The senior project of dreams

Jessica Ford

Nine Beirut tables, countless amounts of white cups and flowing beer wouldn't remind most people of a senior project.

However, every Wednesday night Downtown Brewing Co. hosts the Downtown Beirut League (DTBL), a former senior project.

Cal Poly graduates Tyson Briner and Hayes Metzger worked with current business administration senior Steven Larsen last year to create the DTBL.

The league is made up of 72 two-player teams and is comprised mostly of Cal Poly students.

"The main objectives of the Downtown Beirut League is to be able to provide an environment for students, really all people of legal drinking age, to come together and play the game of Beirut," Larsen said.

The teams play two games of Beirut at 9 p.m. every Wednesday on the upstairs level of Downtown Brewing Co. and is comprised mostly of Cal Poly students.

The regular season ended last week and all 72 teams began competing in double-elimination playoffs last night. A first loss in the playoffs sends a team down to the losers' bracket and a second loss leads to elimination.

Playoffs will continue on Nov. 26, 28, 29 and Dec. 1. The top three teams going into playoffs are The Brick House, Local Privilege and The Sharks.

The winning team will become "Lifetime Downtown Brew" members and only pay $1 a pint for any Downtown Brewing Co. beer for the rest of their lives.

The league has multiple female teams competing this season, "None of the guys take us seriously because we are an all-girl team," said Jamie Antonios, a DTBL participant and business administration senior. "Of course there are always a few drunk assholes, but for the most part it has been really fun. Some of the teams get too intense, but we are just there to have a good time."

The cost of joining the league is $25 per player per season and each season runs for eight weeks. The cost includes a T-shirt, registration fees and all supplies needed for the Beirut games. All profits from the league go to Downtown Brew, see Beirut, page 2

Jessica Ford

When on campus, Cal Poly faculty and students never hear the familiar "Always Coca-Cola" jingle. And they won't, at least not until the year 2009.

The university has a contract with PepsiCo Inc. to only sell their products until June 30, 2009.

Before the agreement, which began in 2004, Cal Poly carried Coca-Cola, Pepsi and other products on campus.

Now, Cal Poly only sells brands owned by PepsiCo Inc., including Mountain Dew, Tropicana, Gatorade and Aquafina drinking water. Starbucks products, which are purchased through PepsiCo Inc., are also available on campus.

"Pepsi provides about $180,000 per year and this money is used for scholarships, support of student programs, summer internships, marketing and capital needs on campus," said Bonnie Murphy, executive director of the Cal Poly Corporation.

Cal Poly goes through a three-step process to determine which products will be available on campus. First, the university develops a set of specifications, then advertises for companies to bid on the contract, and makes a choice after evaluating the bids, Murphy said.

Before the Pepsi contract expires in 2009, Coca-Cola and other companies have the chance to re-bid on the contract.

The current Pepsi supremacy at Cal Poly even runs into on-campus events. When the student-run marketing firm New Wave Promotions held an event Nov. 6 to introduce the 2008 Honda Accord Coupe, the group was only allowed to pass out Aquafina water bottles to students, said Lauren Elliott, a member of the firm's events team. The firm is made up of 22 Cal Poly business seniors.

"We were initially planning on purchasing Coca water bottles. However, when we learned of this restriction, we were in a time crunch and had to buy Aquafina products directly from campus, rather than trying to get them donated. It ended up being one of our biggest expenses," Elliott said.

According to the Cal Poly campus food services policy (dated March 23, 2005), "The University recognizes the role of food in the activities of campus departments and student organizations. In an effort to support campus department and student organizations and to ensure the safety of food provided on campus, campus organizations shall adhere to 'Event Specifications,'"

One rule includes that food and drinks provided at on-campus events must be purchased from Campus Dining or Campus Catering, and because of Cal Poly's exclusive contract with PepsiCo Inc., all drinks provided at these events must be Pepsi products.

The campus food policy directly states that under the Pepsi contract, "non-Pepsi products are generally not authorized to be given away or sold on campus. This exclusivity includes sampling, promotions for, and distribution of non-Pepsi soft drinks, sport drinks, juice or juice-based products, ready-to-drink coffee, water, tea and other products." see Pepsi, page 2

Poly allows information restrictions

Coral Snyder

Two weeks ago the Office of Academic Records sent an e-mail informing students of their privacy rights under the Family Educational Rights and Privacy Act (FERPA).

Cal Poly reserves the right to release personal student directory information unless students request a privacy restriction electronically through the university student information system.

FERPA provides students with the ability to have some control over disclosure of their personal information as well as the right to view their own education records and the right to seek amendment of those records.

"Cal Poly and its auxiliaries do not sell or provide student information to organizations or companies that do not have a legitimate need to know," said Patricia Warnick - see FERPA, page 2
UC to separate Asian ethnicities in applications

Christina Brown
STAFF WRITER

LOS ANGELES — At the "Out of the Margins" conference on Friday, speakers described the story of a California university, which was pulled out of her classes and placed in English as a second language, even though she had the highest grade in her honors English class.

The panelists also discussed legislative staff in Sacramento who did not have data on teen pregnancy rates among Asian Americans because they "didn't think Asian kids got pregnant."

Stories of misconceptions and many more like these were discussed at the conference. Professors, graduate students and student leaders spoke about the problems Asian and Pacific Islanders face in the educational system and the misconception that all Asians are performing well.

Professors from throughout the University of California system were present, along with Chancellor Gene Block and professors from other universities.

