Registration frustration

Alicia Freeman
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Registration for spring classes started Feb. 11, leaving many Cal Poly students worried about not getting their necessary classes.

Though students can choose to use priority if they are anxious about getting necessary classes, priority must be used wisely because it is only available three times.

Debbie Arseneau, the Associate Registrar and employee in the Office of the Registrar for 28 years, said priority enrollment was originally intended for students' last three quarters, in which students have less flexibility in their schedules. However, Arseneau said many students do not save their priorities for their intended purpose.

The issue of when to use priorities aside, some students also have trouble getting enough units to be considered full-time.

Ryan Blumenthal, a physics sophomore, has had this problem multiple times at Cal Poly.

"I have had trouble securing even 12 units before," Blumenthal said. "When I don't have a good registration date, I find it hard to get classes I need and classes I require for my major."

Arseneau said acquiring classes was harder before PASS and CPReg were utilized in 2006. Before, Arseneau said, students sent in scantron-type sheets with the classes they wanted bubbled in with hopes they would get them. The schedules then had to be mailed, often taking a month for students to find out their classes, and some students were left with no classes at all.

"Less than 50 percent of the students actually got schedules, and then the rest had to crash classes," Arseneau said.

Before that, students went through "arena registration" in the gym where students would grab cards from representatives of the classes they wanted. If they got a card, then they were enrolled in the class.

Now, with a more effective system, students still have problems but do not have to scramble or wait.

see Registration, page 5

Smoke and mirrors: smoking ban doesn’t apply to campus

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Despite the May 2010 smoking ordinance in San Luis Obispo, smoking in public places continues to occur, especially on the Cal Poly campus.

The ordinance bans smoking in all public places throughout the city. Exceptions include private residential property, in hotel rooms designated for smoking, in outdoor areas at bars where no food is served and at existing tobacco retailers.

For those Cal Poly students wondering why they still see people smoking on campus, it's because they can.

Brigitte Elke, the principal administrative analyst for the city of San Luis Obispo, said the city ordinance does not apply to the Cal Poly campus because it is not under the city's jurisdiction.

"We cannot go onto the campus and enforce it there because Cal Poly is on state land," Elke said. "The superior agencies regulate (ordinances) there."

Therefore, students, visitors and employees of the university can light up their cigarettes while in designated smoking locations on campus.

Chief of University Police Department (UPD) Bill Watton did not know a ban on smoking existed.

"There is no ban that I know of... but we do not regularly enforce smoking regulations," Watton said.

Technically Watton is right; there is no ban on smoking throughout his main jurisdiction, but other regulations do apply to those who wish to smoke on campus.

If you’re choosing not to smoke, there is no reason why you should have to inhale it on campus.

— Carl Anderson
Kinesiology junior

...but we do not regularly enforce smoking regulations," Watton said.

"You can’t smoke any place inside a state building, or within 20 feet of an entrance or exit to a building," Watton said. "There are also maps on the (Cal Poly) website..."
There's a lot of pressure on this campus... in terms of body size.

— Lisa Nicholson
Associate food scientist and nutrition professor

Students begin bolting similar as they look good on campus may stem from definitely restricting what they eat and peers to be thin. Students attributed eating disorders to be thin. Students attributed eating disorders to eating in an unhealthy way. "If people didn't eat their whole meal when I was sitting there or they were eating something unhealthy, then I felt like, 'Oh my gosh, I'm indulging,'" she said. "It becomes a competition with yourself and also with other people. It's definitely all-consuming in your mind."

Naspecia experienced this pressure in the dorms as well. Not wanting to gain the "freshman 15," Naspecia cracked into being obsessed with her weight.

"When everyone is worried about gaining the freshman 15 and everyone is preoccupied with how everybody else looks and what they're eating and what they're not eating, it kind of almost spreads to you," Naspecia said. "It's like a sickness that you can almost catch."

Disordered eating has very dangerous effects. It can lead to a serious eating disorders or malfunction, and can also affect the brain and other organs in the body. Nicholson said. She said when there is a lack of calories entering the body, it begins to feed off organs for protein which can lead to heart, kidney and liver failure, osteoporosis and esophagus problems. Emotionally, it can lead to depression, a lack of self-worth and impaired relationships.

