Dexter Lawn displays AIDS impact

Whitney Diaz

The Cal Poly community can step into the world of a child affected by AIDS in Africa this week as part of Impact 1: The Africa Experience. Upon entering the Impact 1 tent on Dexter Lawn, guests are given an MP3 player with the stories of three different children in Africa who are affected by or have AIDS. "The goal is to bring awareness to campus," said Nicole Fransberger, the tent coordinator and InterVarsity Christian Fellowship staff member. "It's not only good to be aware, but it's good to be aware coupled with action." Impact 1 is a partnership between InterVarsity Christian Fellowship and World Vision. The fellowship is a Cal Poly student group striving to pursue justice and build a multi-ethnic community, while World Vision is a Christian relief and development organization dedicated to helping children and their communities worldwide. "World Vision is on the front lines right now, battling the AIDS pandemic in Africa," Fransberger said.

see Impact1, page 2

New engineering study abroad program may not welcome all students

Agnus-Dei Farrant

The opportunity for Cal Poly students to study abroad in Saudi Arabia has arrived. Cal Poly was asked this January to help develop an undergraduate civil engineering program at Jubail University College (JUC), a new university in Saudi Arabia. The proposal titled, "Implementation of Engineering Programs at Jubail University College," describes a five-year collaboration between Cal Poly and JUC from December 2007 to summer 2012. JUC is a new university operating in temporary facilities located in Jubail Industrial City in the Kingdom of Saudi Arabia.

It has recently finished its first year of operation, with 435 male and female students. Permanent facilities are expected to be finished by 2011. The university has projected that 25 to 35 male students will be admitted to the civil engineering program in the 2007-08 academic year.

"As far as I know, it's not open to women, because they don't have classes open to both genders," said Azad. "I wanted people to know that Muslims are our friends and neighbors," he said. "It's not fair to judge a whole group of people."

"I feel like it's my responsibility to talk about this for the future generations of Muslims." To see Azad and Samir Malik, president of the Muslim Student Association at the University of Pennsylvania on the O'Reilly Factor, go to www.mustangdaily.net.
Suspect arrested for Sears burglary

A 19-year-old resident of San Luis Obispo, William Castro, was arrested on suspicion of commercial burglary at the Sears department store on Madonna Road on Friday. Police responded to an activated burglary alarm at the store at approximately 1:34 a.m. While investigating the cause of the alarm, a suspect wearing a ski mask and gloves emerged from the building, authorities said.

A brief foot chase ensued as the suspect, later identified as Castro, ran in the direction of Embassy Suites and was apprehended on the south side of the building, police said.

Police say Castro was found in possession of a small amount of cash and an undisclosed amount of merchandise, including tools, belonging to Sears.

He's been booked into San Luis Obispo County Jail on suspicion of commercial burglary with bail set at $20,000.

Police say it appears Castro was acting by himself and no other suspects are being investigated in the alleged burglary.

Impact1
continued from page 1

The event is free, but guests are encouraged to donate via the "buck jug," or to sponsor a child in Africa.

"I doing something this huge, it's a big deal," said city Council Member Framberger said. "It costs $30 a month and sponsors get a packet with a picture of the child and their life story. All the money goes straight to the children, providing education, food and resources and community-based care."

If Impact1 raises $12,500 in donations through the "buck jug," World Vision will match that number to one child and their life story. All the money goes to the children, providing education, food and resources and community-based care.

Impact1's executive director, Carol Ortega has already heard about one of the children's experiences, which was very intense, she said.

"I felt a lot of sorrow and sadness," she said. "These children don't deserve this life, but at the end of it all there is hope. I was overwhelmed but I think impacting one child does make a difference."

On Friday, Impact1 will host the Night of Impact in Chumash Auditorium at 7 p.m. Admission is free, and special guest speaker Princess Kasuza Zulu of Zambia will tell her own story as an AIDS orphan. Princess Zulu has addressed the United Nations, President Bush and major news outlets including USA Today, Fox News and BBC News.

The Night of Impact will also feature testimonies of students on campus and around the world who have participated in the Africa Experience, Framberger said.

"We want to help people engage in what they saw, practically, spiritually and emotionally," Ortega said. "We can get them thinking about their major and how they can use that to fight injustices anywhere."

