Ramadan celebration raises funds for Darfur

Daniel Seguin  
MUSTANG DAILY

Each year, Muslims around the world take part in the spiritual celebration known as Ramadan. The small Muslim population here at Cal Poly is no exception.

This year, Ramadan began Sept. 12 and will come to a close this weekend.

The Muslim Student Association is incorporating both fasting and fundraising in an effort to raise money for the world’s poor.

According to Najyeh Kolkailah, secretary for the Muslim Student Association, between dawn and dusk, Muslims participate in a disciplined fasting ritual, husbands and wives refrain from marital relations and a constant sound of prayer occurs for the entire month.

“We fast from dawn to sunset,” Kolkailah said. “There’s no eating and no drinking in that time period. It requires a great deal of discipline but you get used to it after the first few days.”

Kolkailah said that her club was currently raising money for hungry people in Africa.

“We are having a dinner to raise awareness for the month of fasting, as well as to raise money for the poor,” Kolkailah said. “This year we are donating all the money raised to the people that are starving in Darfur.”

Kolkailah said that all the money raised will be channeled through the nonprofit organization Islamic Relief.

She talked about the overall idea of the project, from fasting to donation.

“The idea is for people to experience the fast with us while challenging themselves a little bit,” Kolkailah said. “At the same time they are helping fundraiser for the poor.”

Muslim Student Association adviser, Ali Shaban, spoke about how the fasting project is trying to accomplish.

“The main reason for this fast-a-thon is to raise money,” Shaban said. “We are here together, helping one another, to feed the hungry people of the world.”

Shaban said that while Muslims are fasting during the month of Ramadan, the main focus should center on two primary goals.

“By fasting, you feel the hunger, you feel those people that are really in need,” Shaban said. “The other important thing is the self-discipline that is learned during the month.”

Shaban likened the fasting experience to attending a brief stint of college coursework.

“You get to take a short course and gain a lot of knowledge out of it very quickly,” Shaban said. “This is what enables us to carry on for the rest of the year.”

Fundraiser looks to sustainability

Mollie Helmuth  
MUSTANG DAILY

Combine the now-mainstream notion of sustainability with a magical hilltop evening, and apparently the concordance works.

At least this was the case Thursday morning at Cal Poly’s Sustainable Agriculture Resource Center (SARC) third annual fundraiser auction, “Taste of the Future.”

The event raised approximately $47,000 to support SARC and the Cal Poly Organic Farm.

Guests paid $125 per ticket to attend the function, which was held at the historic Mission San Luis Obispo de Tolosa in Santa Margarita, the single oldest stone and mortar construction in California.

Among the nearly 200 guests was Cal Poly President Warren J. Baker.Vice President for Ad­ vancement Sanders Ogren, Associated Students Inc. President Brandon Souza and more than a dozen local farmers.

President of AgriTech Quantum, who helped start the Cal Poly Biostore Club, was also there.

AgriTech looks for ways to utilize solar fuel for sustainability.

The speaker and guest of honor was Paul Dolan, a prominent winemaker, author and vi­ ticulturist.

“My awakening happened several years ago, as a young winemaker;” Dolan said.

He talked about when he first discovered that organically grown berries made better Sauvi­ gnons Blanche.

“I was killing the earth by using pesticides; weaker vines could never survive,” Dolan said.

Dolan described how he realized that organic viticulture was the only way to simultaneously support communities, protect the environment and create the best wine.

He began converting to organic in the mid '80s, when the notion was not trendy or well­researched, and now farms more than 2,000 acres of organically grown grapes.

Dolan’s book, “True to our Roots: Fernment­ ing a Business Revolution,” was available to pur­ chase at the fundraiser. In the book, he explains the changes he has implemented in the winemaking industry to promote sustainability. His quest to constantly improve his vineyards has been a learning process.

“Every time we had a success in one area, there was another door to go through,” he ex­ plained, “and there are still more doors to go through.”

“The future is about sustainability, and this is a great first step,” Souza said. “When it comes to the vitality of the nation, this is the beginning of a sustainability revolution.”
Cold, dry winter leaves small pinot noir crop for the Central Coast area

Associated Press

SANTA BARBARA, Calif. — A year of cool, dry weather has left Central Coast vineyards scrambling for grapes to make the popular pinot noir.

"People are panicked and clamoring for pinot noir grapes on the Central Coast," said Kirby Anderson, winemaker at Gainey Wineries. "Gainey is scrambling to meet our quotas with our low yields."

Some wineries are picking the red grapes prematurely because of shriveled and dehydrated vines.

The shortage could lead to rising prices, but most winemakers use nonnegotiable, prearranged contracts.

"A lot of people put all their eggs in one basket and planted pinot noir the most because it was so popular," Anderson said.

But some local wine experts say the small crop will bring a better product, because lighter clusters can mean a tarter grape.

"It's nature, there's only so much that can be done," said Jim Fiolek, executive director of the Santa Barbara County Vintners Association. "It also produces some extraordinary wine. It's tough for the accountants, but good for the vineyard."

The story behind the comic ... If you drive by Los Osos Valley Road, you may notice people sleeping outside in bunk beds and tents. I decided to investigate this odd phenomenon and get behind the scenes. It was here that I discovered the story surrounding Sunny Acres.

This is the second part of a five-part comic strip describing my experiences. Catch an episode in the Mustang Daily every day this week to know the full story!

Jeff Chang is an art and design senior at Cal Poly.

Avoid Burnout

www.mustangdaily.net

We've got plenty of distractions.

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

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Solution, tips, and computer program at www.sudoku.com
Marched blood may lose chemical needed to supply oxygen

Randolph E. Schm id

Much of the stored blood given to millions of people every year may lack a component vital for it to deliver oxygen to the tissues.

Nitric oxide, which helps keep blood vessels open, begins breaking down as soon as blood goes into storage, two research teams report in a recent issue of the journal Blood.

"If the blood vessels cannot open, the red blood cells back up in the vessel and tissues go without oxygen. The result can be a heat attack or even death," he said.

The issue of stored blood being potentially harmful to patients is one of the biggest problems facing American medicine," said Stamler.

Several of the researchers, including Stamler, have consulting and/or equity relationships with Nitro/Mox, a company developing nitric oxide-based therapies.

The second research team, led by Dr. Timothy McMahon, also at Duke, studied the changes in stored blood over time. Currently blood is allowed to be kept in blood banks for up to 42 days. After that, it must be discarded. An estimated 14 million units of red blood cells are administered to about 4.8 million Americans annually.

"We were surprised at how quickly the blood changes, we saw clear indications of nitric oxide depletion within the first three hours," McMahan said in a statement.

Stamler agreed on the need for clinical trials. It needs to be proven in a clinical trial that the researchers knew that "surprisingly, we found blood depleted profoundly by day one and it remained depleted through day 42," he said.

But if they restored the nitric oxide in any point, the red blood cells were again able to open blood vessels and deliver oxygen to tissues, they said. They tested the blood with added nitric oxide both in the laboratory and in dogs.