Trying to help someone with disordered eating is not easy, especially if the person does not want or realize they need the help, Engelscheidt said. While she had anorexia at Cal Poly, her friends did not confront her until after she returned to Cal Poly from taking a year off to receive in-house treatment for her disorder.

Naspecia's friends confronted her only after she went to the hospital for taking too many diet pills. In both instances, their friends did not know how to approach the situation.

Naspecia said it is important to provide a safe place for a friend to tell their problem. If he or she knows they don't have to give up their eating habits when first admitting they have a disorder, it may help them take that first step toward getting help, she said.

Engelscheidt said she encourages friends of people with disordered eating to not be afraid to reach out and touch someone, even if it's uncomfortable.

Cal Poly's PULSE peer counseling team, particularly their HEAT team, at the Health Center helps students with eating disorders. Head of counseling at the Health Center Elke Axelroth said women at Cal Poly are more likely to connect their self esteem to their weight compared with other women at different colleges.

To receive help, students may stop by Counseling Services to do an initial evaluation with a counselor. From there, Axelroth said, counselors can help treat or refer students to outside help. "Some students with eating disorders can be helped by seeing a nutritionist," Axelroth said. "We'll either refer them to PULSE or to a nutritionist in the community." For more information on how to get help for an eating disorder or to talk face-to-face with a peer counselor, visit PULSE's location in the downstairs area of the Health Center.

Elke said, "However, we have actually started to ask the police department to enforce the policy more severely.

At this point, the San Luis Obispo Police Department (SLOPD) has done less enforcing via citations and has focused more on educating and warning those that break the ordinance, Elke said.

Although smoking is a personal choice, secondhand smoke may also put people around a smoker at risk. The 2006 U.S. Surgeon General's Report stated there is no safe level of exposure to secondhand smoke. "It absolutely affects everyone around you, so it makes sense that (smoking) shouldn't be allowed where others are present," Anderson said.

The World Health Organization estimates that by 2030, tobacco will account for 10 million deaths per year, making it the number one cause of death worldwide.
Republicans in Congress move to block environmental protections

Renee Schoof
MCCLATCHY NEWSPAPERS

Congressional Republicans this week added amendments to a spending bill that would knock out environmental protections for air, water and wilderness.

Among the amendments, which fill hundreds of pages, are ones that would block the Environmental Protection Agency from limiting hazardous pollutants at power plants, from studying whether the farm herbicide atrazine has health hazards and from tightening rules on toxic coal ash. Many of the amendments would strip the agency of funds to carry out pollution restrictions that industries have fought.

Tea party backers in the House of Representatives support the provisions. They could win support from other Republicans and pass the GOP-majority chamber this week. The Senate, where Democrats have an edge, is likely to block most of them. Even so, the amendments reveal how far many House Republicans are prepared to go in trying to stop environmental regulations.

A bipartisan poll released Wednesday suggested that a large majority of Americans strongly oppose such efforts, particularly where air pollution is concerned. The survey, sponsored by the American Lung Association and conducted by two polling companies, one Republican and one Democratic, found that 69 percent of voters favored the EPA updating the Clean Air Act to put stricter limits on air pollution, 26 percent opposed it and 5 percent had no opinion or didn’t answer.

An amendment by Rep. John Carter, R-Texas, would block money for the EPA to enforce a new rule that will cut toxic emissions of arsenic, cadmium, lead and other pollutants from cement plants. The toxic pollutants are linked to cancer, respiratory illness and other health hazards. The rule also would reduce emissions of soot, which is linked to heart attacks and lung diseases, including asthma.

Rep. Ralph Hall, R-Texas, the chairman of the Science and Technology Committee, proposed asking the National Academy of Sciences to spend two years studying whether arsenic, lead and other toxic pollutants from large industries are harmful. He would block the implementation of an upcoming EPA rule to regulate emissions from the boilers that provide industrial heat and power until the study was finished.

Tea party supporter Rep. Raul Labrador, R-Idaho, offered an amendment that would strip the EPA of money to finalize the rule. Tea party-backed Rep. Morgan Griffith, R-Va., proposed blocking funds for the EPA and the Army Corps of Engineers to carry out an Obama administration policy that requires closer scrutiny of mountaintop removal mining permits.