The tent is available to walk through from Oct. 29 to Nov. 2 between noon and midnight. It will be closed from 6 p.m. to 10 p.m. Tuesday night during Open Community Night, and will be open until 5 a.m. on Halloween.

Impact1 is a program of JUC and is focused on creating a world of impact to raise funds for Cal Poly.

The idea was further backed by the low California State University budget and the recent controversy that California will be spending more on the state prison system than higher education within the next decade.

Gov. Arnold Schwarzenegger's Web site states that budget year funding for the CSU system for 2007 is $4.4 billion. In comparison, the Strategic Growth Plan prison construction and reform element enacted in May was given $7.7 billion.

"It's one thing to talk to people but it's another thing to accept money from them with no clear goals or changing anybody's mind about anything," LoCascio said. "I think Cal Poly is really selling its soul to the devil. I think the problems are that no one wants to pay higher taxes and no one wants to raise tuition."

"But I'd rather see tuition go up than compromise such a deal. Something has got to change, but I don't know what that is."

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Solution, tips, and computer program at www.sudoku.com

Morticia and Thing's "talk to the hand" routine was played out by the late 1990's.

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outer editor: Sara Hamilton, Giana Magnoli
mustangdailynews@gmail.com
Tuesday, October 30, 2007
Pediatricians urge toddler autism screenings by age 2

Lindsey Tanner
ASSOCIATED PRESS

The country's leading pediatricians group is making its strongest push yet to have all children screened for autism twice by age 2, warning of symptoms such as babies who don't babble at 9 months and 1-year-olds who don't point to toys.

The advice is meant to help both parents and doctors spot autism sooner. There is no cure for the disorder, but experts say that early therapy can lessen its severity.

Symptoms to watch for and the call for early screening came in two new reports. They are being released by the American Academy of Pediatrics on Monday at its annual meeting in San Francisco and will appear in the November issue of the journal Pediatrics and on the group's Web site — http://www.aap.org/

The reports list numerous warning signs, such as a 4-month-old not smiling at the sound of Mom or Dad's voice, or the loss of language or social skills at any age. Experts say one in 50 U.S. children have the troubling developmental disorder.

"Parents come into your office now saying 'I'm worried about autism.' Ten years ago, they didn't know what it was," said dr. Chris Johnson of the University of Texas Health Science Center in San Antonio. He co-authored the reports.

The academy's renewed effort reflects growing awareness since its first autism guidelines in 2001. A 2006 policy statement urged autism screening for all children at their regular doctor visits at age 18 months and 24 months.

The authors caution that not all children who display a few of these symptoms are autistic and they said parents shouldn't overreact to quirky behavior.

"It doesn't mean you need to have concern, if they're also interacting socially and also pretending with toys and communicating well," said co-author Dr. Scott Myers, a neurodevelopmental pediatrician in Danville, Pa.

"With awareness comes concern when there doesn't always need to be," he said. "These resources will help educate the reader as to which things you really need to be concerned about."

Another educational tool, a Web site that debuted in mid-October, offers dozens of video clips of autistic kids contrasted with unaffected children's behavior. That Web site, www.autismspeaks.org, is sponsored by two nonprofit advocacy groups: Autism Speaks and First Signs. They hope the site will promote early diagnosis and treatment to help children with autism lead more normal lives.

The two new reports say children with suspected autism should start treatment even before a formal diagnosis. They also warn parents about the special diets and alternative treatments endorsed by celebrities, saying there's no proof those work.

Recommended treatment should include at least 25 hours a week of intensive behavior-based therapy, including educational activities and speech therapy, according to the reports. They list several specific approaches that have been shown to help.

For very young children, therapy typically involves fun activities, such as bouncing balls back and forth or sharing toys to develop social skills; there is repeated praise for eye contact and other behavior autistic children often avoid.

Dr. Ruby Kog, a pediatrician with Loyola University Medical Center, who treats at least 20 autistic children, applauded the reports.

"This is a disorder that is often missed, especially when it's mild, and the mild kids are the ones ... who can be helped the most," Roy said.

The news comes on the heels of other reports. The American Academy of Family Physicians in September endorsed the academy's autism guidelines.

And a report published in the journal Pediatrics says that children tested positive for a drug-based treatment even before a formal diagnosis. The study's lead author, Dr. David Mandell, said the findings would help children with autism whose parents aretcannot get insurance to pay for therapy.

