A team of firefighters spray water on homes burning in Poway on Monday.

Allen cautions residents of San Luis Obispo to wait for the air to clear over the next few days before resuming activity if no physical symptoms occur.

The Santa Ana winds are coming through San Luis Obispo, meaning that the air quality could be low until Thursday.

ASI seeks to meet student needs

Jessica Ford

Most students at Cal Poly have heard of Associated Students Inc., but are not clear about the purpose or influence the corporation has on campus. Who are these people trying to provide every student with "the ultimate college experience"?

ASI is split into three groups: the ASI Executive Cabinet, overseen by the student president; the Board of Directors, the University Union Advisory Board and the Executive Cabinet; and the University Union Advisory Board oversees the facilities that are paid for by ASI fees, including the University Union, Recreation Center and Sports Complex. This group of students is responsible for the advertising of TVs on the cardio machines in the gym, the furniture in the UU and more. The Executive Cabinet, overseen by Baldwin, is a group of seven students appointed by Souza and Baldwin to achieve Souza's goals as ASI president.

Other things we're all been doing this year is getting the whole group together to work on things that we're passionate about, then we will be more effective and efficient in going out to the students.

Plans for 2007-08

The main project being addressed this year by ASI is the potential expansion of the Recreation Center. This idea began last year when research was conducted on what students want to see from ASI, page 2.
From left, the ASI team: Tony Guntermann, chair of the Board of Directors; Laura Baldwin, ASI chief of staff; Nicole Stromsness, chair of the University Union Advisory Board; Brandon Souza, ASI president.

**Feeling like crap?**

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When He-Man & Skeletor Stand Before God

**MUSTANG DAILY NEWS**

Tuesday, October 23, 2007

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When He-Man & Skeletor Stand Before God

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**ASI continued from page 1**

... were most concerned about, said Souza, ASI president and ag business senior. In February there will be a vote on whether students are willing to pay an increased fee to expand and renovate the Recreation Center. Stromsness, chair of the University Union Advisory Board and civil engineering senior, said her main goal for this year is to educate students about the upcoming Recreation Center referendum.

"There was a referendum two years ago and it was massive," she said. "I was a freshman at the time and people were really confused about it. I remember it would just be a "Yes" campaign. This time it's not going to be like that at all."

Stromsness stressed the importance of making an informed decision and said ASI will provide the students with all the facts.

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**Robbery continued from page 2**

of the other female students in the group said. "Then we saw this crazy girl come out of nowhere, and she said that it was worth about $1,000."

"I will definitely be more cautious about going out and walking after dark," she said. She warned that the incident should be a caution to other students out late to "never let your guard down."

The second student agreed. "Now (the danger) feels very real. I feel like when I go out late I have to be a lot more careful. I have to be aware of where I am and who I'm with, and pay attention to where the nearest blue emergency lights are."

The three female students in the group are all freshmen living in Mustang Village apartments on Foodbull Boulevard. "I couldn't begin to guess what those two (suspects) were thinking," said Srg. Rick Crocker of the San Luis Obispo Police Department. "Without a weapon, why would a man and a woman approach a group of six ... I wouldn't have any idea, but at that time of the morning, drugs and alcohol could have been a factor in their decision-making."

Police currently have no leads to go on and there is no apparent link between the students and the suspects, police said. He noted that there was a nine-hour gap between the time of the incident and the time it was reported to police, and that the two attackers had a lot of time to get away from the area. The male and female assailants are both described as in their 20s, about 5-foot-9 with stocky builds, and both were reportedly dressed in dark, hooded sweatshirts at the time.

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We get you done in an ideal amount of time

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Pacific Aviation has over knowledgeable instructors and staff. The instructors are there to help you as much as possible. We, Pacific Aviation, presents a great learning environment and ensures specifically tailored to your needs. Plus, they have the right flight planes. Ira Marz, TPF’s Flight Chief, Master, Aerospace Engineering.

We have a WELCOME ATMOSPHERE AND MAKE LEARNING FUN"
School officials often dismiss or ignore signs of sexual abuse

Juliet Williams

The parents of a girl who was molested in elementary school by her band teacher hold a portrait of their daughter.

In all, six boys came forward to say they were molested by Abhyankar during his teaching career. The children's parents won a $6.8 million settlement, mostly from the Ocean View Unified School District, for negligence in failing to protect the students in its care.

"This was an egregious example of a school looking out for more of its administration than its students," said Los Angeles attorney David Ring, who represented the boys' families in the civil lawsuit.

Abhyankar's case is but one example of a disturbing undercurrent to cases of sexual abuse of students by teachers or administrators. A seven-month Associated Press investigation of sexual abuse by California educators revealed that in many instances other school employees suspected or were aware of the abuse but failed to notify law enforcement.

Cases such as Abhyankar's are referred to as "passing the trash," said Ring, who over the last decade has filed about 100 lawsuits against California educators revealed that in many instances other school employees suspected or were aware of the abuse but failed to notify law enforcement.