David Goldston, the director of government affairs at the Natural Resources Defense Council, an environmental group, said at a briefing that the dozens of amendments would produce a significant rollback of public protections. He called them a "free-for-all for any industry that has had a problem with how it was treated under the law."
Tony Pugh

MCLEAN NEWSPICTURES

As if finding work weren't hard enough already, a federal agency warns that some employers are excluding jobless workers from consideration for openings.

The practice has surfaced in electronic and print postings with language such as "unemployed applicants will not be considered" or "must be currently employed." Some ads use time thresholds to exclude applicants who've been unemployed longer than six months or a year.

Evidence of the practice has been mostly anecdotal, and information about how widespread it may be is sketchy.

But with unemployment at 9 percent and millions of people struggling to find jobs, the practice has caught the attention of regulators, lawmakers and advocates for the unemployed.

"At a moment when we all should be doing whatever we can to open up job opportunities to the unemployed, it is profoundly disturbing that the trend of deliberately excluding the jobless from work opportunities is on the rise," Christine Owens, the executive director of the National Employment Law Project said.

Members of Congress contacted the Department of Labor and the Equal Employment Opportunity Commission last year to see whether the practice violates federal employment laws against discrimination.

While the unemployed aren't a protected class under civil rights laws, the practice could be legally problematic if it has a disparate or discriminatory effect on groups of job-seekers who are subject to civil rights protections.

In a public meeting Wednesday at EEOC headquarters, several witnesses testified that excluding the unemployed from job openings could disproportionately affect groups like African-Americans, Hispanics, people with disabilities and older workers — all federally protected groups whose jobless rates are well above the U.S. average.

Blacks and Hispanics are particularly vulnerable, said William Spriggs, the Labor Department's assistant secretary for policy, because they represent a large share of unemployed workers and a smaller portion of those with jobs.

"When employers exclude the unemployed from the applicant pool, they are more likely to be excluding Latinos and African-Americans," Spriggs testified.

Most seem to agree that the overwhelming majority of job postings don't contain such language. James Urban, a partner at Jones Day law firm in Pittsburgh who counsels large employers, testified that he's never dealt with an employer who wouldn't hire the jobless.

Listings that exclude unemployed applicants would violate terms-of-use policies against discrimination at Monster.com, which posts hundreds of thousands of job openings.

Spriggs said the problem might still occur behind closed doors, without the explicit language. That's because employers are looking for ways to cut through large numbers of applications quickly. On average, there are nine job applicants for every two openings, he said.

Others suggested the practice reflects a bias that workers who were laid off aren't the most talented.
Registration
continued from page 1

Some students still worry about their place in the registration rotation. The rotation periods vary from Feb. 11 at 8 a.m. — for qualified students with disabilities — to March 3 at 4 p.m., leaving some students registering far after the majority have.

To combat not getting classes, Arsenau said students should be flexible. Not only are classes added during later rotation periods, but departments also monitor how classes fill in case they fill faster than anticipated. In that case, Arsenau said, more sections of those classes will be made available for students. Even then Arsenau said students may not get their classes because of availability.

"Sometimes a class will be available and sometimes it won't, or it may be available at a time when you really don't like it, but that's a time when it can be offered where it creates the least amount of conflict," Arsenau said. "And sometimes for a quarter you have to kind of suck it up and take the class, even if it isn't at the opportune time."

Statistics sophomore Diana Said said when she had late registration rotations, she would just be a little more flexible with her class choices.

"I got into ENGL 134 on a super late registration just by being flexible and taking early morning classes, and being willing to take Friday classes," Said said. "I think it's a good idea that Cal Poly does put some more classes for the people in the later rotations."

The rotation schedules allow students to get into the top third of rotations once a year, but this qualifies for the lower third as well. The summer term is also included in the rotations, so sometimes students get into the top third during the summer when they may not be attending classes.

Mark Lerner, a software engineering sophomore, said Cal Poly's method of registering was more effective than some alternatives. "In others, registration is done by grade level, then by GPA," Lerner said. "I feel that a rotation schedule like that becomes almost self-perpetuating, in that the people that are doing well get the classes they want, while people that may be suffering can't choose the classes they need."

Arseneau said at one point, Cal Poly used a year system, but it became problematic with a growing number of seniors.