"This is an important observation and it needs to be followed up," said Dr. Louis Katz, a past president of America's Blood Centers, which provides about half the nation's blood.

"If you are going to store red cells, you must make sure that appropriate nitric oxide levels are maintained," said Katz, who was not part of the research teams.

It is possible that these findings may make the public concerned about transfusions, Katz said: "There is no doubt, if you are bleeding to death from a trauma you need a transfusion."" 

Stamler agreed: "Physicians need to be able to give blood if people are bleeding profusely."

Overall, Katz said: "This is neat research. It needs to be proven that it's clinically relevant."

Stamler agreed on the need for clinical trials. "Banked blood is truly a national treasure that needs to be protected," Stamler said. "Blood can be life saving, only it is not helping the way we had hoped and in many cases it may be making things worse. In principle, we now have a solution to the nitric oxide problem, we can put it back, but it needs to be proven in a clinical trial."

The research was supported by the National Institutes of Health, Duke Anesthesiology Fund, the American Heart Association and NO Pharma, which has a license agreement with Duke to develop nitric oxide-based therapies.
Briefs

State

SAN DIEGO (AP) — California Gov. Arnold Schwarzenegger has declared a state of emergency for the city of San Diego, five days after a landslide in the La Jolla neighborhood destroyed a busy road and sent houses sliding downhill.

The declaration clears the way for state agencies to request federal assistance for cleanup and reconstruction.

• • •

OAKLAND (AP) — About 3,000 Northern California hospital nurses are planning to walk off the job after months of negotiations have failed to yield a new contract.

The two-day strike, starting Wednesday, would affect 13 San Francisco Bay Area hospitals affiliated with the Sutter Health hospital chain along with two Sacramento-area hospitals.

• • •

HALF MOON BAY (AP) — There are some giant pumpkins on display in Half Moon Bay, but one giant gourd reigns supreme.

His pumpkin set a contest record and tipped the scale at 1,524 pounds.

• • •

FARGO, N.D. (AP) — With lots of stretching and reaching toward blue sky, red, yellow and green circles, some 450 high school students placed Twister on 180 mats in what they hope will set a world record for the largest Twister game board.

Sunday’s night attempt took place during a conference held over the weekend by North Dakota DECA, a high school business club.

• • •

DALLAS (AP) — With bright smiles and energy to spare, formerly confined twins Hameed and Ahmed Ibrahim of Egypt have returned to Dallas, four years after a marathon operation to separate them.

The 6-year-old boys, who are walking on their own and speaking in English and Arabic, were separated here in October 2003. They were born joined at the tops of their heads.

• • •

FARMINGTON, Mo. (AP) — It’s a hefty price for a pastry: A man accused of selling a $2-cup doughnut could face time in jail.

Authorities said Scott A. Masters, 41, dipped the doughnut into his sweatshirt without paying, then pushed away a clerk who tried to stop him as he fled the store.

National

JERUSALEM (AP) — Two senior Israeli politicians, including the prime minister’s closest ally, talked openly Monday about dividing Jerusalem, signaling a possible shift in Israeli opinion about one of the Mideast’s most contentious issues.

The dispute over Jerusalem has derailed negotiations in the past, and the latest comments come at a time when Israeli and Palestinian teams are trying to agree on principles guiding future peace talks.

The ideas raised by Vice Premier Hani Ramoni still fall far short of Palestinians demands to establish their capital in all of the city’s eastern sector, annexed by Israel after the 1967 Mideast War.

• • •

KUWAIT (AP) — Ending a three-year moratorium on the death penalty, Kuwaiti authorities executed 15 prisoners by gunfire, including a man convicted of killing three foreign journalists during the U.S.-led invasion, the prison chief announced Monday.

The United Nations protested the executions, which could complicate the missions of some NATO nations here.

The mass execution took place Sunday evening according to Kuwaiti law, which calls for condemned prisoners to be shot to death, said Abdul Salam Braat, who oversees Kuwaiti prisons.

International

Under pressure from Washington to vote “yes,” Costa Ricans prepared Monday to join Central American neighbors and the Dominican Republic in a free trade deal with the U.S.

But even Sunday’s referendum on the Central American Free Trade Agreement did not end a yearlong battle over the pact.

Opponents said they will wait for a mandatory recount, set to begin Tuesday, before recognizing the referendum’s result.

The ballot-by-ballot recount is required by Costa Rican law, and can last no longer than two weeks.

With 97 percent of precincts reporting Monday, 51.5 percent of Costa Ricans voted in favor of the trade deal, which is known as CAFTA.

Costa Rica was the lone holdout among the six Latin American nations that now constitute the trade bloc. The pact has already taken effect in the Dominican Republic, Guatemala, Honduras, Nicaragua and El Salvador.

The White House kept a close eye on Sunday’s election results, having 4.5 million people, where he said it would be an “important tool for generating wealth.”

Opposition legislators on Monday vowed to use a pending vote on a package of laws required by CAFTA to leverage to win increases in education outlays and farm subsidies.

Bill that would open state telecommunications and insurance monopolies to competition are among the most controversial of the package of laws.

Critcs also object to requirements that Costa Rica open its agricultural and service sectors to competitors, fearing a flood of cheap U.S. farm imports.

But Costa Rica can expect increased foreign investment from the agreement, said Shannon O’Neil, a fellow in Latin America studies at the Council on Foreign Relations, a New-York-based think tank.

“For Costa Rica, CAFTA’s passage is important as it will allow the continued development of technologically oriented businesses, eco-tourism, and national infrastructure by attracting more foreign direct investment,” O’Neil said.