State Briefs

SAN FRANCISCO (AP) — The popular online social network Facebook Inc. is being sued by an Indiana woman who alleges it has profited from its members sending thousands of unauthorized text messages to mobile phone users whose numbers previously belonged to other people.

The lawsuit, filed Monday in a San Jose federal court, highlights the confusion and frustration that can arise as Web sites extend their services to mobile handsets with phone numbers that have been re-assigned, or "recycled" after another customer's service ended.

LOS ANGELES (AP) — Wildcats breaking out across Southern California are being fueled by stronger than usual Santa Ana winds roaring out of the region's canyons, scientists said Monday.

The fires have killed at least one person, burned thousands of acres and forced hundreds of thousands of people out of their homes. The powerful, dry winds typically blow between October and February and peak in December.

SANTA ROSA (AP) — Petaluma man won't face felony manslaughter charges in connection with a gruesome boating accident on Lake Sonoma.

A judge has dismissed the felony charges against Will Dawson, in the death of Mark Spier in May.

The 51-year-old Spier was killed after jumping off a back of a ski boat operated by Dawson. Authorities say Spier died of blunt wounds when he was hit by the propeller of the boat.

VICTORVILLE (AP) — A 22-year-old Victorville man has been arrested for allegedly trying to drown his estranged girlfriend and her 7-month-old daughter in a bathtub.

Marcus Tobin has been booked for investigation of attempted murder, kidnapping, false imprisonment and a gang enhancement.

Sgt. Jim Evans says the woman was bound at the feet and hands and the attacker forced her head under water.

LOS ANGELES (AP) — A mother and her teenage daughter are facing murder charges in the killing of a Vallejo woman earlier this month.

Authorities say 51-year-old Renee Antoine Williams and her daughter, 13-year-old Nimese Patricia Martin, are being held without bail after being charged in the January slaying of Shainta Yazzie.

The 27-year-old Yazzie was found dead in her home on Oct. 7.

Vallejo police aren't discussing a possible motive in the murder, but say Williams and Martin both knew Yazzie.

The most-false man with a deadly plot.

He'd been looking for a way to get his ex-girlfriend back.

But she didn't want him around.

So he waited for the perfect moment.

And then he struck. He invaded her home, forcing her into a room.

He threatened to kill her unless she agreed to come back to him.

In the end, he got what he wanted. He got what he deserved.

He was sentenced to life in prison, but that was just the beginning.

The nightmare continued for months as he tried to make his way back into her life.

But she wasn't having any of it. She stood strong and refused to give into his demands.

It was a hard fight, but in the end, she emerged victorious.

She finally knew that she was strong enough to stand up to him and not let him control her life.

And she was right to do so. She didn't need him in her life, and she didn't want him ever coming back again.

So she stood strong and refused to give into his demands. She knew that she was strong enough to stand up to him and not let him control her life.

And she was right to do so. She didn't need him in her life, and she didn't want him ever coming back again.

So she stood strong and refused to give into his demands. She knew that she was strong enough to stand up to him and not let him control her life.

And she was right to do so. She didn't need him in her life, and she didn't want him ever coming back again.
The Air Force Safety Center housed at Kirtland Air Force Base in New Mexico now has a full-time flight surgeon, an aviation psychologist, a life-support specialist and two aviation psychologists on the staff, Brandt said. "They are constantly immersed in trying to find ways to improve the human side of aviation," he said.

One problem safety experts are on guard against is exhaustion amid the day-and-night sorties F-16 pilots are flying in Iraq. Ohio Air National Guard Maj. Kevin Sonnenberg, 42, died in June when his F-16 crashed shortly after takeoff from an air base in Iraq. Investigators found he became disoriented while flying in a dust storm at night. Before taking off at 12:25 a.m., Sonnenberg had complained to his roommate that he was having trouble sleeping, according to an Associated Press investigation. His squadron mates also said Sonnenberg appeared "slightly fatigued," but investigators found no proof fatigue was responsible for his misjudgments. Despite the heavy flying responsibilities in the war zone, pilot fatigue is not a widespread problem, Brandt said. The Air Force has strict guidelines governing rest for pilots, he said.

Pilots must take at least 12 hours off before showing up for duty, and duty on a flying day is limited to 12 hours, or 10 hours at night.
Osama bin Laden scolded his al-Qaida followers and other insurgents Monday, saying they have been "lost" for failing to overcome fanatical tribal loyalties and unite in the fight against U.S. troops.

The transmission, carried on a radio tape, reflected the growing drift away among Iraq's Sunni Arab insurgents and bin Laden's own faction in the country, both of which are facing heavy U.S. military pressure and an upsurge in violence.

In the brief tape played on Al-Jazeera television, the terrorist leader lashed out at "people of decision - The Muslim world is waiting for you under one banner."

He used the word "ta'assub" - "fanaticism" - to chide insurgents for putting their allegiance to tribe or radical organization above the larger fight to overcome American forces.