The academy's renewal effort -- which follows a 2001 report -- is being welcomed by the country's leading pediatrics group. The academy is part of the American Academy of Pediatrics.

The academy recommends all parents and doctors spot autism soon. Symptoms to watch for:

- A king-sized set of video games, electronics and more.
- A ring-sized set of Reese's Peanut Butter Cups.
- A king-sized set of Reese's Peanut Butter Cups.
- A king-sized set of Reese's Peanut Butter Cups.

Wire Editor: Christina Casci
More youth on cholesterol, blood pressure drugs sign of growing health problems

Linda A. Johnson  
ASSOCIATED PRESS

Use of cholesterol and blood pressure medicines by young adults appears to be rising rapidly — at a faster pace than among senior citizens, according to an industry report being released Tuesday.

Experts point to higher rates of obesity, high blood pressure and high cholesterol problems among young people. Also, doctors are getting more aggressive with preventive treatments.

“This is good news, that more people in this age range are taking these medicines,” said Dr. Daniel W. Jones, president of the American Heart Association.

Still, he said many more people should be on the drugs that lower cholesterol or blood pressure and which have been shown to reduce risks for heart attack and stroke.

The new data, from prescription benefit manager Medco Health Solutions Inc., indicate use of cholesterol-lowering drugs among people aged 20 to 44, while still low, jumped 68 percent over a six-year period.

The rate rose from 2.5 percent in 2001 to just over 4 percent in 2006 among Mexico customers. That means roughly 4.2 million Americans in that age group are now taking cholesterol medicines.

Meanwhile, use of blood pressure medicines increased 21 percent, from about 7 percent of 20- to 44-year-olds in 2001 to over 8 percent in 2006. This translates into about 8.5 million Americans in that age group taking drugs to lower their blood pressure.

“It was a surprise to us,” said Dr. Robert Epstein, chief medical officer at Franklin Lakes, N.J.-based Medco.

“Maybe the fact that we’re seeing more young people with high cholesterol and blood pressure is indicative of the epidemic of obesity and overweight that we’re seeing in this country.”

Among people 65 and older, use of blood pressure drugs increased only 9.5 percent and use of cholesterol drugs by 52 percent. That’s because half the seniors were already taking blood pressure drugs and more than one in four were taking cholesterol drugs in 2001.

Roy Campbell, dean of the University of Mississippi School of Medicine, said he has seen some increase in young adults with blood pressure or cholesterol problems, but not of the magnitude suggested by Medco’s data.

Dr. Howard Weintraub, the heart disease prevention expert at the American College of Cardiology, said he’s “thrilled” by the dramatic increase, which he says is tied to requests from patients with “a brand new sense of urgency” and referrals from other doctors to his private practice.

POLICE BLOTTER

Oct. 24, 02:43 - Union Pacific reported a bull on the train tracks in the area of Stonner Creek Road. After arriving, a University Police officer was unable to locate the animal.

Oct. 24, 09:12 - Officers responded to a report of a suspicious person with torn clothing walking on Highland Drive. The subject was located soon after and asked to leave campus.

Oct. 26, 01:16 - A suspicious person dressed as a banana, driving a golf cart down the stairs near Vista Grande, was reported by a passerby. The subject was gone when the officer arrived.

Oct. 27, 22:56 - Officers assisted the San Luis Obispo Police Department with a fight occurring off Patricia near Highland Drive.

Oct. 28, 01:54 - A UPD officer responded with San Luis Obispo Police Department to an assault with a deadly weapon and stabbing incident off Murray Street.

Oct. 28, 02:09 - Officer stopped a reckless driver on Murray Street from Santa Rosa Street. An investigation revealed the driver was under the influence of alcohol. The officer was arrested.
A merica are 'dropout factories' across America. It's a nickname no principal could be proud of: "Dropout Factory," a school where graduation is not the equal opportunity? asks Bob Balfanz, a researcher at Johns Hopkins University who defines such a school as a "dropout factory." There are about 1,700 regular or vocational high schools nationwide that fit that description. McGuire andadmin­ istration supports the idea. The current law imposes serious consequences on schools that report low scores on math and reading tests, such as having to replace teachers or principals, but it lacks the same kind of teeth when it comes to graduation rates. Nationaly, about 70 percent of U.S. students graduate on time with a high-school level academic pass that test get certificates indicating they bring down a school's scores. People who take the GED exam. People who pass that test get certificates indicating they have high-school level academic skills. But the research shows getting a regular diploma. For Hispanic and black students, the proportion drops to about half.