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• Product Verification Engineer Interns
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Mustang Daily
NEWS
Tuesday, October 9, 2007
www.mustangdaily.net
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<td>The AVENUE</td>
<td>Located across from Mott Gym. Fresh, delicious pizza by the slice or share a whole pizza with friends. Complement your pizza with a salad from our 40-item salad bar and a choice of a wide variety of fresh, flavorful sides. Occasional live entertainment on stage. For fast on-campus delivery, call 756-4098.</td>
<td>Mon-Thur: 7:00am - 9:00pm&lt;br&gt;24-hour delivery.</td>
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<td>Located downstairs in the University Union.</td>
<td>Garden Grille is the fresh place to eat, serving freshly tossed salads, home-style cooking and upscale entrees, sandwiches, made-to-order pastas, Harris Ranch burgers hot off the grill, fruit, and lots more.</td>
<td>Mon-Thur: 6:30am - 10:00pm&lt;br&gt;Fri: 6:30am - 5:30pm&lt;br&gt;10:00am - 10pm</td>
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<td>Located by the Library, behind Ag Science building.</td>
<td>Your convenient source for special foods and groceries. A convenience store that has everything from candy bars or sandwiches to fresh brewed coffee. The Park has an attractive seating area that offers you 24-hour-a-day hospitality. Other vending locations include the residence halls, library, University Union, and business building.</td>
<td>Always Open</td>
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<td>Located down the stairs from the UU Plaza.</td>
<td>Serving freshly brewed coffee, espresso drinks from lattes to blended Java Blasts, and a wide assortment of freshly baked pastries form cookies to muffins. Our coffee beans are freshly roasted locally and are also available by the pound. Dryershall ice cream is scooped up for cones, milkshakes and espresso creations.</td>
<td>Mon-Thur: 7:00am - 9:00pm&lt;br&gt;Fri: 7:00am - 4:30pm</td>
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<td>Located on Poly View Drive, near the mail kiosk, between the Rec Center and UU.</td>
<td>Fresh, fast, fun juice drinks from apple juice to smoothies. (Sorry, no zucchini juice, but we do have carrot drinks.) Blended drinks made to order while you watch, from great ingredients like pure fruit juice, whole fruit, nonfat frozen yogurt, sherbet, protein powder, wheat germ and other delicious and nutritious stuff. Enjoy the same mouth watering juice drinks on our second, convenient location.</td>
<td>Mon-Thur: 7:30am - 3:30pm&lt;br&gt;Fri: 7:30am - 3:30pm</td>
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<td>Located in the Dexter Building.</td>
<td>Everything from candy bars or sandwiches to fresh brewed coffee. The Park has an attractive seating area that offers you 24-hour-a-day hospitality. Other vending locations include the residence halls, library, University Union, and business building.</td>
<td>Always Open</td>
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<td>Located across from the UU ATM’s.</td>
<td>Begin your day with a delicious breakfast croissant, breakfast burrito or waffle. For lunch as well as at breakfast, let us build the &quot;sandwich of your dreams&quot; from a selection of over 45 items. For a great on-the-go meal, Quesadillas, breakfast burritos, coffee, orange juice and milk available for breakfast. Tacos, burritos, nachos, quesadillas, rice, beans and soft drinks at lunch.</td>
<td>Mon-Thur: 7:00am - 10:15am&lt;br&gt;Lunch: 10:30am-4:00pm</td>
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Live music: oh-so-much better

The Dave Matthews Band performs at the Shoreline Amphitheatre in Mountain View on Sept. 29.

Laura Kasavan

The Dave Matthews Band at the Shoreline Amphitheatre in Mountain View, Calif.

There is something electric about watching your favorite band or artist live. As you hear the familiar strains of beloved music in person, songs take on an almost incandescent quality. Was such the case Sept. 29 as I stuck out to the Dave Matthews Band at Shoreline Amphitheatre in Mountain View, Calif.

As a listener to DMB for three years, this was my second concert. And I'll honesty, this show blew the first one completely out of the water.

I started off the night tailgating with two of my friends. We met up with a group of fans (members of the DMB fan forum www.ammuishing.org) in the parking lot and ate Chipotle dinner curve-side. As my friend played us some pre-show music on his guitar, I asked some of the fans how many shows they had been to. Compared to some super-cingers who had been to 30 or 40 DMB shows, I was unaccustomed. Soon enough, it was showtime. I landed a sweet seat about 25 rows from the stage in the lower level of the amphitheatre for face value ($65).

Stephen Marley opened the evening with several of his energetic reggae pieces. He followed them up with "Could You Be Loved?" a song made famous in 1980 by his father, Bob Marley.

After a quick stage adjustment and another stunning DMB came on. Dave Matthews opened with a solo tease of "Sugar Will" that was followed by "A Dream So Real," a new song for the 2007 tour.

Next up was a moving 13-minute version of "Two Step," the fifth and final single from the 1996 album "Crash." With an extended jam session, the song absolutely came alive.

The crowd gained energy from the band's recent sound of a darting light show that matched the pulse of Carter Beauford's drum beats.

With the lyrics "celebrate we will, for life is short but sweet for certain," the extended "Two Step" was the perfect way to start the celebration.

This was just one of many moments in the show when I was torn between wanting to drink in all of the action, and wanting to simply close my eyes and listen. I ended up doing both.

The band then launched into "Eh Hoch," another new song for 2007 that can be described as soaring, fruity and completely different from the band's recent sound. "Eh Hoch" led into a run of eight classics, including "The Dreaming Tree," which had essentially disappeared from tour since 1999, and "Sister," released live in 2006. The encore led to a Dave Matthews solo of "No Diggity Lucky" and ended with "Ain't Marching," which Dave Matthews has referred to as the band's anthem and the all-time most played set list in band history.

Music brings people together like nothing else. In the middle of a small arena, there is a special feeling to be surrounded by 20,000 people who all love the same thing you do.

Next time you have a chance to check out a band or artist live, take it. You will find that a concert is one of the best things around.

College students called to vote in mtvU's Woodies

Sara Wright

The 24-hour television channel available on more than 750 college and university campuses nationwide, is letting college students vote on their favorite artists, music videos and performances to determine the hottest acts on MTV.

Voting on mtvU.com started Sept. 19 and runs until Nov. 2. The Woodie winners will shine at the Cal Poly radio station, KCdM, on the ground floor of the Student Union Building for its acoustic qualities.

Even more entertaining than the songs themselves are the music videos, as favorites like "Ampish Paradise" are a YouTube addiction just waiting to happen.

For more on the sweepstakes, Woodie-Academy.com.

Strange the history behind the "Straight Outta Lynwood" tour.

"I've always appreciated his humor and enjoyed the music off his last album," environmental engineering junior Philip Dutton said.

He heard about the performance a while ago, and was able to get tickets before the show sold out.

Yankovic will also help dedicate the new KCdMk station on the third floor of the Graphic Arts building today as part of the first Journalism Week.

Live music: oh-so-much better

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Laura Kasavan

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Weird Al: straight outta Cal Poly

Giana Magnoli

"Weird Al" Yankovic is coming back to where he got his start. The famous parody songwriter and polka master is performing on campus in the Performing Arts Center at 7 p.m.

When he was an architecture student here, Yankovic used to DJ at the Cal Poly radio station, KCdM. His songwriting skills also got a boost while here — he recorded "My Bologna," a parody of "My Sharona," in the second-floor men's bathroom in the Graphic Arts building for its acoustic qualities.

His mockery of popular songs is well known, from the classic "Eat It" spoof of Michael Jackson's "Beat It" to his newer hits such as "White & Nerdy" and "Canadian Idiot."

More even entertaining than the songs themselves are the music videos, as favorites like "Ampish Paradise" are a YouTube addiction just waiting to happen.

For more on the sweepstakes, Woodie-Academy.com.

Students voting on their favorite acts can enter the mtvU "Vote Your Way to the Woodies" sweepstakes to win a trip for two to the Woodies. The grand prize winner gets round trip airfare to New York City and two tickets to attend the Woodies, two nights hotel and a $100 gift card.

For more on the sweepstakes, Woodie-Academy.com.

The Best Video Woodie can go to Justice's "D.A.N.C.E.," Motion City Soundtrack's "Heaven," HiJACK's "It's Alive," or Anything's "Wow, I Can Get Sexual Too."