Judy Sakaki, UC vice president of student affairs, also announced at the conference that, starting in 2008, the UC system will begin disaggregating the data for Asian and Pacific Islander applicants, so students can choose a more specific category for their ethnicity.

The new application will include 23 questions, down from the options available now — and will split Pacific Islander completely from Asian American.

This change is a direct result of the Count Me In! campaign created by UCLA's Asian Pacific Coalition, Sakaki said.

Started last spring and spreading to other UC campuses over the summer, the campaign aimed to disaggregate the data collected for Asian and Pacific Islanders because, though Asians are performing similar to whites in terms of higher education, many subgroups, such as Hmong and Khmer, are performing much lower.

Sakaki, director of the Asian Pacific Coalition and a speaker at the conference, said she was thrilled the ignorance in Sacramento on Asian and Pacific Islander issues.

"We want to keep," Eng said. "I need more information, so I can be a more effective legislator."

Many speakers also discussed how Americans tend to think of Asians as an academically homogenous group, when actually they have the widest distribution of SAT scores of any minority group, said Kob Teranishi, an assistant professor at New York University.

"Current data and research is limited," he said. "Asian Americans are largely missing from the discourse on education policy and are in the shadows of America's commitment to equality and social justice."

After the conference, several speakers said they hoped programs could come out of having these dialogues.

"The conference was the first time such a large group of people came together to discuss these issues," Santos said. "But we still have a lot of work to do from here."

FERPA
continued from page 1

Wait, Director of the Office of Academic Records, "And vendors that Cal Poly contracts out with are required to sign a confidentiality agreement."

Warwick Wait said the agreement includes a statement that vendors must sign that says they will not sell the student information or use it in any other purpose than originally intended.

According to the Office of Academic Records there are two different restrictions that students can plan on their personal information.

Directory information restrictions include names, addresses, telephone numbers and e-mail addresses.

The default setting for Cal Poly students is unprotected. Should students wish to restrict their privacy, they are responsible for changing the setting on their personal information tab at http://my.calpoly.edu.

"I think it should be the other way around where you have to box it if you want your information," said biology freshman Katherine White.

There are disadvantages to students who choose these privacy restrictions on their personal information; students will not be included in the Cal Poly online directory or the ASI student directory, and will not receive mailings from clubs or the Alumni Association.

Additionally, students with directory information restrictions block Cal Poly from verifying any data without the signature of the student. This includes blocking Cal Poly from verifying attendance and degree dates at the university to employers.

"I think it should be different because I want the security that I have records here and won't have trouble in the future without having to release my personal information in general," said biology freshman Emily Smith.

Exceptions for releasing personal information (even with a privacy restriction) are in health and safety emergencies, with a subpoena, search warrant and Ex Parte Order or to another educational institution in which the student wishes to transfer. The student must request enrollment.

"Students who want some protection would be well served to protect their FERPA information," Warwick-Wait said.

Individuals with questions regarding their privacy restrictions are encouraged to contact the Office of Academic Records at 756-2251.
State

FRESNO (AP) — The nation's largest car companies on Monday sought to persuade a federal judge to toss out California's strict tailpipe emissions standards, which they say could wreck the domestic auto market and prompt job losses at auto plants nationwide.

The standards, which were passed into law in 2002, force automakers to build new cars and trucks that pump out 30 percent less greenhouse gases by 2016 or take other alternative steps to lower their pollution.

SAN FRANCISCO (AP) — San Francisco shoppers will have one less choice in the checkout line as the city prepares to put its plastic bag ban into effect.

A city ordinance passed in March and set to go into effect Tuesday forbids the use of traditional plastic bags by large grocery stores.

The stores can still use biodegradable plastic bags, typically made from corn byproducts.

Officials say the estimated 180 million plastic bags handed out in the city each year cause litter, hurt wildlife and often end up in a massive patch of swirling plastic junk in the middle of the Pacific.

The ban also requires pharmacy and convenience store customers to use reusable bags or pay a nickel per plastic bag.

MORRISVILLE, N.C. (AP) — U.S. Secretary of Transportation Mary Peters proposed new rules Monday to improve the safety of school bus seats and expand the use of shoulder belts, but she declined to order that all new buses include seat belts.

Peters rode a packed school bus to Morrisville Elementary School, among the first schools in the country to equip some of its new buses with seat belts, then said she wants to increase the height of seat backs on all school buses from 30 inches to 24 inches to help protect children during accidents.

They also proposed a new requirement for short school buses to begin using shoulder straps.

International

BAGHDAD (AP) — Iraqi soldiers detained two American security guards along with several other foreigners traveling in a private security convoy after they opened fire Monday in Baghdad, wounding one woman, an Iraqi military spokesman said.

U.S. military and embassy officials had no immediate information about the report, which follows a series of recent shootings in which foreign security guards have allegedly killed Iraqis.

Last month, the Iraqi Cabinet sent parliament a bill to lift immunity for foreign private security companies that has been in effect since the U.S. occupation began in 2003.

TEHRAN, Iran (AP) — The presidents of Venezuela and Iran boasted Monday that they will defeat U.S. imperialism together, saying the fall of the dollar is a prelude to the end of Washington's global dominance.

Hugo Chavez's visit to Mahmoud Ahmadinejad in Tehran followed a failed weekend attempt by the firebrand duo to push the Organization of Petroleum Exporting States away from trading in the U.S. dollar.

Bush gave thanks at first Thanksgiving site

Ben Feller
ASSOCIATED PRESS

A reflective President Bush on Monday honored acts of everyday decency and supreme sacrifice, and called on Americans to give back to their communities.

