarcadero
Morro Bay
(805) 772-2411
Cuisine: Sandwiches, salads, soup
Hours: Daily, 11 a.m. – 9 p.m.
House Specialty: Hand carved roast beef sandwiches and fish and chips
About Us: This Morro Bay restaurant & deli has been serving Cal Poly students for over 35 years.
Their pastrami, turkey, ham and roast beef French dips are completed with a view of Morro Bay and the Morro Rock from their waterfront dining room.
$5
Mission Grill
1023 Chorro St.
San Luis Obispo
(805) 547-5544
www.missiongrill.com
Cuisine: California
Hours: Lunch: Monday – Saturday: 11:30 a.m. – 3 p.m.; Dinner Sunday – Wednesday: 5 p.m. – 9 p.m., Thursday – Saturday: 5 p.m. – 10 p.m.; Sunday brunch, 10:30 – 3 p.m.
House Specialty: Fresh fish, steak
see Guide, page 66

Guide continued from page 66
(805) 743-1135
Cuisine: Asian, Mediterranean, Californian
Hours: Monday – Wednesday, 11:30 a.m. – Midnight; Thursday – Friday, 11:30 a.m. – 2 a.m.; Saturday – Sunday, 4 p.m. – 2 a.m.
House Specialty: Seared ahi with a miso-honey glaze and "blue fried rice" glossed with a wasabi beard blue
Student Special: Nightly specials, 10 p.m. until closing
About Us: Owner and chef Erich Koberl, the former executive chef at Donald Trump's Taj Mahal in Atlantic City, has created a contemporary dining experience featuring live music nights a week and a "terroir cuisine," made up of the finest ingredients and wines from around the world.
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House Specialty: Chicken teriyaki sandwich on Tuesdays and hot re-up with salad sandwich on Wednesdays
Student Special: Coupons available through Cal Poly coupon book
About Us: Gus’s has been voted "Best Deli" for the past 17 years by the New Times for serving their pastrami, turkey, ham and roast beef French dips are completed with a view of Morro Bay and the Morro Rock from their waterfront dining room.
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(805) 547-5544
www.missiongrill.com
Cuisine: California
Hours: Lunch: Monday – Saturday: 11:30 a.m. – 3 p.m.; Dinner Sunday – Wednesday: 5 p.m. – 9 p.m., Thursday – Saturday: 5 p.m. – 10 p.m.; Sunday brunch, 10:30 – 3 p.m.
House Specialty: Fresh fish, steak
see Guide, page 66
Guide continued from page 65

Student Special: Happy hour with half price drinks, $4 cocktails and half price appetizers, Monday – Friday, 2 p.m. – 6 p.m. and all day Thursday.


Nautical Bean (Espresso Café)
11560 Los Osos Valley Rd.
San Luis Obispo
(805) 543-3539
www.nauticalbean.com
Cuisine: Coffee shop
Hours: Daily, 6 a.m. to 11 p.m.

House Special: "Our butter- scotch mocha is really good. It's made with homemade butter- scotch," Jones said. He also men- tioned the organic jerk coffees as a house favorite.

About Us: "We've had small, medium and large..." owner Brent Jones said. "We have a great breakfast burrito, and then for lunch, our pesto turkey sandwich is one everyone loves."

Cuisine: Moroccan
Hours: Daily, 11 a.m. to 10 p.m.

House Special: The Moroccan wraps made popular at Farmer's Market. And for a display of tea- pouring prowess, try the jasmine mint tea.

About Us: Escape to a farmyard land of mysterious belly dancers and sand at Oasis, San Luis Obispo's most well-known Moroccan restaurant. Dine under a Middle Eastern 'tent' while enjoying Oasis' s popular lamb curry and watching the SLO Bedeli Dancers twist and turn to the music.

Cuisine: Moroccan
Hours: Tuesday - Saturday, 4-11 a.m. to 10 p.m.

About Us: "Just like in Faris!" This "upscale French bistro ... with a California flare" has a full bar and bakery packed with more than 140 French and San Luis Obispo County wines and gourmet house- made pastries and desserts. While the menu ranges on the more expensive side, Paradiso is the perfect place to go on a romantic date and Sunday champagne brunch.

Cuisine: French, Mediterranean
House Special: Chicken Cordon Bleu
Hours: Daily, 11 a.m. to 3 a.m.