While the authenticity of the tape could not be verified immediately, the voice resembled that of bin Laden in previous messages. U.S. officials in Washington said analysts believed it was bin Laden in previous messages. U.S. officials in Washington said analysts believed it was bin Laden in previous messages. U.S. officials in Washington said analysts believed it was bin Laden in previous messages.

"My mujahedeen brothers in Iraq you are a people worthy of praise and I pray for your success. You have done well to carry out a glorious duty by fighting the enemy. But some of you have lagged behind in carrying out another glorious duty, which is to raise up one horn tribesmen," bin Laden said.

He warned followers "against hypocrisy among you who are infiltrating your ranks to create sedition among mujahedeen groups."

Bin Laden, a terrorist analyst for the Washington-based Center for Strategic and International Studies, said bin Laden's un­ velveted message appeared to be aimed at al-Qaida in Iraq - that al-Qaida needs to be less arrogant and moderate its criticism of the West.

Condemn of pointed to al-Qaida in Iraq's attempts to impose Ta­ hab-tan-like Islamic laws in some areas as well as killings of tribal figures, actions that alienated some Sunni Arabs and led them to join a movement opposing U.S. occupation.

To showcase the success of its tribal alliance, the U.S. military played a version called "a verification parade" in Ramadi; the Anbar pro­ vincial capital on Tuesday.

Major Peter Lee, a spokesman for the area, said security would be increased to protect the celebra­ tion. It is to include at least 200,000 Sunni sheikhs and hundreds of other dignitaries to commemorate Sheikh Abdul-Sattar Abu Risha, the found· er of the anti-al-Qaida group who was assassinated by a bomb Sept. 13.

Abdul-Sattar's brother, who has taken over the movement, said it was important to maintain pressure on insurgents, recalling that about 100 al-Qaida militants marched through downtown Ramadi a year ago in a similar tape.

"The people felt weak and afraid because of al-Qaida. Now there is a feeling of strength," Sheikh Ahmed Abu Risha told The Associated Press at his heavily guarded compound as a hand practiced for the parade in the back yard. "This year I want to have a good parade to show that we support the free.

The U.S. military, meanwhile, kept up pressure on Shiite Muslims as well.

Baghdad police said American troops opened fire on a band practiced for the parade in the back yard. "This year I want to have a good parade to show that we support the free."

The figure included 25 bullet­ riddled bodies, some decapitated, in a mass grave at Nadhim village in the main Sunni region around Lake Tharthar northwest of the capital. Police said the victims appeared to have been killed within the past three months.

Bin Laden urges Iraqi insurgents to unite

The U.S. military said it was looking into the reports.

Abdul Ridha Jasim said his wife, 42-year-old Noryia Jabbir, and 4-year-old daughter Hiba were seri­ ously wounded.

"My poor wife and daughter. They didn't commit any sin or mistake to suffer such serious wounds," he said. "Who will take care and look after us. I feel a deep misery."

The military said the U.S. ground and air assault in Sadr City on Sunday left "an estimated 49 civilians dead, which would be one of the highest tolls for a single operation since Bush declared an end to active combat in 2003."

Iraqi officials maintained 15 civil­ ians were killed, including a woman, a 14-year-old boy and two toddlers.

An Associated Press reporter counted 11 death certificates linked to the raid Sunday in Sadr City's Imam Ali hospital, and hospital of­ ficials said one person died at the district's General Hospital and three others at the neurological hospital in central Baghdad.

"At this time, we still have no evidence to suggest there are ci­ vilian casualties," Lt. James Cole, a military spokesman, said Monday. He declined to comment on how the military determined 49 civilians were killed, saying the information was classified.

Iraqi officials disputed an Ameri­ can military claim that 49 milita­ nes were killed Sunday in a ground and air assault that targeted an Iran­ linked militia chief, insisting the number of casualties was 15 - all civilians.

Abdul-Sattar Abu Kisha, the founder of the anti-al-Qaida group who was assassinated by a bomb Sept. 13, urged his followers to "beware of treachery and divisions among you."

"We call upon al-Sadr's people to show self-restraint. Their reaction should be peaceful and should not violate the order - to freeze their activities," said Falah al-Obeidi at the cleric's office in Sadr City.

One of those suspected faction leaders, who was accused of leading a kidnapping ring, was the target of Sunday's raid. The military said he was killed or captured.

Other Shiite neighborhoods in Baghdad were riddled by bombs Monday, as at least 50 people were killed or found dead nationwide, according to police, hospital and morgue officials.

The U.S. military said it was looking into the reports.

Bin Laden urges Iraqi insurgents to unite
At midnight Friday the premiere of Tim Burton's "The Nightmare Before Christmas" in 3D kicked off. The Fremont Theatre was half-filled with young people, some of whom had come dressed in costumes. When the previews had finished and the screen flared the words "put on your 3D glasses now," the audience cheered loudly.

"The Nightmare Before Christmas" is the highly stylized story of the skeleton Jack Skellington and his quest to stage his own Christmas. The problem is that Jack lives in Halloweentown, a world full of vampires, witches and scary monsters. His fellow citizens do not grasp the spirit of Christmas and have a hard time making toys that don't bite or scratch. The movie covers Jack's failed attempt at running Christmas and then what he has to go through to save the holiday.