In his first speech dedicated to Thanksgiving, Bush said the holiday is a time to hail those who serve causes larger than themselves. He cited police, firefighters, teachers and religious leaders as examples.

"Our nation's greatest strength is the decency and compassion of our people," Bush told hundreds gathered in an open-air tent at a plantations that stakes a claim to the first Thanksgiving.

"As we count our many blessings, I encourage all Americans to show their thanks by giving back," Bush said.

President Bush, who made an impression on him for acts of compassion. Aides say it is part of the job he truly enjoys and that Bush wanted to pay tribute to them.

The soft theme of the day's events also aim to put Bush in a positive light at a time when the country is in a disapproving mood, soured by war and Washington politics.

Berkeley Plantation says it is the site of America's first official Thanksgiving in 1619, when a group of English settlers knelt in prayer of thanks for a healthy arrival across the Atlantic.

Their proclamation of thanks is carved into the "Thanksgiving Shrine" that Bush visited.

Of course, Plymouth, Mass., is best known as the home of Thanksgiving, as the place where Pilgrims and Indians celebrated the autumn harvest with a feast in 1621.

Bush took care not to explicitly take sides in that debate, though his hosts seemed to view his presence as all but an endorsement.

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What law school ought to be.
FBI reports hate crimes were up nearly 8 percent in 2006

Michael J. Sniffen
ASSOCIATED PRESS

Hate crime incidents rose nearly 8 percent last year — more than half motivated by racial prejudice, the FBI reported Monday, as civil rights advocates increasingly take to the streets to protest what they call official indifference to intimidation and attacks against blacks and other minorities.

Police across the nation reported 7,722 criminal incidents in 2006 targeting victims or property as a result of bias against a race, religion, sexual orientation, ethnicity, or national origin or physical or mental disability. That was up 7.8 percent from 7,163 incidents reported in 2005.

Although the noose incidents and beatings among students at the Jena, La., high school occurred in the last half of 2005, they were not included in the report. Only 12,600 of the nation’s more than 17,000 local, county, state and federal police agencies participated in the hate crime reporting program in 2006 and neither Jena nor LaSalle Parish, in which the town is located, were among the agencies reporting.

Nevertheless, the Jena incident, and a subsequent rash of noose and other racial incidents around the country, have spawned civil rights demonstrations that culminated last week at Justice Department headquarters here. The department said it investigated the Jena incident but decided not to prosecute because the federal government does not typically bring hate crime charges against juveniles.

Organizers said 100 buses of protesters joined Friday’s march here. In September, as estimated 20,000 protesters marched through Jena. On Nov. 3, hundreds of protesters marched through downtown Charleston, W.Va., to urge prosecutors to add hate crime charges against six white people charged in the beating, torture and sexual assault of a 23-year-old black woman who was discovered Sept. 8 after several days of alleged captivity in a rural trailer. The Jena case began in August 2006 after a black student sat under a tree known as a gathering spot for white students. Three white students later hung nooses from the tree. They were suspended by the school but not prosecuted. Six black teenagers, however, were charged by LaSalle Parish prosecutor Reed Walters with attempted second-degree murder of a white student who was beaten unconscious in December 2006. The charges have since been reduced to a aggravated second-degree assault, but civil rights protesters have complained that no charges were filed against the white students who hung the nooses.

"The FBI report confirms what we have been saying for many months about the severe increase in hate crimes," said the Rev. Al Sharpton, who organized Friday’s march. "What is not reported, however, is the lack of prosecution and serious investigation by the Justice Department to counter this increase in hate crimes." Sharpton called for Attorney General Michael Mukasey to meet with members of the Congressional Black Caucus and civil rights leaders to discuss this enforcement.

Justice Department spokesman Brian Roehrkasse noted that Mukasey praised the civil rights movement at his confirmation hearings and plans over the next several months to meet "with a number of groups and individuals who have an interest in or concerns about the work" of the department. Roehrkasse also noted that federal prosecutors convicted a record 189 defendants of civil rights violations in the fiscal year that ended Sept. 30.

The Justice Department says it is actively investigating a number of noose incidents at schools, workplaces and neighborhoods around the country. It say a noose is a powerful symbol of hate and racially motivated violence" recalling the days of lynchings of blacks and that it can constitute a federal civil rights offense under certain circumstances.

The FBI report does not break out the number of noose incidents but the two most frequent hate crimes in 2006 were property damage or vandalism, at 2,911 offenses, and intimidation, at 2,046 offenses. There were 3 murders, 6 rapes, 860 aggravated assaults, 1,447 simple assaults and 41 arson. Other offenses included robbery, burglary, larceny, and motor vehicle theft.

Thousands of people march around the Justice Department during the "March Against Hate Crimes" to protest hate crime issues.

"What is your favorite thing about Thanksgiving?"

Compiled and photographed by Rachel Gellman

Andrew McEachron, aerospace engineering sophomore
"I like all the food and just being able to eat as much as you want and sit with friends and family."

Liz Mason, biomedical engineering sophomore
"Dressing up as (American) Indians and pilgrims with my family."

Eric Watson, aerospace engineer freshman
"Turkey and seeing friends and family."

Derek Higginbotham
"Hanging out with my family."

Ashley Brosseau, animal science freshman
"I have a Thanksgiving family that is the best."

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Limited Time Only
I’ve never been much of an “American Idol” fan. I’ve always thought of it as just another dumb reality show — and besides, something about Ryan Seacrest and that golden-box, bleached-white-smile look of his creeps me out. Point being, I’ve never watched a full episode since it first aired five years ago.