The current law requires testing in reading and math once in high school, and those tests take on added importance because of serious consequences for a school that fails. Critics say that creates a perverse incentive for schools to encourage kids to drop out before they bring down a school's scores. The vast majority of educators do not want to push out kids, but the pressures to raise test scores above all else are intense," said Bethany Little, vice president for policy at the Alliance for Excellent Education, an advocacy group focused on high schools. "To know if a high school is doing its job, we need to consider test scores and graduation rates equally." Little said some students pushed out of high schools are encouraged to enroll in programs that prepare them to take the GED exam. People who pass that test get certificates indicating they have high-school level academic skills. But the research shows getting a regular diploma. For Hispanic and black students, the proportion drops to about half.

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To be honest, I was slightly disappointed with the television premieres this season, both of returning and new shows. Perhaps the best part about the fall television line-up is ABC’s “Dancing with the Stars.” The live show is sure to entertain every week. There has already been one spill on the dance floor in the middle of a performance (courtesy of “Beverly Hills 90210” actress Jennie Garth), and just last week, singer and performer Marie Osmond melted into a puddle as she fainted just after her samba.

It was priceless. Not only does the show provide slapstick falls and laughs, but it displays extremely talented dancing celebrities, like Spice Girl Mel B and race car driver Helio Castroneves.

ABC’s “Grey’s Anatomy” ended with a bang last year, but has yet to recapture its spark this season. The storyline of two best friends tailing for each other is a romantic cliché, but Izzie Stephens (Katherine Heigl) and George O’Malley (T.R. Knight) just don’t seem like a plausible couple to me. Maybe the new relationship will grow on me, but for now, they seem more like brother and sister than lovers.

I expected NBC’s fan-favorite “Heroes” to start the season with a shocker or some sort of jolt, but it really just fizzled. Nothing interesting happened in the season premiere, with the exception of the last few minutes when Peter Petrelli (Milo Ventimiglia) was found in an otherwise empty storage container in a shipping yard in Ireland.

Hiro Nakamura (Masi Oka), my favorite character, is stuck in 17th-century Japan helping his childhood hero Takaos Kensei repair the “past,” which for them is the present and future. The following “Heroes” episodes gradually became more interesting, I fear that the show may end up like the last season of “Lost” — and lose me as a viewer. For now, though, it has me hooked.

The new CW show “Reaper,” about a young man named Sam (Bret Harrison) whose parents sold his soul to the devil and who must now capture souls that have escaped from hell, is a comedy that sometimes misses the mark. I continue to watch, though, because best-friend sidekicks Bert “Sock” Wysocki (Tyler Labine) and Ben (Rick Gonzalez) crack me up.

The most disappointing show this year has to be the much-anticipated “Pushing Daisies.” The ABC dramedy has been picked up for a full season, which was a decision that left me scratching my head. Maybe I was expecting too much because the same creators also created the underappreciated Showtime gem “Dead Like Me,” which was cancelled too soon. “Daisies” features Ned (Lee Pace), who can raise people from the dead with one touch. The catch is that if he touches them again, they die forever.

Sounds interesting, right? That’s what I thought, but the season premiere was predictable and tried too hard to be quirky. I tried to stick around to see how the story would unfold, but it was just too painful to continue watching.

Overall, this season has been a real bummer, but mid-season replacements are just around the corner.
As a long-time activist, Cal Poly English professor Steven Marx has left his footprint on Cal Poly and proved that social protest can be achieved through literature.

In 1995, the state wanted to put a pipeline from the Central Valley to the Central Coast that would run directly through Poly Canyon. Marx took action against this pipeline because both the riparian area and a grove of 60- to 80-year-old oak trees were threatened.

"I knew if I made enough noise, stuff would happen," Marx said.

The professor responded by taking pictures and collecting maps. He led hikes to promote awareness and show what would be ruined if the plan passed. It was a successful campaign, and the pipeline eventually went through Stenner Canyon instead of Poly Canyon.

Former Cal Poly Provost Paul Zingg, now president of Chico State, was interested in promoting environmental issues and proposed funding for teaching and sharing the information regarding the 10,000 acres of land Cal Poly owns.