TV On the Radio's "Providence."


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Never judge a book, or in this case, an album, by its cover. Despite the fact that the Foo Fighters named their sixth full-length album “Echoes, Silence, Patience & Grace,” a title possibly better suited for an art exhibit, they bring with it enough rock and mellow roll to more than make up for it.

Once again working with producer Gil Norton (producer of their 1997 album, “The Colour and the Shape”), the Foo Fighters fulfill most fans’ expectations, sticking with their usual sound, simple rock. However, a folk ballad and several numbers reminiscent of “Led Zeppelin III” may just rake in a new audience for these ‘90s rockers.

The album opens with Foo’s recent radio hit, “The Pretender,” a classic anthem of intermittent screams and whispers, backed by the pulse of drummer Taylor Hawkins. Leading an album with its first single is usually an indication of space-filling material to follow, but don’t be fooled. The album slows down, though not to the extent of their 2005 album, “In Your Honor,” which featured an entire disc of drowning melodies and acoustic tunes. The Zeppelin-esque guitar skills of Chris Shiflett combine with a simple keyboard tune in “Statues,” a song whose simple lyrics might just make a good musical number.

Amidst these rather standard Foo productions is one song that stretched far beyond the norm for this Seattle rock group. “Ballad of the Beaconsfield Miners,” an instrumental piece dedicated to the Tasmanian coal mine victims, gave a convincing portrayal of a folk group masked by a radio-rock band. If nothing else, this jam is definitely download worthy.

Despite the fresh sounds of “Echoes, Silence, Patience & Grace,” the album does have its space fillers. Hackneyed numbers like “Stranger Things Have Happened” and “But, Honestly” relapse the band into their trite attempts at acoustic pieces, as heard through “In Your Honor” and again in their 2006 live album, “Skin and Bones.”

“Echoes, Silence, Patience & Grace” falls perfectly in line with the other Foo Fighters’ albums, straying only slightly from their path of screaming rock sprinkled with soft hits. Though none of these songs reach quite the caliber of early hits like “Monkey Wrench” and “Learn to Fly,” Foo finally seems to have progressed beyond its dependence on front man Dave Grohl, (initially known as the drummer for ‘90s grunge band Nirvana), into a well-rounded musical group. Hopefully this album is truly a taste of what is yet to come.
Imagine, just for a moment, what would happen if you lost the ability to read these words, not because of impaired literacy, but because your very sense of sight vanished.

Whatever hardships you imagined are likely to pale in comparison to the horrors experienced by the citizens of a sightless society in Jose Saramago's allegorical novel "Blindness," in which an epidemic sweeps through an unnamed country, leaving its victims able to see nothing but a milky white.

Intriguingly and effectively, this outbreak of "white sickness" is never explained. One afternoon, a man is sitting in his car waiting for a traffic light to turn to green. By the time it does, it's irrelevant to the man, who's now suddenly, mysteriously blind. Another man offers to drive him to the hospital, drops him off, and steals his car, only to quickly become blind himself. The eye doctor who treats the man loses his own vision, of course, as do countless others. Curiously, the one person whose sight is spared is the doctor's wife (which, like the epidemic itself, is, thankfully, never explained), when the government drags the man off to a militarily enforced quarantine, she feigns her own blindness in order to join him.

Philosophically indebted to Albert Camus' "The Plague," Saramago's work skillfully forces the reader to seriously ponder both the extreme human vice and virtue that such a catastrophe could easily unleash. As more people lose their sight, they also lose their morality, and the desperate struggle for survival results in robberies, rapes and murders over food. It's not long before stray dogs are prowling the streets and feeding on corpses.

But while the world at large descends into chaos and despair, a loose "family" of people, led by the blind doctor and his wife, manage their own journey with a quiet dignity, compassion and heroism that suggests humanity's more appealing qualities might not only endure but prevail.

Although certain stylistic elements — no formal characters and scant punctuation, for instance — might ultimately make the work more immediate, even urgent. You feel less like you're reading a book and more like you're witnessing events unfold.

So, again, imagine for a moment what would happen if you lost the ability to read these words. Then be grateful you haven't lost that ability; after all, among other things, you'll need it to read "Blindness."

Quentin Dunne is a psychology graduate student and Mustang Daily book reviewer.
Tuesday, October 9, 2007

Your guide to nutrition

Dear Cal Poly students,

I hope most of you got a chance to check out my article from last week. If not, let me help you catch up. The purpose of my weekly column is to directly answer any of your health and nutrition questions. Instead of writing about whatever nutrition topics that I find interesting, I would like to dedicate this column to you, the reader. I hope you will take this opportunity to ask me whatever health-related questions you want to read about. It can be anything; perhaps you want to learn more about this whole "trans-fat" hoopla everyone seems to be talking about, or maybe you want to know more about artificial sweeteners or Cretamine supplements. If my four years of education have not provided me with the knowledge necessary to answer your question, I have many other resources that I can use. Whether through consulting one of my nutrition professors or by digging out some of my nutrition textbooks, I will find you an answer.

Another part about this column that you should know is that I am not a nutrition Nazi either. You will not catch me recommending a diet of tofu and water anytime soon. Remember, I am a college student just like you, meaning I drink beer and I eat pizza too. I have a ton of extra nutrition information that I would love to share with you. I am friendly, approachable, and down-to-earth. Please e-mail me any nutrition/health questions you may have at slhaliy@calpoly.edu and I will do my best to answer them.

With that said, let me actually provide you with your weekly dose of nutrition information. It seems like every other person I see is currently fighting off just getting over a cold. So I figured it wouldn't hurt to include some of the best foods to help your immune system.

"Poory diet is the biggest cause of a weakened immune system in healthy individuals," says William Bossert, Ph.D., an expert in nutrition and immunology at The Scripps Research Institute in La Jolla. "While an all-around healthy diet is the key to stronger immunity, these particular immune-boosting foods can keep your system in fighting condition.

Citruses

According to research, eating fresh citrus is one of the best ways to ward off illness and prevent disease. For example, citrus juices are rich in vitamin C and other antioxidants, which are crucial for maintaining a strong immune system. They also offer a good amount of fiber and many other nutrients that support the immune system, which is especially important during cold and flu season. The amount of vitamin C both in the fruit and in frozen concentrate is considerably higher than that of the liquid, ready-to-drink form.

Berries

While all berries offer a great source of vitamins, blueberries are among the fruits with the highest antioxidant activity and can help decrease the stress on the immune system. Antioxidants act like a boucteur; they take care of the newly created-makers that no one really likes, allowing you to get back to having fun. These wonder berries are known to boost the efficiency of vitamin C, a strengthen of the immune system. How to eat them? You can buy them frozen and toss them in your morning cereal.

Yogurt

Ingesting live bacteria may not seem like the most appealing way to help your body, but your body actually needs specific types of bacteria to remain healthy. Lactobacillus reuteri, for example, is used to fight off many diseases, and one of the most powerful species is to boost the immune system. One of the most powerful species is a powerful peptidogen that boosts the immune system's production of infection-fighting cells.