How, then, did I get addicted to a very similar show on Arab television? Back home in New York City, my dad called me over to show me a program he had recorded. I guessed that it was probably an interview with a politician. Instead, it turned out to be the first episode of a new show called “Star Academy” on the Lebanese Broadcasting Corporation.

What is “Star Academy”? An adaptation of the French show by the same name, think “American Idol” plus “The Real World.” Though the show takes place over a period of four months in Lebanon, the 16 contestants come from all over the Arab world. These contestants are all young and hot Arab youth who live together in an “academy,” where they attend singing, acting, vocalizing and theater classes, all in preparation for the “prime” or performance aired live on Friday nights. Each week, three candidates are nominated to leave the “academy,” and the audience votes through phone calls and text messages to save their favorite candidate from being kicked off the show.

Suffice it to say, I suddenly found myself hooked. Not only did I watch the daily half-hour show (which was essentially just watching the contestants live their lives and go to their different classes) and the “prime” every Friday night, but I was enraged when I found out that there was actually a Star Academy Channel where you could watch them 24/7, and that our satellite couldn’t pick it up. (I am completely serious — 24/7.) It seemed like the entire Arab world was obsessed with this Western export; crowds gathered outside the academy just to catch a glimpse of the stars from the windows, fans sent them presents — everything ranging from flowers and stuffed animals to watches and laptops — and the contestants immediately became household names. Quite simply, “Star Academy” swept the region. But why?

First you have to understand that “Star Academy” is unlike anything before it. A reality show starring hip, young Arabs who can sing, dance and play instruments? Unheard of. In the beginning, my friends and I got a kick out of making fun of the show — laughing at the unchronicled dancers, complaining about the technical difficulties and the horrible camera angles, and criticizing the rudeness of the host. We were particularly critical of the “prime” or performance aired live on Friday nights. Each week, three candidates are nominated to leave the “academy” and the audience votes through phone calls and text messages to save their favorite candidate from being kicked off the show.

But why?

The reason is that “Star Academy” is unlike anything else. It is a reality show with a purpose. It is a way of spreading the worst of Western culture, at the moment, I don’t see this as bad — in fact, I see this as just another dumb reality show. But “Star Academy” has a different purpose.

I love “Star Academy” because it is breaking down some important barriers. Critics may argue that this show is a way of spreading the worst of Western culture to the rest of the world. While I agree that it is spreading Western culture, at the moment, I don’t see this as bad — in fact, I see this as far-reaching.
Looking for happiness?

Daniel Gilbert's 'Stumbling on Happiness'
explores our elusive pursuit of contentment

If I were to tell you a psychologist had written a "how-to" book of sorts, a guide offering anecdotes and advice on the whys and ways of happiness, you would, however, be wrong. And that, in a way, is precisely the point of Daniel Gilbert's book, as well as an illustration of just how it is otherwise bright and capable people who often reach for happiness only to have it elude them.

But if the book is not about finding happiness, what is it about?

Before answering, let's take a look at some of the questions posed on the dust jacket to get an idea of what the book will explore as it confronts the existential problem of stumbling on happiness: "Why are lovers quicker to forgive their partners for infidelity than for dirty dishes in the sink? Why will sighted people go to great lengths to avoid going blind, while blind people will pay to regain their sight? Why do dining companions insist on ordering different meals instead of getting what they really want?"

In addition to being a Harvard psychologist, Gilbert is a journalist and short story writer, whose last two occupations are not incidental to the book's appeal. Although the book contains a fair amount of empirical research, his prose is consistently fluid, witty and lively.

Cases in point: "My friends tell me that I have a tendency to point out problems without offering solutions, but they never tell me what I should do about it." Or, "Like most people, you don't want to know you're like most people."

Gilbert writes with an engaging voice that made me wish other writers of psychology books shared his gift for being simultaneously insightful, informative and playful.

Oh yes, back to the beginning. While this is not a book on how to be happy, I have seen it lazily shelved in the "Self Improvement" section of a number of bookstores. (To be fair, there aren't many "Self Understanding" sections, where it would be more appropriately located.) So if a reader picked it up looking for simple answers on how to achieve happiness, he would, of course, be disappointed. Because, as Gilbert expertly illustrates time and again, it is the gap between what we anticipate and what reality presents us with that leads us to stumble on happiness.

As he impishly notes early on, "No one can say how you will feel when you get to the end of this book, and that includes the you who is about to start it. But if your future self is not satisfied when it arrives at the last page, it will at least understand why you mistakenly thought it would be." He does, however, have one idea on what would help people increase their happiness, and it is a unique one. As for what it is, though, I will allow you to discover that for yourself.

Quentin Dunne is a psychology graduate student and Mustang Daily book reviewer.

Idol

continued from page 5

as extremely beneficial. When the show first launched, a great amount of controversy was raised over the fact that men and women were living in the same house. Though I compared it to "The Real World," it is only truly because the contestants are all living under the same roof. In "Star Academy," men and women sleep in separate rooms, and to put it mildly, their behavior is much more conservative than that of "The Real World" characters. Soon enough, however, people get over this initial shock, and as the show has progressed, more and more things have become accepted.

The show has began to play up romances within the house (innocent, crashes, really, but juicy nevertheless) and this past season, three of the contestants made it known from the very first episode that they had boyfriends or girlfriends back home. Arab kids announcing to the world that they were dating — what's going on?!