Through collaboration with many different departments, Marx published "Cal Poly Land — A Field Guide," a book that presents photos, maps and information about hiking trails, plant life and organisms located around campus. Marx would even like to update the book since the last edition was published in 2003.

The book is used as a textbook in UNIV 330, Cal Poly Land: Nature, Technology and Society, which is taught by Matt Ritter and Hunter Francis, and in Marx's class: English 380, Reading and Writing the Landscape, and with his English 145 and 134 classes. It is available at El Corral Bookstore.

Marx is thrilled with how the book has been used and with the information that has been documented.

"It's satisfying (UNIV 330) did not die. It is continuing without me and has the same idea of using land to study from many different angles," Marx said.

The UNIV 330 class, which is also listed as AC/HUM 330, analyzes Cal Poly land through environmental, economic, social and political effects of agriculture, resource extraction, and construction technology used on the landscape. Marx has passed on his knowledge through collaborative efforts with other professors at Cal Poly.

Marx has always questioned what was happening around him, even before his time at Cal Poly.

He received his undergraduate degree in humanities from Columbia University and went into the Peace Corps in 1963, but was kicked out when the CIA found that he was questioning authority too much and becoming "too intellectual."

"I thought I was doing what I was taught to do," Marx said.
When the moon hits your eye, like a big pizza pie, and you want to try some Italian food on the fly without burning a hole in your pocket, head to Naples, 10-09 on Monterey Street.

The new Southern Italian restaurant, located at 1099 Monterey St., took the place of Paradox near the Fremont Theatre, and serves affordable and tasty traditional and modern dishes in a relaxed, picturesque atmosphere. At about 7:30 Friday evening, a grinning, accommodating hostess greeted my parents, roommate and me as we walked in the door, and led us to a table. We were handed menus right away, and as I scanned the three pages, I soon realized my decision would be a tough one.

I eat a fair share of Italian food and I usually can come to a quick decision when ordering — but this was different. There were several pasta dishes that enticed me, and they beckoned me even more as my eyes scanned over the low prices. I'm a big fan of sauce diversity, and several entrées gave me choices between pesto, marinara or cream, so obviously I had a dilemma. Everything sounded good, and that is an excellent sign.

While I was perusing the menu, a basket of warm Italian bread was placed on the table with a spread of olive tapenade mixed with parmesan cheese and olive oil. I had to contain myself from eating the whole basket in order to save some for the goodness to come.

My immediate contentment with the place progressed to sheer pleasure when the congenial waiter knocked on the table to let off the daily specials in detail. He came back several times throughout the meal to make sure all was well. It was refreshing to have someone sincerely care about your dining experience, especially on a busy Friday night.

Although I could not read the menu, our waiter informed us that many local wines are served at Naples. My Diet Coke tasted great, though.

We first ordered a mountain-size stick appetizer. Rectangular slabs of fresh mozzarella cheese were covered with Italian seasoning and breadcrumbs, baked to gooey perfection and accompanied with a bath of marinara dipping sauce. The dish was around $8.

After confirming the taste quality with the waiter, I ordered the chicken piccata. Thin slices of chicken were covered with a lemon cream sauce and capers, and a side of vegetables and Alfredo-covered linguini, all for $12. My father's real passion was fabulous. My mother ordered the seafood special — linguini pasta mixed with crab meat, capers and scallops in a creamy tomato sauce. Although I usually don't eat anything that swims, I enjoyed this dish for what it was. My roommate ordered the chicken saltimbocca special — baked, breaded chicken wrapped around roasted prosciutto cheese, prosciutto and spinach. She was quite pleased, as was I when I tasted it.

For such low prices, the food proportions were generous to say the least. I ate a tremendous amount of food, yet my taste buds and my stomach were supremely satisfied as I left the restaurant.

The atmosphere is fun, the service is impeccable, the food is delicious and most importantly for college students, Naples is affordable. Go find someone to take on a date.

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**Marx continued from page 7**

The story was full of so much controversy that it made the New York Times. After the devastation of being kicked out of the Peace Corps, Marx moved to California to attend Stanford University. Four years later, he returned to the East Coast for a teaching position at Columbia, where he taught from 1967 to 1970.

While teaching at Columbia, Marx took part in one of the largest student protest movements. The Columbia protests erupted in the spring of 1968 after it became known that the university was involved with the institutional system supporting the United States' involvement in the Vietnam War.