"I think the most difficult part when we were doing it by year was that we had so many students who were seniors, because they would get to a certain number of units that would determine whether you were a senior or a junior or a sophomore or whatever," Arsenau said. "Once you met that unit limit, you were a senior until you graduated, and that could be if you changed your major and were here for another two or three years after that. So, you had that big pool of students, and it just kept getting larger and larger."

With the advancements Cal Poly has made, Arsenau said there is still always room for improvement. "There is a registration and scheduling committee that discusses improvements in the system to make it easier for students to get the classes they need to graduate. Arsenau said the priority system currently in place actually came from this committee. Now, the system may need updating."

For Lerner, the Cal Poly system would be more efficient if PASS were updated to be more "individualized."

"That is, have PASS detect your major, and what classes you've already taken, and show you what classes would most benefit you," Lerner said. "Something to that end would make it much more efficient. Also, I wish that they'd let you save more schedules in PASS."

Lerner also said departments should make their course lists available sooner.

"I feel like the individual departments need to make their offered courses more available," Lerner said. "For instance, I tried to plan out my schedule for this coming quarter a while ago, but I couldn't find a list of offered courses for a couple of the different departments that I needed."

Yet, even with registration woes, there are resources for students to use in order to get the classes they need.

Arseneau said students should use their resources, such as the Office of the Registrar's office and department advisers.

Blumenthal said he enlisted the help of his adviser when he was unable to get core classes:'"My department was a huge help by supporting me when I had trouble getting major courses," Blumenthal said. "It was very helpful to have a strong department who could help you. But even if you got the classes, sometimes you had to kind of suck it up and take the class, because you're a senior and sometimes it won't, or it may be available at a time when you really don't like it, but that's a time when it can be offered where it creates the least amount of conflict."
Vagina Monologues return to Cal Poly for eighth time

Cal Poly's cast of the Vagina Monologues is comprised of 17 women who tell the stories of other women and their vaginas.

The monologues collected by feminine activist Eve Ensler in 1996. The monologues themselves bloomed from anecdotes from friends, and soon other women contacted Ensler to tell her their stories. Ensler transformed these tales into theatrical monologues, which have since been performed in more than 140 countries.

Assistant Director for the production, Ali Moore said the closing monologue is in the form of a letter written by Ensler to a feminine activist in Haiti who was killed in the recent earthquake. Moore said the monologue will have an enormous impact.

"We couldn't have cast a more perfect pair with the women and the monologue," Moore said. "It's just perfection. I think it will be a

"She goes into the country and sees the need, so The Vagina Monologues raise money, and all of the proceeds have to be donated to organizations that help end violence with women and girls," Kaviani said.

To be exact, 10 percent of the proceeds from the show benefit the V-Day campaign itself. Every year, one monologue changes — the spotlight monologue. This particular part is directed toward educating the audience about the highlighted country.

Assistant Director for the production and journalism senior Ali Moore said the closing monologue is in the form of a letter written by Ensler to a feminine activist in Haiti who was killed in the recent earthquake. Moore said the monologue will have an enormous impact.

"We couldn't have cast a more perfect pair with the women and the monologue," Moore said. "It's just perfection. I think it will be a

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The other monologues cover all facets that come with having a vagina — from a young girl's first menstruation to the connotation of the word "cunt," Kaviani said. Two of her favorites are "My Angry Vagina" and "The Woman Who Liked to Make Vaginas Happy."

"One talks about the annoying things about being a woman and having a vagina, and the other one is about orgasms and moaning and it's really funny," Kaviani said.

Kaviani, who has performed in the production and attended in the past, said the show is always an uplifting experience. "Every monologue is a true story — nothing is made up," Kaviani said. "So that's what also makes it really impactful — there was no one sitting there creating it. It was someone telling that story to Eve Ensler."

The production at Cal Poly has a cast of 17 women directed by both Moore and director/theatre senior Anna Acuna. Moore, who had no prior directing experience, said she had seen the production and performed in it, and finally found the opportunity to direct it as a part of her senior project.

"I was really interested in being a part of it, and I wanted to try something new," Moore said. The two have been working non-stop with rehearsals five days a week. However, Moore said the effort is already worthwhile.

One theme the directors, as well as the Gender Equity Center, incorporated into the Cal Poly production was informing and educating the cast members about the V-Day campaign and the reality of the issues discussed in the monologues.