The show also brought up the issue of religion. Christian and Muslim Arabs found themselves learning about each other's religions and celebrating Christmas and Ramadan together. Also in the fourth season, Shoroq Ahmed of Bahrain became the first female contestant in the show's history from the Gulf Region, followed, after four years, Shada Hassoon, a 25-year-old Iraqi, became the first woman to win "Star Academy." To us, as Americans, this does not seem like a big deal. "Haven't you seen 'The Real World'? People have sex — on national TV!" But

we are not talking about the United States; we are talking about the Arab world. Though the show is based out of Lebanon, by far the most liberal country in the Arab world, the show's audience lives throughout the Middle East, where, for example, women's rights are seriously lacking.

It may seem silly to say this about a reality TV show, but "Star Academy" is slowly modernizing the Arab world. The show has pushed its audience to the edge by introducing them to new and uncomfortable situations. When the show launched and the executives at LBC showed that they were not going to conform to the demands of others by shutting it down, the critics quickly died away, surpassed by its tremendous and ever-growing popularity.

I am afraid to think of what would have happened had "Star Academy" made the show more conservative, or even worse, canceled it — what kind of a message would that have sent to the people of the Arab world? Luckily, this is only a hypothetical situation; the success of "Star Academy" has created other shows like "Superstar" ("American Idol") and "Mission Fashion" ("Project Runway"). In fact, MTV is launching MTV Arabs Nov. 17 with Arabic versions of "Punk'd" and "Pimp My Ride." — I'll have to check it out myself before judging.

The next season of "Star Academy" is starting next month, and I can't wait. Why this obsession? Why focus an entire column on a reality show? Because recently, one little TV show has created more of a positive change in the Middle East than the world's leading politicians and diplomats have.

Iraq's Shada Hassoon (second from the right) was this year's winner of the Lebanon-based reality show "Star Academy."

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Crazy Jaye
A diverse selection of artwork, from porcelain and ceramic sculptures to drawings to glass pieces by talented local artists, is now on display at the San Luis Obispo Art Center and will be there until Jan. 13, 2008.

“We’re delighted to have these 14 artists represent the art of fine crafts,” said Karen Kyle, the center’s executive director.

The featured artists are all local, and some are nationally or internationally regarded.

At the entrance of the exhibit is a breathtaking ceramic piece by Gulya Amyx. The work, titled “Does Balance Bring Wisdom?” includes a raven perched on the head of a figure amidst dull orange flames.

Also near the front of the exhibit is Marcia Kocka’s featured work, which includes an abstract sculpture of busy black and white zigzag patterns titled “Caffeine High.”

Hung on the wall are three brightly colored pieces of mosaic tile — one with a mirror in the center and two expressing religious meaning through crosses — by Susanne Baca, who has worked with Santo for years.

Donald Frith created two medium-size glass pieces of deep purples and blues that resemble teapots, titled “Teapot #706” and “Teapot #709.” The dainty crafts have solid glass handles and well-blended color that indicate their high quality.

Next to the teapots is an elaborate and impressive piece by Xandra Shaw called “Horns of Asia,” which includes beautiful and colorful flowers, and shapes made of fiber, paper and beads that stretch several feet down the wall.

Two ceramic wavelike sculptures, titled “Overture” and “XTRx3,” are displayed in the center of the room on stands. The creator of the ridged works is William Shum, an internationally recognized artist.

In his San Francisco studio, Alexander Abajian made small ribbon cane-glass canoes and emphasized that art takes them “where the currents may take them.”

Priscilla Beadle fashioned three fantastic pieces of jewelry hung side by side that were made from a variety of materials, including turquoise and silver, clay and “recycled junk.”

In glass cases are two delicate paper bowl-shaped creations by Beryl Reichenberg that impart a peaceful, natural air with their woven detail.

“Delphiniums and Daisies” by Jackie Bradley is hung in the far corner attracting attention with its subtle color and great detail in the flowers.

Sandra Key Johnson has two of her pieces featured in the exhibit, including “Reflections,” a framed work of dyes on a silk collar, and “Home Sweet Home Trombone,” a whimsical structure including a potted plant with the branches woven about a trombone.

“It’s great to have her work here; it’s been so long,” Kyle said about Johnson’s work. “Her pieces are so whimsical and yet so fine.”

The San Luis Obispo Art Center is located at 1010 Broad St.
read a letter

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corrections

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notices

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Pulse

Cold killer

Cranberries are a great source of vitamin C, and contain compounds that block certain bacteria that cause infections. Cranberries are packed with dozens of different antioxidants. If you make your own cranberry sauce from whole berries, you’ll get a tastier and less sugary sauce than you can get out of a can. Add oranges to make cranberry-orange sauce and you add even more vitamin C. Spoon cranberry sauce over turkey and stuffing instead of meat-based gravy to decrease calories and perhaps help fight that impending cold at the same time.

Drink plenty of water

Alcohol and coffee can dehydrate your body. Drink calorie-free water to help fill up your stomach and keep you hydrated. Drink plenty of water before and during the meal, instead of high-calorie, high-sugar beverages. This will help to keep you full without adding calories. And if you want beer, wine, soft drinks, or oth­er beverages that can have high calorie counts, have just one and then switch to sparkling water with a dash of fruit juice.

Portion control

First of all, decide on the amount of food you’re going to eat. Fill your plate half with veg­etables, one quarter with a lean meat and the rest with a grain or starch of your choice. You can eat everything offered at Thanksgiving; just try everything in small amounts. All the different flavors will actually trick your body into think­ing it is more satisfied without feeling deprived.