The movie was originally released in 1993 and nominated for an Academy Award for visual effects, but lost to "Jurassic Park." The film did win a Golden Globe in 1994 for best original score. It struggled to find an audience when it was first released but for the digital effects of 3D. "The Nightmare Before Christmas" has retained its original charm and powerful story. If you are seeking a flashy 3D experience, this is not the movie to see. But if you are looking for a great movie that has a lifelike quality, then this is the one for you.

The movie also features an amazing soundtrack by Danny Elfman. Every one of the songs is catchy and adds to the movie. During the midnight showings on Friday, some audience members sang along to the songs, showing their great appeal and infectious nature.

"The Nightmare Before Christmas" is a Halloween classic for this generation and a great way to get into the spirit of the holiday. It is being shown at the Fremont Theatre downtown every day, with special midnight showings on Friday and Saturday evenings.

Surfers' dreams, new boards take shape in popular Craft class

Whitney Diaz
MUSTANG DAILY

A thick layer of white dust coats every flat surface of the room in the Craft Center where foam boards of all shapes and sizes stand vertically lining three walls.

Each student covers his or her nose and mouth with a white mask as they gently glide a planer that controls cutting depth, to shape the board themselves. "I teach it because I've been shaping boards since I was in high school, and I would like to show others how to shape boards, too," Tim Sleeper said. The industrial engineering senior has been teaching the class for nearly four years.

"It's cheaper, and you can get exactly what you want when you're shaping a board yourself," he said.

Most short boards can average between $500 and $600 in stores, Sleeper said, but students pay a fraction of that at about $375, including fees, foam and other equipment, when they shape boards in the class. Once they learn the skill, a board can cost as little as $170 to shape.

"Eight modern are enrolled, including San Luis Obispo resident Al Ferguson, 42, who
has been surfing for about 38 years. "When you buy a board, you just get on it and see how it rides. But when you're shaping a board, you're learning about all the elements that make a board ride like it does," Ferguson said.

His favorite part of the class is "just watching (the board) take shape, and getting to see what the art of board making really looks like.

"Students use a Clark Foam 03 Planer, a tool that controls cutting depth, to shape the boards, and they later sand the boards by hand.

"There's something special about shaping the board yourself," Humphries said. "It's something you're building. Surfing is all about the love of nature. Why not go out and enjoy it on a board you've made yourself?"

Sleeper said the best time to register for one of the classes is one quarter before the class begins, preferably during dead week or the week of finals.
Janelle Eastridge

While growing up, Rebekah Leach, like many children, had high hopes of flying, soaring through the air and maybe even performing a trick or two in the process. She even considered joining the circus to fulfill this dream.

Although her circus fantasies didn't pan out, her dreams were too much financially and she was too busy with other activities, anyway), the idea of learning to "fly" always stayed in the back of Leach's mind.

Two and a half years ago this Cal Poly alumna finally fulfilled this dream when she attended the Aerial Dance Festival in Boulder, Colo. She first heard about the dance form — in which dancers perform while suspended in the air by long pieces of strong fabric — after seeing a flyer advertising aerial dancing in one of the Cal Poly dance rooms. She researched aerial dancing via Google while studying abroad in Thailand in spring 2005 for months and then flew to Colorado, where she learned various aerial techniques.

"Aerial adds a new dimension to dance. Not only are you going in all directions on the ground, but you're going in all directions up and down," said the 5-feet tall Leach, who did gymnastics when she was younger and has taken several dance classes, including many within Cal Poly's dance department.

Last summer, Leach's dream of teaching others about the dance form she has become so passionate about came true. She taught three weeks of classes — two weeks of introductory fabric workshops and one week of intermediate classes.

"I had to fly to Colorado to learn this, and I wanted to bring it back home, back to the Central Coast," Leach said. "Then, I love, love, love it." What joy has indeed doubled. And it will soon increase even more since Leach will be conducting two more days of aerial workshops — the first on Saturday, Nov. 3, and the second on Saturday, Dec. 1 — at Echo ArtSpace, an artists' cooperative in Grover Beach.

Each Saturday, an intro to fabric class will take place from 9:30 a.m. to noon; an intermediate class will take place from 12:30 to 2:30 p.m.; and an intermediate to advanced class will take place from 3 to 5 p.m.

The cost of the classes is $40 for beginners and $50 for those returning from the summer workshops or for those who have had prior aerial dancing experience. Those who sign up for both classes and pay ahead of time will receive $10 off the total payment. For registration forms and more details, go to aerial.dancing.googlepages.com.

Those who took the summer classes and others have been urging Leach to continue teaching her unique dance classes — the only one of its kind on the Central Coast — here, even though she and her husband have relocated to Ojai, where she's finding her teaching algorithms and geometry at a local school.