Student Special: Continental breakfast served Monday through Saturday at the bakery counter 9:30 a.m. to 9 a.m.

About Us: "Just like in Paris!" This "upscale French bistro with a California flare" has a full bar and bakery packed with more than 140 French and San Luis Obispo County wines and gourmet house- made pastries and desserts. While the menu ranges on the more expensive side, Paradiso is the perfect place to go on a romantic date and Sunday champagne brunch.

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Guide continued from page 66

away free pitas.

About Us: Originally a Canadian invention, this new “Fresh thinking, healthy eating” location is a late night favorite among Cal Poly students. The Pita Pit also offers home delivery and event catering.

$ Pizza Solo
891 Higuera St.
San Luis Obispo
(805) 544-8766
Cuisine: Italian
Hours: Daily, 11 a.m. to 9 p.m.
House Special: Cheesy garlic breadsticks and the calzones are all the rage in this college favorite.
Student Special: While there is no student discount at Pizza Solo, downtown area employees do receive a 10 percent discount.

About Us: Looking for some reasonably priced Italian food? Try Pizza Solo in the downtown shopping center next to Downtown Centre Cinema. The restaurant’s atmosphere is a cross between an Italian bistro and a neighborhood sports bar.

$ Splash Café
1401 Monterey St.
San Luis Obispo
(805) 544-7567
www.splashbakery.com
And
Pismo Beach
197 Pomeroy
(805) 773-4653
Cuisine: Authentic Cajun/Creole Cuisine
Hours: Daily, 10 a.m. to 8 p.m. (depends on season)
House Special: New England clam chowder in a sourdough bread bowl
Student Special: Splash Café doesn’t offer discounts, but it does post some of its most popular recipes online at www.splashcafe.com, which are great for college students who are trying to save money by eating in.

About Us: Splash Café has been a Central Coast favorite since its grand opening in 1989. With its award-winning clam chowder, fried calamari and fresh baked bread, Splash caters to all ages and all tastes. The restaurant’s popularity even spawned a second location in San Luis Obispo.

$ Taco Roco
281 Santa Rosa St.
San Luis Obispo
(805) 543-2810
www.tacoroco.com
Cuisine: Mexican
Hours: Daily, 9 a.m. to 9 p.m.
House Special: Carne Asada burrito
Student Special: There is a list of promotions and coupons on Taco Roco’s Web site, www.tacoroco.com.

About Us: Taco Roco is home to some of the cheapest Mexican food in town. Its menu includes classic south of the border favorites such as: Carnitas, chile relleno, chicken fajitas, nachos and empanadas. Taco Roco also has a full breakfast menu and an assortment of drinks.

$ Taj Palace
795 Football Blvd.
San Luis Obispo
(805) 543-0722
Cuisine: Indian
Hours: Daily, Breakfast/lunch 9 a.m. to 3:30 p.m.; Dinner 5 p.m. to 10 p.m.
House Special: Any of the curries, Tandoori chicken and Tandoori breads (especially the garlic naan).

Student Specials: For under $6, the lunch buffet is a must.

About Us: Taj Palace is a family owned Indian food restaurant located a couple miles west of the Cal Poly campus.

Splash Café is a lo caly famous breakfast spot and an authentic Cajun/Creole position. Visit Splash Café for some of the cheapest Mexican food in town, which is great for college students who are trying to save money by eating in.

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281 Santa Rosa St.
San Luis Obispo
(805) 543-2810
www.tacoroco.com
Cuisine: Mexican
Hours: Daily, 9 a.m. to 9 p.m.
House Special: Carne Asada burrito
Student Special: There is a list of promotions and coupons on Taco Roco’s Web site, www.tacoroco.com.

About Us: Taco Roco is home to some of the cheapest Mexican food in town. Its menu includes classic south of the border favorites such as: Carnitas, chile relleno, chicken fajitas, nachos and empanadas. Taco Roco also has a full breakfast menu and an assortment of drinks.

$ Taj Palace
795 Football Blvd.
San Luis Obispo
(805) 543-0722
Cuisine: Indian
Hours: Daily, Breakfast/lunch 9 a.m. to 3:30 p.m.; Dinner 5 p.m. to 10 p.m.
House Special: Any of the curries, Tandoori chicken and Tandoori breads (especially the garlic naan).

Student Specials: For under $6, the lunch buffet is a must.