There were protests over an allegedly segregated gymnastics team that was to be constructed in a local park. Marx was one of few faculty members participating when they took over occupation of many university and administration buildings

until their eventual — and violent — removal by the New York City Police Department. More than 700 protesters were arrested at the sit-in, including Marx.

In 1970, Marx and his wife left the East Coast after the people around him started to become too radical while living in Cambridge. A commune called Total Lost Farm in Vermont. He and his wife felt helpless to stop the war, and left radical leftist groups, such as "The Weathermen," developing around them.

He spent the next nine years in Britain. British Columbia with his wife. There he worked at a pulp mill, ironically making paper for the New York Times, and living off the land.

Marx went on to finish his Ph.D. in English at Stanford and taught there in four years before accepting a teaching position at Cal Poly in 1988.

His book has had a major impact on campus and is looked at as a model for other campuses. The book promotes insight about sustainability and stewardship on Cal Poly's land and provides a documented resource to those who wish to learn. Marx's stance on sustainability and the environment has been strong since his time at Cal Poly, but he wishes more would be done on this campus.

Marx wants to see a more sustainable campus. Marx believes an Arizona State University's sustainability programs. Many leading universities, including Chico State, have an office of sustainability and some of the presidents of these universities have signed the Presidents Climate Agreement to become carbon neutral. Cal Poly has done neither.

"We need more of a commitment from up top. We could produce more energy, and (we) have a long way to go to become carbon neutral," Marx said.

If there is enough support, Marx believes the campus can happen on campus.

There will have to be a tremendous transformation of behaviors and attitudes. Brilliant people come here. It can happen," Marx said.
The Great Pumpkin

There’s more to look forward to this Halloween than just walking around in a ridiculous costume and eating tons of candy, thanks to the surprising health benefits of pumpkins. When we think of pumpkins, it brings to mind jack-o’-lanterns, festive decorations and of course, delicious pumpkin pie. This underrated member of the squash family is not a vegetable; it’s actually a fruit and is one of the most nutritionally valuable foods known to man. Pumpkin is truly bursting with vitamins, minerals and fiber. You can tell by its bright color that it’s going to be good for you! Not only is pumpkin loaded with Vitamin A and antioxidant carotenoids, particularly alpha and beta-carotenes, it’s a good source of Vitamins C, K and E, and lots of minerals, including calcium, magnesium, potassium and iron.

The orange color of pumpkins is due to its high amounts of carotenoids, which have great cancer-fighting properties. These carotenoids are what give pumpkins their extraordinary health benefits. The carotenoids found in pumpkins form a synergistic combination different from any other fruit or vegetable. This form of carotenoids found in pumpkins are extremely well-absorbed by the body. The carotenoids concentrate in many tissues of our bodies and protect us from free radicals, help strengthen our immune systems and stimulates certain naturally detoxifying enzymes. In just one cup of pumpkin you get the full 100 percent of your recommended daily dose of Vitamin A. Pumpkins also contain lutein and zeaanthin, which can help promote eye health and keep macular degeneration from becoming a problem. Vitamin C and potassium are an added health benefit, as well as fiber.

Oh, and did I mention pumpkins are low in calories? With only 83 calories and seven grams of fiber per cup, they offer a lot of vitamins for very few calories. You can get your daily dose of pumpkin in other ways besides eating pumpkin pie. You can make breads, muffins, soups, basically anything. If you’re not into the whole pumpkin thing, you can try one of pumpkin’s healthy sidekicks, such as carrots, butternut squash, sweet potatoes and orange bell peppers.

The seeds are also worth snacking on as well. Pumpkin seeds are loaded with protein, fiber and minerals and seem to have an anti-inflammatory effect; they may even help protect against prostate cancer and osteoporosis. The seeds offer a good amount of iron, zinc and Omega 3 fatty acids. After you carve your pumpkin, spread the seeds on a baking sheet, toss on a little olive oil and salt and bake until brown. Put them in your salad, your morning bowl of cereal or just eat them plain as a snack.

I found a recipe that offers all the great health advantages of pumpkin in a tasty little cookie. Plus, if you choose to use the whole wheat flour and the oatmeal, you’re increasing your fiber intake, too.