Linda Campise, creative director of Echo ArtSpace and a participant in the summer workshops, defined aerial as being death-defying and dangerous in appearance (though not as dangerous in practice). "It has challenged my ability to work at a height again," said Campise, herself a former gymnast, which she said had helped her pick up the dance form so easily. "I've had to readapt to the height aspect and velocity (drops) again."

Both Leach and Campise described Echo ArtSpace as the perfect location for Leach's lessons. "We will perfect it, it's a space for artists to come and be creative ... and they're really flexible with what we can do," Leach said.

Leach found out about the space from a friend of Campise who saw Leach doing aerial dancing and wanting to learn. She recommended Leach use the artists' cooperative for classes. Echo ArtSpace is located in a warehouse in an industrial part of Grover Beach and is geared toward more alternative or cutting-edge forms of art.

Since the workshops in August, Campise and five others have been meeting once a week — on Wednesday nights at Echo ArtSpace — to work on new moves, often analyzing performances on YouTube for inspiration and direction. They are looking forward to the upcoming workshops as a way to expand their group and their skills, Campise said.

"Students are not required to bring their own fabric (she provides three pieces of fabric for each class to practice with), but are advised to bring water and arrive with clean feet, since Leach, as she jokingly put it, "(doesn't) want people getting my fabric dirty."

Beginners should expect to start off the two-and-a-half-hour workshops learning yoga poses on knotted sections of fabric, which will help them "get used to reincorporating themselves to the space," Leach said.

Then Leach will break down movements and show students how to wrap the fabric around their bodies. Although the lesson will be difficult, it isn't something that is too challenging. Over the summer, Leach said she had a girl in her workshop who had a broken arm, and although the girl did need help with many of the poses, the beginning aerial class was not something that she couldn't do.

The movements aren't simply artistic, though. "It's challenging and more mathematical. You have to use your left side of the brain," Leach said. "It's like fitting together a puzzle."

For Leach, the "dramatic-esque" of aerial dancing — the whirling and height aspect especially — make the dance form much more superior to its on-ground counterpart.

"It's so big, it uses that third dimension in an epic way," Leach explained. "I feel like every song I use and every performance I give has to be epic; it has to be huge."

In a way, aerial dancing is a means for everyone, Leach and Campise included, to relieve his or her childhood desire to fly. "In a nutshell, it's fun. It's fun to swing," Campise said. "That's something you do as a kid but don't really do as an adult. This class is clearly satisfying this impulse."
Still the 'King' of horror...

With Halloween just around the corner, what better time could there be to curl up in the deep hours of the night and read some spooky short stories? Of course, there's many a fine novel available in the horror genre, but being the busy college student you are, why not treat yourself to some quick doses of darkness available in the horror genre, but being the busy college student some spooky short stories? Of course, there's many a fine novel still the 'King'.

Still the 'King'

Singer Sacha Sacket, shown above with his band, recently released "Lovers and Leaders."

SLID regular solo no more

Cristina Albers

Somewhere between John Mayer and Coldplay stands Sacha Sacket, a newer name in the alternative, classical pop field of music. He sings in a calming tone plays the piano with passion and veneration for the artists he loves. Sacha has performed in San Luis Obispo three times before at Backstage Pizza on Cal Poly's campus, and his recent performance on Oct. 13 at Frog and Peach Pub was a hit with the college audience. His music filled the air with skill, economy and the occasional touch of pitch-black humor, these stories invite comparison with the best works of Edgar Allan Poe.

Like any gifted storyteller, King is a bit of a magician, and like any magician, he has a few tricks up his sleeve, one of which is a story without a drop of the supernatural or even the scary, yet manages to break your heart with its evocative rendering of a relationship in which one partner drifted from the other, unaware of how much the person left behind still needed. In this story, the hidden strength of many of the other stories rises to the surface: What makes King such a successful storyteller is not so much his understanding of horror as his understanding of humanity.

Quentin Dunne; A psychology graduate student and Mustang Daily book reviewer.
Dear Sarah,

I don’t eat any vegetables and I don’t plan to do so anytime soon; should I take a supplement or something?—Eric

Business sophomore

I know you’ve heard your mom tell you to eat your vegetables a million times, but she probably never gave you a legitimate reason behind the proverbial “Because I said so.” Well, I tried to come up with a few more justifiable reasons. This is what I found:

Fiber and Energy:

Vegetables offer a large amount of fiber with very few calories, which helps to fill you up without expanding your waistline in the process. You can get just as much fiber from a variety of fruits if you really hate veget­ables. Does low in fat and high in fiber-rich foods like fruits and veget­ables may help you maintain your weight or even reduce the risk of gaining weight. Increasing your intake of vegetables and fruit also natu­rally boosts your energy. If your diet is rich in high-protein sources such as meat, cheese and eggs, it could be leaving you tired and weak. Fruits and vegetables can also satisfy your sweet tooth. When you turn to fruit for a sweet taste and quick energy, you are adding boost of nutrition that works for you instead of just “empty calories” found in sweets like candy bars and soft drinks.