About Us: Taj Palace is a family owned Indian food restaurant located a couple miles west of the Cal Poly campus.
Poly Campus on Foothill Blvd. The restaurant has an intimate atmosphere and plenty of seating for large groups.

Mustang Dining

Woodstock’s Pizza
1000 Higuera St.
San Luis Obispo
(805) 541-4420
www.woodstocksolo.com
Cuisine: Pizza, salads
Hours: Monday - Wednesday, 11 a.m. - 1 a.m.; Thursday - Saturday, 11 a.m. - 2 a.m.; Sunday, 11 a.m. - midnight
House Special: “The BBQ Bird Pizza loaded with barbecue chicken, red onions, bacon, extra cheese and barbecue sauce.”
Student Special: Check the Mustang Deals website for the list of student discounts.
About Us: Located right in the heart of downtown San Luis Obispo, Woodstock’s Pizza is one of the restaurants in a small family-owned chain that dots the California coast. A local hangout for college students and families alike, this neighborhood favorite specializes in unusual pizzas and cold beers on tap. $5

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Yanagi Sushi
1203 Marsh St.
San Luis Obispo
(805) 541-5282
Cuisine: Sushi
Hours: Monday a.m. to 2:30 p.m.; 5 p.m. to 10 p.m.; Sunday, 4:30 - 9:30 p.m.
House Special: Any of the house rolls are worth a try, especially the Crunchy Dragon roll.
Student Special: There is no student discount, but the dinner combination gives diners a choice of a special roll and house nigiri for about $20.
About Us: Check out Yanagi Sushi in the Scolari’s shopping center for some killer sushi. While the menu may seem a little pricey, having fresh fish and vegetables is worth the extra buck. Yanagi doesn’t accept reservations, so show up early for a seat at one of San Luis Obispo’s most popular restaurants. $5-$8

Dollar M Menu
i’m lovin’ it

Forget to pick up a paper?
www.mustangdaily.net

MARK WEBER/staff photographer

The MUSTANG DAILY ONLINE!
Enjoy your last supper at these five restaurants

Jennifer Hall
MUSTANG DAILY

While you've still got your parents — and their wallets — in town, you've got to celebrate over dinner. San Luis Obispo is full of restaurants that the whole family will enjoy and the Mustang Daily set out to find the five best.

Alex Madonna's Copper Café and Steak House

The inn is home to the Copper Café open for breakfast, lunch, and dinner. The hand-carved wood and patterned glass windows offer a comforting atmosphere that complements the menu's homemade favorites.

The café is adjacent to the Pastry Shop and Coffee Bar, which bake French cream puffs, cinnamon pull-aparts, cookies, Danish pastries and one-of-a-kind cakes daily.

For those special occasions, try the oak-pit-barbecued steak or seafood dinner at the Gold Rush Steak House. The inn is especially charming during the holidays when they go all out with decorations.

Wednesday Night Beirut and Kill the Keg ($1 drafts while they last!)

DJs and Dancing on Saturday nights

F. McIntock’s Saloon

The Madonna Inn, named for Alex Madonna who opened the inn in 1958, is a well-known site on the Central Coast. With 109 uniquely decorated rooms and rustic charm,

the inn is home to the Copper Café open for breakfast, lunch, and dinner. The hand-carved wood and patterned glass windows offer a comforting atmosphere that complements the menu’s homemade favorites.

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For vegetarians, the mission of going from hungry to full can sometimes seem downright impossible.

In order to aid practicing vegetarians in their hunt for the perfect meat-free meal, the Mustang Daily has accumulated a list of the best places and plates to get. Whether it's the Garden Grille, Vista Grande, Sandwich Factory, The Avenue or Campus Market, almost all of the food vendors on campus offer some vegetarian options.

"The Garden Grille has an assortment of customized salads that feature Cal Poly produced items," said Alan Cushman, Campus Dining associate director. "There are some wonderful organic, meatless salads, and the kitchen can put all different kinds of things in the dish that make it flavorful like artichoke hearts, capers and olives."

Cushman also mentioned that the Garden Grille has a pasta station and garden burgers as well as certain specialty dishes, such as enchiladas and casseroles, made fresh daily.

Backstage Pizza also offers an assortment of vegetarian foods on its menu, including a full salad bar, cheese pizza, veggie pizza and even cheese-less pizza.

"Occasionally (Backstage) has cheese-less pizzas, which are good for lacto-ovo vegetarians, but most of the pizzas have at least cheese on them," Cushman said.