Carrots

Carrots contain loads of beta-carotene, which is a powerful phytonutrient that boosts the immune system. With that said, let me actually provide you with your weekly dose of nutrition information. It seems like every other person I see is currently fighting off just getting over a cold. So I figured it wouldn't hurt to include some of the best foods to help your immune system.

Garlic

This pungent powerhouse may help you maintain your immune system prevent or defeat bacterial, viral and even fungal infections. The compounds are so strong that consuming raw garlic juice is nearly as effective as Neosporin is for disinfecting minor wounds. Consuming large amounts of raw garlic at the onset of a cold may decrease the duration time of a cold. How to eat it? Add some fresh garlic to your pasta sauce or your stir fry.

Check your PULSE

by Sarah Bailey

Immune-boosting smoothie recipe

Blend until smooth:
- cup frozen blueberries
- 2 Tb frozen orange juice concentrate
- 1 banana
- cup plain yogurt
- 1 Tb honey
- 2 tsp lemon juice
- 1 cup ice

Fresh garlic

Garlic is widely used to improve health for centuries. It is loaded with antioxidants that help to prevent heart disease. It is packed with vitamins and minerals that help to fight off infections. Garlic is also a powerful antibacterial agent. Garlic is known to increase the body's defenses against infections. It also has anti-inflammatory properties that can help reduce swelling and pain.

South Bay is a nutrition senior, a Mustang Daily nutrition columnist and a member of PULSE. E-mail your questions to her at slhaliy@calpoly.edu.

LETTERS TO THE EDITOR

The Wrong Way

Jennifer,

First, let me say your article made me want to vomit. This piece represents, in my opinion, all that is wrong in conservative politics and ignorant minds. Of course this was a racially charged incident, and while you pointed out the incidents of hanging nooses from a tree was not a hate crime per se, you'd be hard pressed to convince anyone that was not a racially charged incident as well. As far as questioning whether so many protesters would have "showed up" (or shown up) to defend six white kids who beat up one black kid, I can guarantee you, they would, and it would have been a crew of conservative Republicans crying about injustice while they are being perpetuating it. I was amazed to see you did not include the largest issue in the town of Shoemaker, Texas. (I do not prefer the terms "goons, thugs, and punks") I do not like seeing adults as adults even though they are minors. That seems to be what people are calling around. Black kids are being tried as adults and sentenced as adults. I recommend opening your eyes, and maybe even your heart a little bit rather than joining the Republican bandwagon and jumping on Al Sharpton and Jesse Jackson, who are trying to bring attention to injustice rather than continuing to deny it.

Marta Block
Consulting psychology graduate student

Return of Jim Crow era?

As a black student at Cal Poly, it angers me how Jennifer Gilmore disempowere the significance of the Jim Crow situation in her opinion piece. The racial motivation goes WAY beyond the black kids beating up a white kid. It is unacceptable that we allow such ignorantmindsets. Of course this was a racially charged incident, and while you pointed out the incidents of hanging nooses from a tree was not a hate crime per se, you'd be hard pressed to convince anyone that was not a racially charged incident as well. As far as questioning whether so many protesters would have "showed up" (or shown up) to defend six white kids who beat up one black kid, I can guarantee you, they would, and it would have been a crew of conservative Republicans crying about injustice while they are being perpetuating it. I was amazed to see you did not include the largest issue in the town of Shoemaker, Texas. (I do not prefer the terms "goons, thugs, and punks") I do not like seeing adults as adults even though they are minors. That seems to be what people are calling around. Black kids are being tried as adults and sentenced as adults. I recommend opening your eyes, and maybe even your heart a little bit rather than joining the Republican bandwagon and jumping on Al Sharpton and Jesse Jackson, who are trying to bring attention to injustice rather than continuing to deny it.

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Jones
continued from page 12
a motorcycle accident and eventually pulled out. Both later were suspend­
ed for two years.
"Obviously we’re concerned about a level playing field all the time. But we have no jurisdiction or nothing to say about that," Ueber­noth said. "We have a responsibility to compete fairly. That’s our system, and that’s the way we’re going to live."
Ueberroth also said the USOC board had written letters of apol­
gy to 205 national Olympic com­
mittees, as well as to the people of Australia. As part of those apologies,
Ueberroth said the USOC is pledging that it will bring a clean team to next summer’s Beijing Olympics.
"There’s never any absolute guar­
antees, but we’re taking steps to see that will happen," Ueberroth said.
Jones stands to lose still more. The International Association of Athletics Federations can strip athletes of re­
sults and medals after notification of a doping violation.
IAAF rules also allow for athletes to be asked to pay back prize money and appearance fees, and Scherr said the USOC plans to go after Jones for any prize money that it awarded her.
Booth sprinter Dwain Chambers, who admitted using the clear, had to pay back a reported $230,615 before he was allowed to return to competi­tion after a two-year ban.
Jones would have earned millions in prizes, bonuses and fees from meets all over the world, including a share of the $1 million Golden League jackpot in 2001 and 2002. Jones had been dogged by sus­
picions and doping allegations for years, angrily denying all of them. On Friday, though, she told a fed­
eral judge that then-coach Trevor Graham gave her a substance that he said was flaxseed oil but was actually "the clear."
"By November 2003, I realized it was flaxseed oil but was actually the clear," Jones said Friday.
"Obviously we’re concerned that it will bring a clean team to next summer’s Beijing Olympics."
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Chicks continued from page 12

...who have proved their dominance this season thus far. They placed second in doubles in the Cal State Fullerton Intercollegiate and also played each other as singles in the later rounds. Blalock and Wong both made it to the tournament finals and finished in second place.

Of playing her teammate, after spending time on the road together, hotel room to hotel room, Blalock said, "It's very nice to have a partner and we're both great competitors that we know we're going to play each other but we still know, friends off the court." The two were also one game away from making it to the final 16 at the ITA All-American Tournament early in October at UCLA. And to note, the team ending their successful run at the tournament was No. 1 USC.

Blalock and Wong have both been playing tennis since the age of 9 or 10, although Blalock said she was hitting the ball around at two or three. While they have four practices and an hour of conditioning and lifting each day, it is no wonder that the two athletes are known for the art of the management.

"Efforts help me do my work when I have to do it," Wong said.

The two women were on the road all of last week. When I spoke to Wong, she said there were several make-up exams this week and Blalock said she was e-mailing homework to professors while on the road as well as taking tests early.

Blalock's mother played tennis in college and her aunt was a top juniors tennis player and thus Blalock picked up tennis quite easily. Wong's inspiration spawned from her coach of six years since she was the age of 9. She was one of those kids who played all kinds of sports until this coach of hers convinced her to focus solely on tennis.

Classifieds

SPORTS

Poly hires seasoned Gerch

SPORTS INFORMATION OFFICE

Former University of Delaware assistant strength and conditioning coach Brent Gerch, has been named head strength and conditioning coach at Cal Poly by Athletics Director Albie Olson.