Vitamins and Minerals:

The essential vitamins and minerals that your body needs are most efficiently absorbed from vegetables and fruits. This means that humans have never been able to reproduce a substance that offers as many readily available vitamins and minerals as nature’s own variety does. Even though vitamins supplement companies may publish that each serving offers you 100 percent of your daily requirements for most vitamins, it does not necessarily mean that all 100 percent is absorbed in your digestive tract. It seems misleading, but if you think about it, it’s really not. It is called a “supplement” after all, meaning that it is merely there to “supplement” your diet. The sole purpose of a daily multi-vitamin is to fill in for a few of the nutritional gaps that your diet may be lacking, and could never sufficiently make up for a diet completely void in produce.

Fiber and Disease Prevention:

Diet rich in fiber have been proven to de­crease the risk of cancer. According to the Na­tional Cancer Institute, about one-third of can­cer cases are related to diet, and vegetables are also extremely high in antioxidants, which rid the body of free radicals. I know that you may be thinking that because you are young, you don’t have to worry yet. The earlier you start incor­porating fruits and vegetables into your diet, the smaller your chances are for developing diabetes, heart disease, and possibly even cancer. I’m not saying that you are going to get cancer if you don’t eat your veggies, but I feel like it’s a better reason than “because I said so.”

How to eat them:

Eating your fruits and vegetables isn’t as hard as you think. Add canned beans and tomatoes to your chili or extra vegetables to tostadas or casseroles. Add frozen or canned vegetables to pasta sauce at the end of cooking. Make an omelet with avocado, tomatoes and peppers. Sauté frozen vege­tables with soy sauce and chicken and you’ve got yourself a quick stir-fry. When eating out, ask for lettuce, tomatoes and onions on your sandwich. Order your entree with the vegetable side dish. If eating Italian, choose pasta with marinara sauce. If ordering pizza, ask for double sauce and veget­ables on top. When eating Chinese food, opt for steamed rice, vegetables and meats instead of fried options.

As far as portion sizes go, here are a few easy ways to remember what a serving of fruits or vegetables looks like. For example, a serving of chopped fruit or vegetables is about the same size of one cupped hand. A serving of leafy greens is about two hands cupped together A 3 4/ cup serving of fruit juice or 1/4 cup of dried fruit also count toward your five-a-day servings of fruit.

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

John Lane
Mathematics senior

A “small brush fire” revisited

This letter is in response to the editorial concerning the brush fire near Cal Poly about two weeks ago. In the letter, the writer ac­cus ed the school of not respon­sibly informing students of the brush fire near campus. Now I ask the same question to the public, asking the school to think about what I asked myself when I read the article: Why should they? As much as the author wants to deny it, it was indeed a small brush fire. I’m writing this letter wanting students to hear from the White House does not want this bill to go through for fear of retaliation from Turkey, hindering the mission in Iraq. The mission in Iraq is already messed up, U.S. troops should be removed from Iraq. Denying that the Armenian genocide occurred is analogous to denying the Holocaust (in some countries denial of the Holocaust is illegal). The legislators should not fear passing this resolution because it may hurt our goal in Iraq. They should pass the bill because it is the correct thing to do.

Secondly, our government should be more involved in ending the genocide occurring in Darfur. Perhaps they are not because there is no monetary gain or that region does not affect the U.S. We need to learn from mistakes in history, or it is going to be 80 years down the road for the U.S. decides to say, “Oh yeah, what happened in Sudan, that was genocide... maybe we should have done something.”

The White House does not want this bill to go through for fear of retaliation from Turkey, hindering the mission in Iraq. The mission in Iraq is already messed up, U.S. troops should be removed from Iraq. Denying that the Armenian genocide occurred is analogous to denying the Holocaust (in some countries denial of the Holocaust is illegal). The legislators should not fear passing this resolution because it may hurt our goal in Iraq. They should pass the bill because it is the correct thing to do.

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Atherstone is Player of the Week for the fourth time

**SPORTS INFORMATION REPORT**

Thanks in part to a career-high 30-kill performance that helped the No. 24 Cal Poly volleyball team defeat Long Beach State 30-23, 27-30, 30-26, 30-27, 30-23 victory at Cal Poly in kills (53), kills per game (5.40) and aces per game (0.78). Atherstone leads all Big West players with 4.54 kills per game and ranks second in both aces (37) and aces per game (0.47).

Atherstone joined Long Beach State's Alexis Crimes (2006) and Pacific's Ela Stegenkamp (1999) as the only players in the 24-year history of Big West volleyball to garner the award four times in a single season. Long Beach State's Danielle Scott won five Player of the Week honors in 1992 to establish the conference record.

Monday's honor was the seventh of Atherstone's career. Only three players in Big West history have won the honor on more occasions. Mustang middle blocker Jac­lyn Houston earned Player of the Week honors Oct. 15 to give the program five total awards this season.

Cal Poly returns to the court Fri., Oct. 26 against Pacific at 7 p.m. The homestand continues the following evening against UC Davis. Five of Cal Poly's fi­ nal seven regular-season matches will take place at Mott Gym in San Luis Obispo.