Psychology senior and educator and programming assistant for the Gender Equity Center Kara Barbieri said she wanted to get involved with the play without actually acting in it, so she put together presentations for the cast addressing topics such as the history of the play, rape and relationships and sexuality as an instrument of control.

"Feel the Vagina Monologues isn't just a play," Barbieri said. "It's a part of a movement, and it's part of something bigger. I wanted them to feel like that as well."

Barbieri said she received good responses from the dialogue. "A lot of the women were sharing their stories, which is what I wanted," Barbieri said. "I wanted it to bring them together and show them that it's not just a monologue, it's life." Moore said she and Acuna also wanted to focus on the relationships between the cast members.

"We wanted the experience to be not only about putting on this perfect production, but we also wanted them to have an experience where they come out of it with really good friends," Moore said. "We didn't focus just on the production, but also the relationships of the cast and their relationship to the V-Day campaign."

Kaviani said she's excited for the higher level of production that Cal Poly has adopted over the last few years. This, she said, helps raise funds. "We like that it's taken that step to become a real production rather than just having it in Chumash Auditorium and being really casual about it," Kaviani said.

Kaviani also wants to assure audience members that the monologues aren't all serious, nor are they all funny. "It's not solemn the whole time," Kaviani said. "There are really serious monologues that are really impactful, but there are also hilarious ones that are just funny and you have to just let yourself laugh and have a good sense of humor about it."

Tickets for the all-ages show are on sale for $15 at the PAC box office, by phone at 805-756-2787. The showtime for the Friday, Saturday and Sunday night showings are 7:30 p.m.
Original musical to honor DJ from the ‘50s

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Audiences may be shocked to find out Elvis Presley is not the king of rock ‘n’ roll.

That title should belong to Alan Freed, a once blacklisted disc-jockey from the ‘50s, according to Kevin Harris, director of San Luis Obispo Little ‘Theatre’s upcoming original musical, “This is Rock ‘N’ Roll.”

Audiences will be taken through the historically accurate life and journey of Freed, from his days as a DJ, when he first introduced a style of R&B in the ‘50s — which he called R/R — to the days of his reputation being ruined during the payola scandal when record companies paid DJs to play their artists’ music. He is credited by some as the inventor of rock ‘n’ roll.

Dozens of popular songs from 1947 to 1961, representative of the genre and Freed’s contributions, will be featured in the show and performed by a live five-piece band.

Harris said the biography-play is meant to show American audiences some of their cultural roots.

“Not many people, especially young people, know about Alan Freed and just how much he’s completely shaped every aspect of our pop culture,” Harris said. “There would be no Ryan Seacrest. There would be no Lady Gaga. Michael Jackson and The New Kids On The Block — they’re all descendants of him. It’s important to know how it all ties together and to know your past.”

The musical was a long time coming for Harris, writer David Vienna and choreographer Drew Silvaggio. After 10 years of searching for the right project to work on together, Vienna and Harris started collaborating on a musical about seven months ago that eventually became “This is Rock ‘N’ Roll.”

Silvaggio, who directed the Nutcracker at the Civic Ballet in December, is an old friend of both Vienna and Harris. He has also been waiting for a project like this to team up on.

“It’s great for the three of us to get together after knowing each other for so long,” Harris said.

Freed’s character will be played by Chad Stevens, who has always looked up to Freed and knows his history.

Stevens said he learned about Freed from “American Hot Wax,” a movie based on a portion of Freed’s life. The movie revealed to Stevens how the DJ who “didn’t take any crap” was a pioneer of music.

“People credit Elvis with bringing a black sound to white America, but Freed was there before Elvis and was really trying to push the original music,” Stevens said. “He was called the king of rock before Elvis.”

Freed now stands as one of the first inductees into the Rock and Roll Hall of Fame in Cleveland, Ohio. The location is a credit to Freed since he coined “rock ‘n’ roll” there.

“I think it’s a great thing that we’re bringing Freed’s name to the forefront,” Stevens said. “We have a lot of really good singers and dancers, and it’s music everyone knows. Whether you’re from that era or not, you’re going to recognize the songs.”

Stevens appears in every one of the 35 scenes in the two-hour musical, which might be daunting to some, but is almost normal for him, he said. He has been acting on and off since 1973, fulfilling many lead roles and will be partaking in his 11th performance at the theater.