The Avenue and Campus Market are known mainly for supplying students who use the Western Market, see Vegetarian, page 72.
Parents continued from page 69

Shell Beach Dining House. Well-known for their ranch-style cooking, turkey nuts and water pouring skills, McLintock's is a rare dining experience for the whole family.

Open for breakfast, lunch and dinner every day of the week, McLintock's also participates in downtown San Luis Obispo's Farmers' Market every Thursday night. Stop by for barbecued ribs, burgers, fresh seafood or specialty salads.

Parents, page 74

Corner View Restaurant & Bar

1141 Chorro San Luis Obispo (805) 546-8444 www.cornerviewrestaurant.com

Chosen as one of the "Best of SLO" in the annual New Times' readers poll, the Corner View Restaurant & Bar offers an elegant mission style interior with historic photographs of old town San Luis Obispo and rolling vineyards of Edna Valley and Paso Robles. The restaurant, once the site of a bank, is located in the heart of downtown.

All Day Dining at The Cliffs Resort

The Cliffs Resort's Famous Happy Hour! Drink specials and complimentary tacos Monday through Friday from 5 to 7 p.m.
With the second week of classes now underway for many college students, some might wonder just how they will be able to get through the next few months. With the stress of studying, going to class each day and trying to stay in shape, studies show that many students are turning to energy drinks for increased stamina.

A 2001 survey of more than 1,000 college students found that 22 percent reported using energy drinks, according to the Higher Education Center for Alcohol and Other Drug Prevention.

Three of the Top 10 Carbonated Soft Drinks companies are Red Bull, Hansen Natural and Rockstar, according to a 2006 Beverage Digest report. Red Bull, the seventh-ranked CSD company, showed a 41 percent growth rate in 2005, according to the report.

Hansen Natural and Rockstar also showed dramatic increase in growth at more than 72 percent and 96 percent, respectively.

But just what is an energy drink? An energy drink is a beverage that contains large doses of caffeine and other legal stimulants like ephedrine, guarana and ginseng, according to an online article from Brown University. Energy drinks may contain as much as 80 milligrams of caffeine, the equivalent of a cup of coffee, the article said.

The drinks are marketed to students, athletes and active individuals, between the ages of 21 and 35, according to www.higheredcenter.org. Certain companies, such as Red Bull, are promoting "physical endurance ... reaction speed and concentration ... mental alertness ... overall feeling of well-being ... metabolism [and] stamina," according to the center's Web site.

Most newer energy drinks are getting their charge from more than sugar and caffeine by adding more natural ingredients, according to a 2005 article from DSN Retailing Today.

One such drink, Skiva, was created earlier this year by two University of Arkansas students. Derek Schadle and Stephen O'Brien teamed up to create a blend of fruit juices and green tea for the Culk Food Processors Association Food and Beverage Production Competition. The team did choose to put caffeine in the drink, but said that without the sugar jolt, the customer might not think the energy drink was offering a boost.

"The consumer needs to perceive a benefit," O'Brien said in an earlier interview with the Morning News.

"Trib Energy is a relatively new product that is being marketed specifically to women. The five-calorie, sugar-free drink is sold in a pink can and is a "deliciously crisp and lightly carbonated pink beverage," according to the company's Web site.

The recent spike in popularity of energy drinks has been caused chiefly by an increased awareness in nutraceutical foods and beverages, O'Brien said.

"In short," he said, "people are realizing that food no longer is to just taste good and nourish, but it can also serve a purpose."

O'Brien said that despite the explosive growth of energy drinks, the product has yet to establish itself as a lasting product concept.

"However, it is important to understand that a shift in consumer thinking is beginning to take place," he said.

Energy drink prices are widely variable, partly due to the many various brands and the differences in what they claim to offer, according to www.facexpert.com. For many people, the article said, energy drinks may be too expensive, but that when everything is considered, they may not actually be as costly as they seem.

"Although it might cost more at the outset and come in smaller packages, one energy drink can often easily keep you energized for half a day."

In short, energy drinks are widely available, and students are noting the benefits.
Eating healthy in SLO

Falling into bad eating habits once you move away from home is easy to do, but these healthy options in San Luis Obispo will help you stay fit.

Jemma Wilson

Though you now have the chance to gorge on burgers, candy and soda all you want since Mom and Dad aren’t around, your body may quickly begin to newly formed fat cells. Luckily, San Luis Obispo has many options for good food that is not only tasty but also good for your health.