**Chargers evacuate due to fires**

A photo in Monday's paper incorrectly identified a soccer player as Casey Conry. The player in the photo is Anthony Griko.

"Our overwhelming priority now is the safety of our players and staff and their families," the Chargers said in a statement. "Our prayers are with everyone who is impacted by this tragedy.

"It's four years to the week after being forced to move a Monday night game to Tempe on short notice because of wildfire smoke within the Chargers and the NFL said it was too early to know if the fires will affect Monday's game. As it was in 2003, Quatar still had smoke, parking lots and part of a concourse were being used as an evacuation center.

"We are monitoring," NFL spokesman Greg Aiello said in an e-mail.

Wildfires fanned by fierce desert winds forced the evacuations of nearly 250,000 people in the country.

There was no immediate word if any Chargers employees had lost their homes. Many Chargers players, as well as other current and former pro athletes, live in Poway and other suburbs in northern San Diego County.

Trevor Hoffman, baseball's career saves leader, has been a fixture at a family ranch in Michigan, lives near Hoffman said by cell phone. "I'm sure every­body has, you know, losses and things like that. What you do is you pray for the people, and you pray for the families, and you know, you just try to stay as positive as possible.

"I'm hoping our players are in San Diego and they're doing well and they're staying safe. We're all thinking about our families and our friends and the people who are affected by this," Hoffman said by cell phone.

The Chargers, who had just returned from their bye weekend, canceled practice Monday due to poor air quality and the players could take care of their families, spokesman Bill Johnston said.

The Chargers, scheduled to host Houston on Sunday, announced they will fly to Phoenix on Tuesday and practice in the rest of the week practicing in poor air quality and so the players turned from their bye weekend, they will fly to Phoenix on Tuesday and practice in the rest of the week practicing in poor air quality and so the players turned.
Chicks
continued from page 12

said. Anderson explained that there was no recreational league for girls while she was in middle school so she played on a men's team. "I've grown up playing with guys, I know how to get hit, I know contact," she said.

Although she has been playing with men for several years now, Anderson said she still hears and experiences sexism on the court. She said men sometimes won't pass her the ball because they think she's a woman and therefore think she plays for the school. "They'll play me too hard because I'm on the basketball team and they don't want to get shown up or embarrassed," she said.

When asked if she gets joy from scoring on guys at the Rec Center, she said, "I'm a basketball player. I treat everybody as a basketball player, if you're a girl, if you're a guy, I don't really care who you are." Anderson said when she started playing with girls in high school, "The level of play was totally different. I had to control myself more." According to Anderson, women's basketball is more team-oriented; they swing the ball more and focus on a high-low post action while men are more one-on-one and individualistic.

When asked if people don't go to see 20 women's games, she said, "That's how it is. People think, there's no dunking. It's not as intense... People go to guys' games so they can see somebody cross over and then get an ally-oop dunk." Minnigun speculated that a possible reason attendance is completely low at games is that Pol students are so involved. "People are doing things all over the place," she said. "We center ourselves on the attendance at women's volleyball games as well. How could Mott gym not be full? (to watch a top 20 team compete?) It's crazy, it's crazy," she said.

"If people come out to the games, I think they're gonna love it. Certainly, our style of play is fast paced and fun. We really love our student body and want them to be as involved and us being as involved with them as we can be."

From another hand experience, I can assure you that Anderson has a mean cross-over and she is most definitely worth your time to watch, especially since this was impossible all of last year.

Last season, Anderson red-shirted after an anterior cruciate ligament injury. She said the hardest thing about the injury was the mental aspect of it and that she didn't like babying her knee or limping. Although she had some mental issues with her injury, she said, "My mom told me and my coach told me that everything happens for a reason. I really think (the injury) made me a better person...you can learn so much by just playing (basketball) but when you watch it, it's a different story."

We want to be Big West champions, of course. That is our No. 1 goal.

—Sparkle Anderson
Call Pol's pest goal

The New York Times
Crossword

Across

1. The whole ball of wax
2. Clue
3. Court cry
4. Last budget category
5. Avoid, as work
6. Loincloth
7. Mediterranean island country
8. Golf club word or a bunker
9. Like Methuselah
10. Xerox machine
11. Taiwan capital
12. At full speed
13. Iran's capital
14. At full speed
15. Movie Extras
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17. "Toodles," in a cartoon
18. Bird-related
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62. "Fool's in Milan

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2. Microwave
3. Mrs. Chaplin
4. Taste bud tissue
5. U.S.S. Nellus
6. Show to the future
7. Board short
8. Reacts, for one
9. Toppin
10. Bird
11. Union
12. Chairperson
13. Name after Dan or Sam
14. Heart chart, for short
15. New York's Tappan
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52. Winter
53. Stanley Gardner
54. Former Governor
55. Captain's position
56. Captain's position
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62. --ballerina
63. Marcello Manuscript

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By Michael Howard Fried


HOMING

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Lost Von Zipper sunglasses at UCSB-Poly Soccer game vcrsoari@calpoly.edu

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COURTESY PHOTO
Anderson playing in 2005-06.