Don’t eat too fast

Eat slowly and stop when you are full. Take the time to stop and enjoy your loved ones instead of stuffing your face with buttery mashed pota­toes. Remember the point of getting together with your family isn’t just all the yummy food. Focus on your family and friends and all the other things you can be thankful for. Also, enjoy the flavors and textures of the food. It will really help you feel fuller faster because it takes time for your brain to register the food that’s in your stomach.

Desserts

No one can pass up dessert on a day like Thanksgiving, but you can go for the healthiest­est option of something sweet. Neither pecan pie nor pumpkin pies are low-calorie, low-fat deserts, but your best bet would be the pump­kin pie. One slice of homemade pecan pie has around 500 calories and a slice of pumpkin pie has 300. Pumpkin pie is lower in calories, and an excellent source of vitamin A, calcium and iron. But by not eating all of the crust, you cut out a lot of fat without losing the flavor.

Indulge responsibly and enjoy your turkey day! Gobble, gobble!

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

When we think of Thanksgiving, it brings us a sense of comfort and happiness. We get a chance to escape our demanding lives as college students and come home for the holidays to good food, old friends, loving family, and did I mention good food? However, for some people the thought of over-indulging in high-calorie holiday foods makes our little anxiety about over-indulging in high-calorie holiday foods.

Did you know that the average Thanksgiving dinner has 2,000 to 3,000 calories? It seems contradictory to put the words “healthy” and “Thanksgiving” in the same sentence, but I swear it’s doable! I put together a few tips that will help Turkey Day go a little smoother for both your waistline and your conscience.

Don’t go hungry

Remember not to starve yourself beforehand, because you will most likely eat more and faster if you’re super-hungry. This means don’t skip breakfast and fill up with whole-grain crackers, fruit and raw vegetables if hun­ger pangs strike before the big feast. Don’t skip any meals and have a light lunch on Thanks­giving. This will help to stop you from stuffing yourself on high-calorie foods when dinner is served.

White is light

Turkey has very little fat, is full of protein and is an important source of B vitamins. Your best bet is white meat, but be sure to remove the skin first. A three-ounce serving of skinless tur­key breast has about 25 grams of protein, 120 calories and 1 gram of fat. Dark meat is higher in calories, fat and saturated fat.

Dressing, not stuffing

Do not cook stuffing inside the turkey, be­cause it may not get cooked enough to avoid food-borne illnesses. Thanksgiving Day has the highest rate of food poisoning than any other day of the year. Also, stuffing draws moisture and fat from the turkey, making the meat drier and the stuffing higher in calories.

Eat slowly and stop when you are full. Take the time to stop and enjoy your loved ones instead of stuffing your face with buttery mashed pota­toes. Remember the point of getting together with your family isn’t just all the yummy food. Focus on your family and friends and all the other things you can be thankful for. Also, enjoy the flavors and textures of the food. It will really help you feel fuller faster because it takes time for your brain to register the food that’s in your stomach.

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In the era of skinny jeans and endless summer weather, being healthy seems to be the trendy thing. Everywhere you go people are lacing up their jogging shoes and laying out their yoga mats, trying out the healthiest and most effective way to shed pounds.

It’s come to such a coming effect that even magazines and television stations are charging their customers for health tips and information.

I was going about my bi-weekly shopping routine at the grocery store I stopped by the magazine isle — a habit I can’t resist and I picked up three that interested me the most.

When I got home, I started my journey through the 143 pages of how to beat the holiday weight gain. I noticed that every section focused on how to beat the holiday weight gain.

The articles covered every topic about how to beat the holiday weight gain. From fitness and nutrition tips to shopping and entertainment ideas, the articles had something for everyone.

Now, it’s understandable that these are valuable tips for anyone looking to add a little bit of health to their lifestyle. Not to mention, in the world we all know how much easier it is to pack on a few extra inches during the festive season.

But even as good as it gets, there are a few things I think everyone should keep in mind when considering these tips. I have found that people often neglect the fact that they are ready to sacrifice their personal and social lives.

So why are magazines and the Food Network trying to ruin our fun? Could it be that the world has become so health conscious that they are ready to sacrifice such traditions as Thanksgiving?

Now, I am a health freak to the fullest, but even I cringe at the thought of changing this perfectly fine holiday into another health day just like the other 364 days of the year. It’s all in my head, but that is the holiday.

To imagine my turkey stripped of all its delicious golden brown skin, pouring fat-free gravy (if such a thing exists) and eating jellied Jello for dessert instead of pumpkin pie are chilling thoughts.

I must admit, I just put down the dumbbells and pick up the turkey leg.

Meghan Policy is a journalism major and a Mustang Daily reporter.

**GUEST COMMENTARY**

**Life through a foreigner’s eyes**

I am a 23 Cal Poly alumna in international business and still go on to the Mustang Daily’s opinion section on occasion to see what is happening in my alma mater. This time I came across a returns to a previous day’s column, “America’s Superior Culture”, and so I read the cited article.

At first I was a tad surprised to read such a column coming from an international business student, considering the major’s curriculum is intended to raise cultural issues and empathy, thereby allowing us to function productively and I admire peacefully, in foreign countries or at least with foreign partners and subsidiaries.

But then I thought. I thought back to 2002, when I was planning on finishing my international business degree with a minor in Chinese and I did all my research and read up on Indian politics and the various social fabric of the whole country. I was, like Mr. Taylor, high and mighty in my conviction that there was no such thing as the Western world and that I would use my American and Asian skills thinking about the whole world.