Gerch will oversee the Cal Poly weight room along with conditioning of the athletes in all 20 intercollegiate sports. He comes to Cal Poly after spending the past year at Delaware, where his primary focus was designing and implementing the strength and speed workouts for tennis, soccer, softball and track and field. He assisted with the strength, speed and conditioning of the football program.

Prior to Delaware, he served two years with the Baltimore Ravens as an assistant strength coach, working year-round with players involving high-intensity training and speed development.

Gerch also served two years as the head sports performance coach with Velocity Sports Performance in Baltimore. He was a training professional for college and high school athletes with emphasis on Olympic lifting.

Overall Gerch has more than 11 years experience as a strength and conditioning coach. He is "Strength and Conditioning Coach Certified" through the Collegiate Strength and Conditioning Coaches Association, and a certified Olympic weight lifting coach through the U.S. Olympic Training Center in Lake Placid, N.Y.

Gerch earned his Bachelor of Science degree at Appalachian State (2000) in exercise science while completing his master's in physical education at Western Carolina (2002).

ANSWER TO PREVIOUS PUZZLE

Across

35. "Don't ___ on me" (Creed)
36. Where San Diego is Abbr
37. Air
39. Expensive cost
41. Cravings
52. roman numerals
53. "Madam. I'm ___"
59. "I Do. I Do. I Do, I Do, I Do, I Do"
65. It's alphabet starts with A
66. "Bard's "Hence"
67 Hightail it
69. Help
76. Down
78. Holographic
131. Picture explorer
132. Address
133. "Madam, I'm ___"
161. Place to get a haircut
177. 53rd-millenium
209. Place for a cock
214. "Mambo" (slogan of a pasta)
235. "Dame. I'm ___"
236. Place to get a haircut
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MUSTANG DAILY

Sports

TUESDAY

Men's Golf
At Azusa Pacific Invitational
Meadow Club
Fairview Field

WEDNESDAY

Men's Soccer
Cal Poly vs. UC Irvine
Alex G. Spanos Stadium
7 p.m.

THURSDAY

Volleyball
Cal Poly at UC Santa Barbara
7 p.m.

FRIDAY

Women's Soccer
Cal Poly vs. UC Irvine
7 p.m.

SATURDAY

Football
Cal Poly at UC Davis
Multi-Sport Stadium
1:30 p.m.

Volleyball
Cal Poly at UC Irvine
7 p.m.

Cross Country
Cal Poly hosts Cal Poly Invitational
Central California Memorial C. Course
Cross Country
Cal Poly at Pre-National Invitational
Terre Haute, Ind.

SUNDAY

Men's Soccer
Cal Poly vs. UC Davis
Alex G. Spanos Stadium
1 p.m.

Women's Golf
Cal Poly vs. Cal State Bakersfield
Alex G. Spanos Stadium
3:30 p.m.

Women's Golf
Cal Poly at Lady Aztec Invitational
Salt Creek Golf Course
San Diego

Men's hoofs, football grad rate up

Carlos Cueto & Max Hall
(CANDID PHOTO BY JUSTIN MENGOLD)

CHALORTESVILLE, Va. — Academics and athletics can go hand in hand, according to recently released data by the National Collegiate Athletic Association.

The NCAA reports a 77-percent national graduation rate among student-athletes. The data analyzed students who began college between 1997 to 2000 to see if they graduated within six years.

According to Jennifer Kearns, associate director of public and media relations for the NCAA, the data applies only to those students who hold athletic scholarships.

Among the Division I sports analyzed, men’s basketball, football and baseball showed the biggest improvement, Kearns said.

"Men’s basketball jumped up 8 percent from our previous study, while Football Bowl Subdivision and baseball showed an improvement of 3.5 and 2 percent, respectively," Kearns said.

Although individual schools are responsible for graduating their student-athletes, the NCAA has a system of rewards and penalties, such as scholarship reductions, to encourage academic progress, Kearns said, noting that NCAA president Myles Brand has set an unofficial graduation-rate goal of 80 percent.

"He is confident this goal will be met in the near future by the majority of the schools," Kearns said.

James Boor, Virginia’s athletic director for academic affairs, noted that the study released by the NCAA is more flexible than the available federal statistics.

"The NCAA Graduation Success Rate is different from the federal rate because it includes those students that transfer to other schools," Boor said.

"For the federal rate, if a student transfers to a different institution then the student is considered not to have graduated."

According to Boor, the University shows a 94-percent graduation rate among athletes, adding that it has measures in place for helping student-athletes achieve academic success.

"Over the last two years, the athletic department has increased their staff," Boor said. "We have 15 full-time staff members that are responsible for providing academic support services to our students.

Among the services provided are tutoring and mentoring programs.

"We help them organize their time so they can manage both athletics and academics in a responsible way," Boor said.

Boor said six UVa teams stand out for academic achievement: field hockey, volleyball, women’s lacrosse, men’s swimming and men’s and women’s tennis.

"Around 250 of our students are recipients of the ACC honor roll," Boor said, a recognition signed to student-athletes with a GPA of 3.0 or higher.

In addition, Boor noted that four Virginia athletes were named to All-America academic teams.

"We do pretty well in comparison with other schools of the area," Boor said.

SPORTS EDITOR: Josh Ayers
ASST. SPORTS EDITOR: Rachel Gellman
mustangdaily@virginia.edu

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Chicks with Balls

Rachel Gellman

Stereotypes still alive and well

Three instances this past weekend reminded me of why I write this column.

No. 1: An on-the-way-to-a-party with some friends, the driver, a friend of mine, was spewing off about a group of girls he had met, and a group member who aggressively took the leadership position. This person was a freshman, an attractive female whom he had never collaborated with on a school project before. He said, in so many words, that this woman was so demanding that she would take all the credit.

Rest assured that I let my little friend know how I felt about the latter statement. Why couldn’t she just be a powerful woman (no, not a bitch) instead of a “guy”?

Event No. 2: At a conference I attended on Saturday, a woman gave 10 tips detailing how to succeed as a female in the workplace. The speech in its entirety was quite inspiring and well-written, yet I had one big qualm with it. At one point, she mentioned that her friend had seen a woman who was more than fit enough to eat a meal at the office. This may be true, but she proceeded to explain a sports analog... so “we women” could understand how men think.

I wasn’t buying that. She mentioned the old saying that when a man succeeds three out of 10 times in baseball, he is happy with his batting average. Well, I played softball, and I’m pretty sure that anyone who had been drafted by the Cubs would consider a batting average of .200 to be a success story.

Event No. 3: While covering the women’s volleyball game on Friday night in the Multi-purpose Stadium, Hitler Kyle Atherton strongly reiterated her competition with 19 kills. I overheard a man from a woman working the clock. "She is so much better than every one on the court, it’s like she’s a guy out there," he said.

If a woman is an awesome female athlete, why would this male most likely beat up on most men on the volleyball court, but she is a woman and I’m sure, although the man was in awe of her athletic prowess, she wouldn’t like to hear that?