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

Great Pumpkin Cookies
Low-fat, healthy treats

Ingredients
- 1 cup canned pumpkin
- 1 cup brown sugar (you can use cup Splenda if you prefer)
- 2 egg whites
- 1/3 cup applesauce
- 3 cups oatmeal
- 1 1/2 cups flour (3/4 cup whole wheat flour, 3/4 cup all-purpose flour)
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp ginger
- 1/2 tsp cinnamon
- 1/2 tsp ground cloves

Preparation
Preheat oven to 350 degrees. Mix together the pumpkin, sugar, applesauce, vanilla and eggs.

In a separate bowl, combine the remaining ingredients (flour, spices, baking soda and oatmeal), then add it to the pumpkin mixture, stirring well.

Drop by spoonfuls onto a baking sheet and bake 10-12 minutes.
The answer to all of our problems

With so much going on these days that is newsworthy, it's about time somebody wrote a piece that simply isn't. What follows is a mind-boggling truth that will change your world forever.

It doesn't take a keen observer to notice the increasing volatility of today's political debates. You might ask yourself, why? I can say with confidence that I know the answer to all of America's political problems. It can be summarily attributed to the lack of beer consumption. Snicker if you will, but I implore you to consider history. All of the greatest minds once collaborated in alehouses to discuss matters of political, social and scientific import. To see the most over-marketed Benjamin Franklin quote, "Beer is proof that God loves us and wants us to be happy." It is only recently, with the invention of cafés, that the American sociopolitical realm has been taken over by the chaos that we know today. Glorious were the days when our government officials lost sleep over moral issues, and not because they were hopped up on caffeine.

I propose that we make beer more readily available to our representatives on the bill so that we may know peace in our time. Do I have any analytical basis for these claims? The answer is a resounding no, but you'll thank me one day when the president orders a draft and the farthest anyone has to go is to the tap. Ask not what your country can do for you, but what a brew can do for your country.

Andy Hooper
Biochemistry senior and president of the Cal Poly Brew Crew

Islamofascism?

Well, congratulations to the College Republicans. They have yet again managed to throw an event with more protesters than attendees. Why all the focus on Islamofascists anyway? You said yourselves that American Muslims tend to be quite moderate (mostly in line with the general population). The only real threat to America I read about was terrorism, and let's face it, not only are you more likely to die being struck by lightning than by terrorism, but most terrorism in the U.S. is not Islamic (Tim McVeigh and Eric Rudolph spring to mind).

So great surmise holds very little threat to us, our lives, and our liberty; why not focus on the religion that does Christianity? Yes, they're out there, Christofascists. Bombing abortion clinics, passing laws against sodomy, murdering gays and the like. Now, approximately 4 percent of the U.S. population is gay (12 million), and 26 million women have abortions every year. This is quite a bit more people than are affected by Islamofascism. Clearly Christofascism is a much greater menace, far more worthy of our time and effort. Or we could just recognize that extension of any religion are @#$holes instead of focusing on one entire religion in particular.

Troy Keroesten
Aerospace engineering/physics senior

Fraternity reflects on Make a Difference Day

This past weekend Sigma Phi Epsilon participated in Make a Difference Day, a nation-wide service day aimed at making a difference in the campus, community and world. As a member of Sigma Phi Epsilon, I speak on behalf of my brothers in expressing our sincere gratitude to all who organized or participated in any manner. For Sigma Phi Epsilon, my brothers and I had the privilege of planting trees along fences surrounding the Rec Fields. During this time, I noticed not only a difference being made on our campus, but also a difference among my fellow fraternity brothers. A difference rooted in the ideals of service, transformed to strengthen bonds of brotherhood. For this reason, we would like to thank our site organizer Lionel and all participants of make a difference day.

Shawn Stevens
Psychology junior and member of Sigma Phi Epsilon

Dear Brian Eller,

If Islamo-Fascism is truly "one of the greatest dangers facing America," then we are in grave danger. While in Saudi Arabia, the most extreme Islamic government in the world, just this past July! The most obvious and elementary way to reduce such extremism is to stop subsidizing it.

Clayton Proto
Civil engineering sophomore
Bromley’s team is scheduled to play Cal State San Luisiana this Saturday in an exhibition.

“Junior Tina Shelby has been bunged up a little bit, she had a broken nose and she’s been in and out of practice inconsistently,” Bromley said. “That’s hurt a little bit but he’ll be back. He’s good, he’s a warrior.”