I am, like Mr. Taylor, a student of history and also a student of life. I think it is important to keep in mind that these concepts are not always so straightforward.

What I realized within a week of arriving in India is that what I know of the country was what I came across through the lens of foreigners (i.e. Americans) in evaluating a culture such as India.

This is one of the things that gets written about the highly salient features. They are salient because they are unique (as in rare). The other 99 percent of cultural aspects, which are part of the everyday fabric of one billion people, get very little mention because they are not the outside, nobody wants to know that at lunchtime the entire office sits down with their meals, and they go out for everyone to partake, and it is important to know the extraordinary that is going on in the workplace.

Or that when a foreigner gets on a packed rush hour train, he or she must get at least three offers of assistance in navigating the appropriate stop. These beautiful aspects don’t reach the outside native because they are so common that they cannot be debated or sensationalized.

It is five years later and I am writing this from India. I found the culture so beautiful and the people so friendly, that I chose to live here rather than stay in America.

Yes, Mr. Taylor, Americans do emigrate out of the United States. And I have met several people from the “developed Western world” who have chosen to come here and live as long-term expatriates. I am not saying that there aren’t several aspects of Indian culture that aren’t challenging, there are indeed many problems. But they are also well known and well publicized, and efforts are underway to effect change. In fact, it is the publicity these issues have received that is helping India improve for the better place even more — there is very little “MINIBYRE” (Not In My Back Yard) thinking.

I am, in particular, not up with how Mr. Taylor characterized India, his mention of sutter which, incidentally, doesn’t happen on occasion and is a visibly opposed by the vast majority of Indians even in the absence of the British or what I would term as narrow-mindedness.

Mr. Taylor is not to blame for having these “insights” into the non-American world. I was a liberal, politically correct and politically active student and found I also had the same prejudices once I was in a position to truly face myself. What I am frustrated with is our inability to recognize that what we tend to form our opinions based on the first round.

In India, while I often commiserate with some criticisms of the U.S., I also have to defend her because what reaches these shores depicts a nation filled with rapids, school children as gun-toting marauders and women allowing themselves to be videotaped having promiscuous sex.

Is this the true narrative of the U.S.? No, but it is what is salient to the outsider who does not hear about the communal harmony. It is the forever-happening toys/clothes/food driven by the media and is a debased and the other things that do make America one of the exceptional places to live.

Valerie Tipp is a Cal Poly alumna in Mumbai, India and a Mustang Daily guest columnist.

**LETTERS TO THE EDITOR**

**Shame on you, Cal Poly**

Shame on you, Cal Poly. Shame on you. Do you see this, Cal Poly? This is fine for you to do in your direction. Not only have you given me the privilege of going into debt over the past four and a half years, you have rubbed salt in my wounds by having me pay for my education. Now I need to purchase graduation tickets to allow my friends and family share in the excitement of my life.

John Lane
Mathematics senior

**Thank you**

Today I’d like to write in and thank the Mustang Daily. I complained earlier about the long lag time before letters to the editor would appear. This has since been fixed, and I notice public discussion on these pages is flourishing.

I’d also like to thank the Daily for providing these pages as an opportunity for students to express their views. This public forum is irreplaceable to the intellectual development of the student body.

So thank you to the Mustang Daily and those who keep it running. I appreciate the service you provide to the school.

Troy Kuerten
Associate engineering physics senior

**Lessons Learned and the Girl With the Boots**

As a 6-foot-tall female, I am often confused by my height. When I was offered a role for the football team’s video, I was excited to be a part of the team, but I was also nervous about the attention I would get.

One day, I saw another football player wearing a pair of boots that were way too big for her. Not only were they huge, but they were also very uncomfortable. I thought to myself, “What a waste.”

I decided to try the boots on myself and was surprised by how comfortable they were. From that day on, I wore the boots everywhere I went. They became a part of my identity.

I was often asked if I was wearing them because of my height or if I was trying to make a fashion statement. I always answered with a smile.

One day, a group of friends had a photo shoot planned. I knew I wanted to wear one of my favorite outfits, but I couldn’t decide what shoes to wear. That’s when I remembered my boots! I slipped them on and everyone was amazed.

The shoot turned out to be one of the most successful of my career, and I owe it all to my boots. They have become an integral part of my wardrobe, and I never leave the house without them.

This is a story about embracing your uniqueness and not letting others dictate what you should wear. It’s a reminder that sometimes, the simplest things can have the biggest impact.

Sean Anayah
Earth and soil science freshman
Wrestlers win titles at Fullerton Open

Continued from page 12

Chad Mendes (141 pounds) and Clete Parisi (157) won their respective brackets in the Cal State Fullerton Open Sunday in a very strong showing for Cal Poly wrestle rs. Antonio Basilio also took home a third-place medal for the Mustangs.

Mendes improved to 11-0 this season with a 6-0 fall at Fullerton. Mendes won his first two matches by fall, one in 13 seconds and the next in 36 seconds. His next win came by technical fall; 17-2 over Ryan Stern, a Cal Poly wrestler competing unattached. Mendes then defeated Juan Arceulea of Sacramento City College 7-3 before beating Teddy Astorga of Cal State Fullerton 7-3 to take the title.