Don’t want to shop at Campus Market or Albertsons? Fine. Just walk over to New Frontiers at 896 Foothill Blvd. and get a variety of foods that will benefit your diet. If you have a car, drive down to Trader Joe’s at 2977 South Higuera St. and stock up on fresh produce and other organic products.

“I love shopping at Trader Joe’s because they have good dinner options for students and everyone there is really nice and it is all really cheap,” said animal science senior Brent Schneideman.

If you’re thinking about eating out for lunch, check out Mondeo Café at 893 Higuera St., next to Barnes and Noble. It features wraps, salads, skewers and more and is a tasty alternative to the nearby pizza or burger joints.

If you’re not in the mood for that try The Natural Café at 698 Higuera St. where their goal is to serve “the freshest, healthiest, and most natural ingredients available,” according to their Web site. For a delicious, healthy meal if you’re thinking about eating out for lunch, check out Mondeo Café at 893 Higuera St., next to Barnes and Noble. It features wraps, salads, skewers and more and is a tasty alternative to the nearby pizza or burger joints.

Natural Café in downtown San Luis Obispo strives to serve the healthiest food. If you want to stay in, you won’t be disappointed after leaving the place. There are numerous options on the menu for you to choose from, such as the Buddha Burrito, Prime Pesto Pasta or The Local Favorite, a sandwich featuring avocado, lettuce, sprouts, tomato and red onion.

“I love that they have such a variety on their menu and it’s all healthy stuff and reasonably priced,” Schneideman said.

Need some place to go for dinner? There are many options on the menu for you to choose from, such as the Buddha Burrito, Prime Pesto Pasta or The Local Favorite, a sandwich featuring avocado, lettuce, sprouts, tomato and red onion.

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Health continued from page 73

Parents continued from page 71

Apple Farm Restaurant and Bakery has been a favorite stop on the Central Coast for decades. Serving hearty homestyle food, fresh pastries and pies, the restaurant is well known for traditional favorites like chicken and dumplings, turkey pot pies and biscuits and gravy. The prime rib and fresh seafood followed by the signature dessert of hot apple dumplings all add to the Country Victorian atmosphere.

The restaurant also offers box lunches for day trips around the Central Coast and a cocktail hour on the outdoor dining patio. Located directly adjacent to the Apple Farm Inn, the restaurant is open from 7 a.m. to 10 p.m. on Friday and Saturday.

Apple Farm Restaurant and Bakery
2015 Monterey Street
San Luis Obispo
(805) 544-6186
www.applefarm.com/dining

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Pratt O'Brien

Energy drink continued from page 72

or more while other drinks last for only one or two hours," the article said.

There is a good deal of debate over the health issues associated with energy drinks, specifically when used in combination with alcohol, O'Brien said. Energy drinks are stimulants and alcohol is a depressant, so the combination of the two can be dangerous, he said. The stimulant effects can mask how intoxicated you are and prevent you from realizing how much alcohol you have consumed, he said.

"Energy drinks and alcohol are very dehydrating and...this...can hinder your body's ability to metabolize alcohol and will increase the toxicity and, therefore, the hangover the next day," O'Brien said.
How to eat healthy with a campus meal plan

Nicole Small

Going away to college means the end of home-cooked meals and well-stocked kitchens. It may be easy to fall into the Top Ramen routine, but with some searching, Cal Poly can offer many healthy options.

Without parents directly buying food, students have the option of eating healthy or not so healthy, said Nancy Williams, the director of Campus Dining.

Friday: Foods most popular to students’ palates were grilled foods, salads and soups.

Amid the trench fries, oversized waffles and cinnamon rolls, a healthy bite to eat isn’t hard to find.

The Avenue offers Chinese food with healthier dishes that include brown rice with steamed vegetables or beef broccoli. Of course, the orange chicken is good, but only for an occasional splurge.

The Avenue also offers pre-made salads and wraps for less than $.50. For students can take advantage of the many salad bars offered on campus at The Avenue, Backstage Pizza and Garden Grille. "(Students) can make the choices that feed into their own needs," Williams said.

A Cal Poly study done in May 2005 found that 30 percent of students eat at on-campus eateries for at least one meal Monday through Friday. Foods most popular to students’ plates were grilled foods, salads and soups.

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- Housing
- Schedule

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