Get the picture? Although some of these may be mere words, too many they are hurtful and ignorant utterances. Women can play sports. Women can play sports aggressively and with power, but those who are not used to this would like to hear this...

REST assured that I let my little friend know how I felt about the latter statement. Why couldn’t she just be a powerful woman (no, not a bitch) instead of a “guy”?

SPONSORED BY

Majestic proudly celebrates after winning the gold medal in the 100m at the Summer Olympics Sept. 23, 2000, at Olympic Stadium in Sydney.

MICHAEL PIRCH, ASSOCIATED PRESS

SPOKESWOMAN PETERSON

Rachel Gellman

Men’s returns medals

Nancy Armour

Her reputation is gone and so are Marion Jones’ Olympic medals. Jones gave back the four medals she won at the Sydney Olympics on Monday and agreed to forgo all other results dating back to Sept. 1, 2000, further punishment for her admission that she was a drug cheat.

The three gold medals and two bronze were turned over to U.S. Olympic Committee and U.S. Anti-Doping Agency officials at her attorneys’ office in Austin, Texas. They are en route to USOC headquarters in Colorado Springs, and the USOC will return them to the International Olympic Committee.

“We’ve done what we can,” said Jim Scherr, the USOC’s chief executive officer. “We caught the person who was not clean. We’ve got the medals in our possession, and we will return them to IOC.”

Jones won golds in the 100 and 200 meters, as well as the 4-by-100 relay. She won bronze in the 400 relay and the long jump. It will be up to the IOC to decide what to do with the medals and whether to vacate Jones’ results from Sydney — which could cost her relay teammates medals, too.

Scherr and USOC chairman Peter Ueberroth both said they would support the IOC nullifying the relay results, and encouraged the other Americans to get back their medals.

Joe Marks-Cleek, Monique Hennessy, Tanja Colinder-Richardson and Andrea Anderson all won golds as part of the 1,500-meter relay. Christy Gaines, Torri Edwards, Nanceen Perry and Passion Richardson were on the 800-meter relay team.

Bruni Edwards and Gaines have served doping bans since the 2000 Olympics.

“It’s our opinion when any sports event is won unfairly it’s completely tarnished and should be returned. The relay events were won unfairly,” Ueberroth said. “It’s very unfortunate, but your result involved cheating, so the result is unfair to the other athletes of the world.”

Jones pleaded guilty Friday to lying to federal investigators about using steroids, saying she had taken designer strides “the clear” from September 2000 to July 2001. “The clear” had been linked to BALCO, the lab at the center of the steroids scandal in professional sports.

After Friday’s court hearing, Jones announced her retirement, but Monday she accepted a two-year ban and agreed to forgo any results dating back to Sept. 1, 2000.

Her 100-meter win and long jump bronze medail at the 1999 world championships will stand.

No one answered the door Monday at Jones’ house in Austin, Texas. If the IOC does vacate Jones’ results, the standings likely will be readjusted, with the second-place finisher moving up to gold, third to silver and fourth to bronze.

Jamaica won silver in the 1,600 relay and France was fourth in the 400. Pauline Davis-Thompson of the Bahamas was the silver medalist in the 200 meters, and Tatiana Kosova of Russia was fourth in the long jump.

She won a major doping scandal at the Athens Olympics. She and fellow Greek runner Kostas Kenteris failed to show up for drug tests on the eve of the games, charges were claimed in an interview with Jones, page 10.
TODAY'S WEATHER
Partly Cloudy
High 73°/Low 49°

Wednesday
October 10, 2007

TODAY’S WEATHER
Partly Cloudy
High 73°/Low 49°

INSIDE

ARTS
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SPORTS
The Cal Poly Rugby Club starts their season strong, hoping to get into the final four this year.

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Fire

continued from page 1

After some time, they noticed the fire. "We saw it start on the left-hand side of the crevice and it just grew," he said.

As a result of the fire, an animal science 224 lab was cancelled. 

Weird

continued from page 1

store degree, Swearingen thinks that "weird was the term they used," he said. The term was used to describe the music. "It does seem like the future," he said.

During his trip to Cal Poly, Weird Al revisits the on-campus men's bathroom where he recorded "My Bologna" when he was a student here. "It's a protest," he joked.

The correct date for the presentation is Wednesday night at 7 p.m. Ozeki would occur Tuesday night.

The story behind the comic

If you drive by Los Osos Valley Road, you may notice people sleeping outside in bunk beds and tents. I decided to investigate this odd phenomenon and get behind the scenes. It was here that I discovered the story surrounding Sunny Acres.

This is the third part of a five-part comic strip describing my experiences. Catch an episode in the Mustang Daily every day this week to know the full story!

Jeff Chang is an art and design senior at Cal Poly.

Editor in chief Kristin Marshall, managing editor Ryan Chartand and reporter Cristina Albers contributed to this report.

su|do|ku
Puzzles by Pappocom

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

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EASY

Solution, tips, and computer program at www.suduko.com
The U.S. government should re- place more than 1,000 irradiation ma- chines used in hospitals and research facili- ties because terrorists could use the radioactive materials inside to make a "dirty" bomb, a government advisor panel has concluded.

"Any one of these 1,000-plus sources could shoot down 25 square kilometers anywhere in the United States for 30 to 50 years," according to panel documents obtained by The As- sociated Press.

The machines are in relatively unpro tected locations such as hos- pitals and research facilities all over the country and may be a tempting source of radioactive materials for ter- rorists who want bombs that explode and disperse radioactive debris over a large area to render it uninhabitable, the board found.

The irradiators contain Cesium-137, one of the most dangerous and long-lasting radioactive materials. They are used for radiation therapy and to sterilize blood and food.

The irradiators contain Cesium-137, one of the most dangerous and long-lasting radioactive materials. They are used for radiation therapy and to sterilize blood and food.

Swapping the Caesium irradiators for X-ray machines or irradiators that would take the most accessible source out of the United States "off the table" as-yet-unreleased report that describes options they can exercise," the docu- ment states.

The report recommends creating "unfettered X-treme intelligence teams" to improve the "poor intelligence community posture."
**MARKET**

*Located upstairs in the University Union.*

Your convenient source for specialty foods and groceries. A convenience store that has all the ingredients you need to cook up a delicious meal from your dorm! Drop by anytime from 6:30am - 10:00pm daily.

**GardenGrill**

*Located on the first floor of the University Union.*

Garden Grill is the place to eat, serving freshly tossed salads, home-style cooking and upscale entrees, sandwiches, made-to-order pastas, Harris Ranch burgers hot off the grill, fruit, and lots more.

**Juliet**

*Located on the Poly View Drive, near the mail kiosk, between the PSS Center and U-U.*

Juliet offers savory entrees, chicken约占, beef, pasta, salads, beverages, 8:00pm-8:00pm daily.