Paris won his first match of the day by technical fall; 17-1, and went on to top Nick Anschuetz at a Stanford wrestler competing unattached. 9-6, Paris then defeated Cal State Fullerton's Dean Vecle opus 2-1 to reach the final and upset No. 6 Josh Zapanic of Stanford 3-2 to win the championship. Basilio fell 3-2 to Cal State Fullerton's John Drake in the semfinals, but went on to pin Winny Grant of SFSU (2-3) and win a 5-1 decision over the Titans' Matt Mehlberg to capture third. Cal Poly will see its next action at 6 p.m. Nov. 28 as the Mustangs head back to Cal State Fullerton for a Pac-10 dual.

Conference

As previously mentioned, both Mustang women's basketball teams, on the other hand, have started with a 2-1, 0-0 Big West record. They're scheduled to play at UCLA at 7 p.m. Tuesday. "UCLA's had a tradition of excellence in every team sport you can imagine and individual sports as well. Our teams know all about that," head coach Faith Mintmough said.

Mintmough expressed hope in disrupting the younger Brums in UCLA's backcourt with the more experienced Mustangs. "They're very athletic, they're very good, and we've obviously got our hands full hitting them on the road."

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Poly left in the cold

After faltering down stretch, men's soccer misses out on being invited to the College Cup as the season ends

SPORTS INTELLIGENCE REPORT

The Cal Poly men's soccer team's hopes of an at-large bid to the NCAA College Cup were dashed today when the selection committee announced the 48 teams for the 49th annual Division I Men's Soccer Championship.

The Mustangs were ranked No. 31 in the latest RPI standings and third overall as the Big West Conference behind UC Santa Barbara and UC Davis.

"This is a conference that deserves three teams in almost every year," head coach Paul Holocher said. "It deserved this year. I'm really proud of this team — they're heartbroken right now, just heartbroken."

In his second season at the helm, Holocher has brought his team to an overall mark of 11-4-4 and a Big West Conference record of 6-3-4.

Winning 11 games this season is something that hadn't been done in men's soccer at Cal Poly since 1995, when the Mustangs made it to the first round of the NCAA Tournament.

The highlight of the team's season was its 2-1 victory over defending national champion and current Big West champion UC Santa Barbara. The 7,143 fans in attendance broke the previous school record of 2,694, set on Nov. 2, 1996 as Cal Poly fell 2-1 against UCLA.

Although he was upset about the bracket results, Holocher expressed his aspirations for next season.

"I expect to win," he said. "I work very hard, our coaches work very hard and the players respond to that. We want to win Big West Championships and compete for national championships. It doesn't happen overnight, but it can happen."

Junior goalkeeper Eric Branagan-Franco said, "We aren't going anywhere. Coach Holocher isn't going to stop until he gets a national championship."

Cal Poly men's cross country takes 11th place in 10k at NCAA Championships

SPORTS INTELLIGENCE REPORT

TERRE HAUTE, Ind. — Phillip Reid finished 33rd overall and earned his second consecutive All-American honor, leading the Cal Poly men's cross country team to an 11th place finish in a 10k race at the NCAA Championships on a cold and foggy morning at the LaVerne Gibson Championship Course Monday.

Cal Poly tallied 367 points to Cal Poly's team career All-American honor in 2006 en route to being somewhere around 18th to 20th all the way up to 11th in the last 2 kilometers," Conover said. "Those five really had solid races. Troy, Evan, Matt and Jeff finishing within nine seconds of each other — that's what got the job done."

Reid crossed the line in 30:32 and was one of the top 25 Americans to cross the finish line, giving the senior his second cross country All-American honor in as many years. Reid finished 21st overall in 2006 en route to becoming an All-American for the first time.

"We want to get it done over the 10k distance when it counts," Conover said. "These guys have embraced that whole philosophy. That's all it is, belief in each other — from teammates to coaches, knowing that you want to be able to run the best when it counts."

Ellerson looks to next year

Agnes-Dei Farrant

The final scoreboards for Cal Poly football and women's volleyball regular seasons offer a breath of rest in the seasons change and basketball commencements.

The 85-7 victory against Iona College Nov. 17 for Cal Poly football (7-4, 2-2 Great West) left a satisfying last taste for the 2007 season.

"It was a good year. We flirted with greatness," head coach Rich Ellerson said. "We were on the cusp of greatness but we weren't (quite there)."

Though the Mustangs showed improvement throughout the season, Ellerson saw particular growth from his fifth-year seniors.

Twelve players were fifth-year redshirts who participated in the past five seasons, which have held at least seven wins per season since 2003.

"These guys played their best football in the last year of their career here ... it really says a lot about their character."

Though the Mustangs started the 2007 season with two losses against Texas State and Idaho, they suffered just two more in the following nine games.

The Mustangs look forward to training during the off-season that will lead into next year's season. Ellerson said they will have their future practices on what the players have learned from the 2007 season.

"Now the hard work starts," Ellerson said. "You still have to coach, still have to lift weights, still have to train, still have to practice, you have to be a little bit lucky and a little bit smart. Already you can start getting a little bit excited, as fast as that season was over you can start looking forward to playing the next one."

Cal Poly women's volleyball (21-7, 15-1 Big West) secured its second consecutive Big West Conference Championship this past weekend. The Mustangs are now qualified for the 2007 NCAA Tournament.

Junior opposite Kylie Atherstone has been involved in the training program of the 2008 U.S. Olympic team.

"I got an invitation to try out for (what I think is) a training team because obviously the 2008 Olympics are coming up," Atherstone said. "So they want to make sure they got some talent to possibly train against the Olympic team or potentially be on the Olympic team, which would be the Cinderella story. I'll be going to those tryouts (in January)."

Atherstone has only received one e-mail concerning this opportunity and has yet to learn further. see Conference, page 11