When asked if any new players stood out to him, Bromley immediately responded: “(Sophomore) Lorenzo Keefer, he’s a great decision-taker, very savvy, has a sixth sense for the game, can really shoot it, teammates love playing with him. He’ll be on the court quite a bit.”

Women’s basketball

The women’s basketball team (14-14, 9-5 Big West) will participate in the Melbourne Roos exhibition Wednesday and the California State University at Monterey Bay exhibition Saturday.

“I think (high expectations are) warranted,” head coach Faith Minnemma said. “We have a lot of talented players back and we’re way ahead of schedule as far as the team knowing where its offense is.”

“We have an incredible schedule; I definitely had a championship in my mind this year in our scheduling process.”

The Mustangs were picked to finish third in the media and fourth by the coaches.

They will not have an easy game on our schedule and certainly...

I think it prepares us well for what we’re going to face in the conference play,” Minnemma said.

Volleyball

The Cal Poly women’s volleyball team (16-7, 9-1 Big West) will play at Cal State Fullerton this Saturday in an exhibition.

“Westie” (junior Titus Shelton) has been banged up a little bit, he’ll be back. He’s good, he’s a warrior.”

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**Tuesday, October 30, 2007**

**Mustang Sports calendar**

**TUESDAY**

- **Men's Golf**
  - At Hets Wimmerly Intercollegiate
  - New Mexico State U. GC Course
  - Hosted by New Mexico State

**WEDNESDAY**

- **Swim m ing and Diving**
  - Men's Soccer
  - **Men's Tennis**
  - **Women's Soccer**
  - **Men's Soccer**
  - **Women's Basketball**

  - Cal Poly at Cal State Northridge
    - Hosted by Cal Poly
    - 7 p.m.
  - Cal Poly at UC Santa Barbara
    - 2 p.m.

**FRIDAY**

- **Women's Soccer**
  - At Long Beach State
  - 7 p.m.

- **Swimming and Diving**
  - Cal Poly at Big West Shootout
  - Antelope Pool, UC Irvine
  - Noon

**SATURDAY**

- **Men's Basketball**
  - vs. Cal State Stanislaus (Exhibition)
  - Matt Gym
  - 7 p.m.

- **Women's Basketball**
  - Monterey Bay at Cal Poly
  - Matt Gym
  - 7 p.m.

- **Football**
  - At Southern Utah
  - 11 a.m.

**SUNDAY**

- **Women's Soccer**
  - At Cal State Northridge
  - 3:30 p.m.

**Monday, October 30, 2007**

- **Men's Golf**
  - At Hets Wimmerly Intercollegiate
  - New Mexico State U. GC Course
  - Hosted by New Mexico State

**Mustangs unranked in polls**

**SPORTS INFORMATION REPORT**

- Cal Poly (5-3), a 48-28 winner over Idaho State's 4-4 record, led the football game Saturday in Pocatello, Idaho, remains out of the top 25 in both major national Football Championship Subdivision polls Monday.

- Coach Rich Ellerson's Mustangs, out of both polls for the first time since the opening week of the 2004 season, were No. 19 in the Sports Network writers poll and No. 20 in the Football Championship Subdivision coaches poll two weeks ago. A 48-35 Great West Conference victory south to South Dakota State on Oct. 20 in Brookings, S.D., dropped Cal Poly out of the polls.

- North Dakota State (8-0) held onto the top ranking in the coaches poll, collecting 16 of the 20 first-place votes. The Bison are No. 2 in the writers poll. Northern Iowa (8-0) remain atop the SMU poll, garnering 159 of the 112 first-place votes.

- The top five in the media poll are No. 1 Northern Iowa, No. 2 North Dakota State, No. 3 Massachusetts (7-1), No. 4 Montana (8-0) and No. 5 McNesse State, followed by Northern Iowa, Montana, Massachusetts and McNeese State.

- Appalachian State (6-2), the two-time defending FCS national champion, is No. 6 in both polls, moving up one position after a 34-27 win over Furman.

- In other polls released Monday, Cal Poly No. 18 in Don Humer's Football Gazette poll (no change), unranked in the S&ME poll (no change) and No. 23 in the Any Given Saturday poll (previously unranked).

- In the Jeff Sagarin NCAA foot­

- Cal Poly out of the polls.

- Cal Poly held No. 18, No. 20 in the coaches poll one week after, No. 20 in the season coaches poll two weeks ago. A victory over Northern Iowa in the coaches poll two weeks ago.

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