**Juliet Too**

*Located in the Dexter Building.*

Juliet Too serves fresh, fast, fun juice drinks from apple juice to smoothies. (Sorry, no zucchini juice, but we do have carrot drinks.) Blended drinks made to order while you watch, from great ingredients like pure fruit juice, whole fruit, nonfat frozen yogurt, sherbet, protein powder, whipped cream, and other delicious and nutritious stuff. Enjoy the same mouth watering juice drinks at our second, convenient location.

**Park**

*Located in the Dexter Building.*

Always Open. Everything from candy bars or sandwiches to fresh brewed coffee. The Park has an attractive seating area that offers you 24-hour-a-day hospitality. Other vending locations include the residence halls, library, University Union, and business building.

**Sandwich**

*Located across from the Kennedy Library & Dexter bldg.*

Begin your day with a delicious breakfast croissant, breakfast burrito or omelet. For lunch as well as at breakfast, we build the "sandwich of your dreams" from a selection of over 45 items. For a quick on-the-go meal, pick up some packaged food from our wide selection. Enjoy our legendary tasty Enchanted Bakery cookies, fresh salads, fruits, yogurt and lots of other delicious items. A great on-the-go meal. 7:00am-10:15am Mon-Fri, 8:00am-7:30pm Mon-Thurs, 10am-10pm Fri.

**Tapas**

*Located between Kennedy Library & Dexter bldg.*

Express Mexican Cuisine, value-priced for a great on-the-go meal. Quesadillas, breakfast burritos, coffee, orange juice and milk available for breakfast. Tacos, burritos, nachos, quesadillas, rice, beans and soft drinks at lunch.

**VG Cafe**

*Located among the residence halls.*

VG Cafe is the place to go! A favorite of Dining Plan patrons offering a grand view and a wide selection of foods: grilled items, pasta, subs, specialties of chicken and beef, a salad bar, desserts, and beverages.

**The Avenue**

*Located across from Mott Gym.*

The Avenue, "The Ave"—We've got what you want! Hungry for chicken? A custom-made sandwich? How about a burrito? Some fresh stir fry? A bagel, salad bar or soup? The Avenue features Chick-fil-A with chicken entrees, Tapango's Super with express Mexican cuisine; City Deli or City Subs with custom-made sandwiches or subs; Nathan's all for hot dogs and the fixin's; and Red Dragon Wok with Asian cuisine. Why not enjoy a frozen yogurt at Sweet Persuasions?

**Baja Pizza**

*Located downstairs in the University Union.*

Baja Pizza offers a wide selection of foods; grill items. 5:00pm-7:30pm (Sat-Thurs). 11:30am-2:00pm "On the Go" quick pick-up.

**Campus Corner**

*Located down the stairs from the U-U Plaza.*

Campus Corner is the place to go for quick pick-up "On the Go". We serve lunch and dinner during the week and Sunday Brunch featuring soups, salads, sandwiches, desserts and a variety of contemporary and ethnic dishes. Reservations recommended. Call 756-1204.

**Dining on Campus**

**LOCATION**

- The Avenue
- Baja Pizza
- Garden Grill
- Juliet
- Juliet Too
- Park
- Sandwich
- Tapas
- VG Cafe
- Vista Grande Restaurant

**DESCRIPTION**

- Fresh, delicious pizza by the slice or share a whole pizza with friends. Complement your pizza with a salad from our 40-item salad bar and a choice of a wide variety of beverages. Occasional live entertainment on stage. For fast on-campus delivery call, 756-4069.
- Serving freshly brewed coffee, espresso drinks, lattes to blended Java Blends, and a wide assortment of freshly baked pastries from cakes to muffins. Our coffee beans are freshly roasted locally and are also available by the pound. Dreyers' ice cream is scooped up for cones, milkshakes and espresso creations.
- Fresh, fast, fun juice drinks from apple juice to smoothies. (Sorry, no zucchini juice, but we do have carrot drinks.) Blended drinks made to order while you watch, from great ingredients like pure fruit juice, whole fruit, nonfat frozen yogurt, sherbet, protein powder, whipped cream, and other delicious and nutritious stuff. Enjoy the same mouth watering juice drinks at our second, convenient location.
- Cafeteria-style lunch service featuring Mexican entrees, made-to-order sandwiches, salads, soup and desserts. Phone your order to 756-4942 for quick pick-up "On the Go" take out.
- Full-service dining room with a wonderful view of the campus and San Luis Obispo. We serve lunch and dinner during the week and Sunday Brunch featuring soups, salads, sandwiches, desserts and a variety of contemporary and ethnic dishes. Reservations recommended; call 756-1204.

**HOURS**

- **The Avenue**
  - Mon-Thurs: 7:00am - 7:30pm
  - Mon-Thurs: 7:00am - 3:30pm
- **Baja Pizza**
  - Mon-Thurs: 10:30am-9:00pm
  - Mon-Thurs: 10:30am-10:00pm
  - Mon-Thurs: 11:00am-9:00pm
  - Noon-9:00pm
- **Garden Grill**
  - Mon-Thur: 6:30am - 10:00pm
  - Fri: 6:30am - 5:30pm
  - Sat: 10:00am - 5:00pm
  - Sun: 10am - 10pm
- **Juliet**
  - Lunch: 11:00am-4:59pm
  - Dinner: 5:00pm-8:00pm
  - Monday: 7:00am - 10:00pm
  - Monday: 6:30am - 4:30pm
- **Juliet Too**
  - Mon-Thurs: 7:30am-3:30pm
  - Fri: 7:00am - 4:00pm
- **Park**
  - Lunch: 11:00am-10:15am
  - Lunch: 10:30am-4:00pm
- **Sandwich**
  - Mon-Thurs: 7:00am-3:30pm
  - Fri: 7:00am - 7:30pm
  - Mon-Thurs: 10am-7pm
  - Fri: 10am-3:30pm
  - Fri: 7am-3:30pm
- **Tapas**
  - Mon-Thurs: 8:00am - 2:30pm
  - Fri: 8:00am - 2:30pm
  - Fri: 8:00am - 2:30pm
  - Fri: 8:00am - 2:30pm
- **VG Cafe**
  - Lunch: Mon-Thurs: 5:00pm-8:00pm
  - Dinner: Mon-Thurs: 5:00pm-8:00pm
  - Sunday: 10:30am-2:00pm
  - Sunday: 5:00pm-8:00pm
  - Sunday: 10:30am-2:00pm
  - Sunday: 5:00pm-8:00pm
  - Saturday: 11:30am-2:00pm
  - Saturday: 5:00pm-8:00pm
  - Sunday: 11:30am-2:00pm
  - Sunday: 5:00pm-8:00pm

**Vista Grande Restaurant**

Full-service dining room with a wonderful view of the campus and San Luis Obispo. We serve lunch and dinner during the week and Sunday Brunch featuring soups, salads, sandwiches, desserts and a variety of contemporary and ethnic dishes. Reservations recommended; call 756-1204.

Hours vary on holidays, quarter breaks and summer quarter. For menus, photos and more information, check our web site www.calpolycorp.org/campusdining