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**Monday press conference covers recent tie, losses**

**Agnes-Dei Farrant**

Monday’s Cal Poly weekly athletics press conference featured the apprehension of Cal Poly football, men’s and women’s soccer, women’s volleyball and cross country teams.

Prominent topics included the Oct. 20 tie of the men’s soccer team with UC Irvine and Mustang football’s 48-35 loss to South Dakota State.

Cal Poly football is currently 4-3, 1-1 in the Great West.

“We managed to make some yards on offense and score some points but we still don’t get the best of it physically in the interior line,” football head coach Rich Ellerson said.

“Defensively we just pushed around. We can survive getting pushed around a little bit ... we can finesse a few things off offense but you don’t finesse losing the turnover battle against a good team by two,” he said. “You don’t survive having the opening kick returned for a touchdown, and other kicks set up to put them in scoring position, kick the ball into the back of somebody’s head and a sundry of other things. Maybe the single worst special teams performance since I’ve been here.”

Ellerson identified the upcoming close of the season and the focus needed for approaching games, including the Oct. 27 game at Idaho State (3-4, 2-3 Big Sky).

“We can’t worry about what just happened, we have to worry about what’s going to happen on this next play ... We need to stay in the moment, especially for these seniors, they’re going to turn around three or four more times and then the season will be over. And for most of those guys, that means football’s over. Something that’s been a huge part of our lives is about to be gone. The good news is redemption is right around the corner on Saturday.”

The Cal Poly men’s soccer team (9-1-2, 4-0-2 Big West) beat UC Santa Barbara 2-1, Oct. 17. The game lead to previously unranked Cal Poly being No. 15 in the Soccer America poll.

“UCSB’s a very physical team. They’re national champions, they know how to win, they play hard, they compete hard. Every time you play them it’s going to be a physical battle, and you just have to match that,” head coach Paul Holocher said.

Last Saturday the Mustangs tied UC Irvine 1-1.

“That’s back-shell stuff now. We’ve got to focus on the next game,” Holocher said.

Men’s soccer will be playing UC Riverside Saturday at 7 p.m. at Alex G. Spanos Stadium.

The Cal Poly women’s volleyball team (14-7, 8-1 Big West) recently accomplished a win against Long Beach State that earned see Monday, page 10

**Men’s soccer ranked No. 15**

The Cal Poly men’s soccer team went from unranked to No. 15 in the Soccer America poll after spending defending national champion UC Santa Barbara, 2-1, last Wednesday at Alex G. Spanos Stadium.

This week marks the first time since 1995, when Cal Poly started the season 6-0-1 and was ranked as high as No. 13 nationally, that the Mustangs have been ranked in the national polls.

Cal Poly (9-1-2 overall, 4-0-2 Big West) defeated UC Santa Barbara 2-1 last week before a record-crowd of 7,143 in Alex G. Spanos Stadium. The Mustangs then went on to tie UC Irvine on Saturday, 1-1. The win against UC Santa Barbara was Cal Poly’s first since Nov. 7, 2000 (3-0 at home). The Gauchos are No. 16 in the poll.

The Mustangs also moved into the rankings in the College Soccer News poll, entering at No. 30. The final major college soccer poll, NSCAA/ADVANCE, will be available tomorrow morning.

**Rachel Gellman**

I know who the point guard of the Cal Poly women’s basketball team was before I ever stepped foot on campus three years ago. I was interested in trying out for basketball, so I decided to check out the team online and I instantly clicked on Sparkle Anderson’s profile. Yeah, I was interested in the guards on the team but in all honesty, I liked her name.

When I went to Cal Poly, I soon realized that her name is not only unique, but it is quite fitting. The girl glams on the court that is, if your eyes are quick enough to spot her.

I remember playing against her in a pick-up game at the Rec Center my freshman year. I was so juiced that I got one shot off on her yet my excitement quickly fizzled after she easily jetted past me toward the basket several times. She was most likely playing to about 10 percent of her capability, but I can’t be sure because I was too busy trying to catch my breath.

I’m not up about it. Faith Mimmaugh, head coach of the women’s basketball team, said of Anderson, “She’s one of the most exciting players to ever suit up for Cal Poly. She’s easily the most electric player in the conference.”

Anderson, a recreation administration senior from San Diego with a concentration in sports management started playing basketball, among other sports, when she was 5. Her mother encouraged her to try all sports, but she soon found an interest in hoops. She said the competitiveness and the family atmosphere of the sport are the qualities she likes most.

She also admits that “everybody on your team is a vital role in your success.”

Her mother is her biggest role model. Anderson stressed the fact that although her mother pushed her very hard to excel in athletics she also made sure she was focused in school. “If I didn’t have an education I wouldn’t be here,” she said.

Along with basketball, Anderson also competes in the triple jump, 4x100 relay and the 100-meter dash for the Poly track team.

“She’s had a long history of playing against guys and holding her own on the court,” Mimmaugh