“It’s not intimidating; it’s actually kind of a cool challenge because there are very few times when I walk off the stage,” Stevens said. “The great thing about this show is you don’t need 500 lines to get the point across.”

Harris said he expects a full run-out for the rock ‘n’ roll musical.

“We’re trying something a little bit new with the show and people are stoked David Vienna is working on it and Drew Silvaggio,” Harris said.

The “new” components of the show include a renovated, state-of-the-art sound system, made possible by a $50,000 grant the theater received from the Hind Foundation, associate director of the show Lisa Woske said.

“It will support the multime-dia effects (Harris) has incorporated into this stage musical: wide-screen projections, sound effects, band, monitor and speaker adjustments, etc.,” Woske said. “So audiences get to experience rock ‘n’ roll music live through a brand new, high-tech system.”

Woske, who is also the public affairs coordinator for Cal Poly Arts, said the musical will be different from previous shows not only because of its audio and video enhancements but in the way the story develops. It is a book musical, she said, with a beginning, middle and end.

“It’s not daunting because the saliency of the beginnings of rock ‘n’ roll,” Woske said. “(It) differs from what we hear today. But then again, not so different because early rock was born from remaking, revisiting music that had been done before.”

But, with an original production comes great challenges and rewards for the crew within the artistic direction of the show.

“It’s a great blessing, but a horr­rible curse because it’s very easy to get off track and not really tell the story,” Harris said. “You get lost in your head a little bit, but we’re figuring it out.”

SLO Little Theatre is a volunteer-based community theater that has been putting on shows since 1947. The theater itself is nothing more than a black-walled room with chairs surrounding three sides of the slightly raised stage, with the actors and audience in close proximity.

“It’s fun to perform at Little Theatre because they’re 3-feet in front of you,” Stevens said. “I love community theaters because it gives everyone a chance to be involved. It’s really good entertainment for the whole family. And we do it because we love it; everyone who’s there wants to be there.”

Local financial service group Blakeslee & Blakende has been a long time sponsor of the theater, largely in part to Diane Blakeslee, a now retired certified financial planner.

“I have been very impressed with the history of the theater and been involved with them since I arrived here in 1965,” Blakende said. “I think that their plays are fantastic and the talent here locally is just unbelievable.”

The musical acts as the theater’s largest fundraiser and has the potential to bring in 15 to 20 percent of its gross annual budget. “This is Rock ‘N’ Roll” opens Feb. 18, with tickets starting at $55 for regular performances and $50 for Saturday Martini Nights (dinner included).
You can’t fool me, McDonald’s

A new McDonald’s commercial shows off its menu addition, “Scrumptious Fruit and Maple Oatmeal,” featuring some beautiful shots of cascading oats, glamorous fruit and a good-looking brunette chowing down on this classic breakfast favorite.

The commercial’s appetite display, bright colors, clean design, and relaxing font woman, almost make me want to try some of this purportedly “scrumptious” oatmeal. It almost makes me reconsider my long-standing hatred for fast food; almost makes me forget that it’s a McDonald’s advertisement. But after that 16-second lapse of forgotten principles, I readily come back to my senses.

Nice try, McDonald’s, but you can’t fool me.

You can’t slap your logo on a cup of my second favorite breakfast food and expect me to forget years of disappointing french fries, tasteless chicken nuggets and the prolonged presence of baby fat. You can’t parrot Starbucks’ famously delicious beverages in an elaborate ruse called “McCafé,” and think that I will be tempted by your lower-priced mocha.

You are McDonald’s and you can’t fool me.

You can’t pretend that your fast food is any healthier than your traditional items. You are McDonald’s, the most fattening, 最 fat — multiplied by two, since one is for the nutrition-naive kid and the other is for the nutrition-conscious adult. You are McDonald’s, the fast food chain.

You are McDonald’s and you can’t fool me.

You can’t fool me when the nutrition content of the wrap is laughable: the healthiest at 260 calories and 9 grams of fat, the least at 430 calories and 26 grams of fat — multiplied by two, since one is not enough to satiate an empty belly. Salads and smoothies are staples of almost any all-American food joint, and I’m not persuaded those produced by McDonald’s are any different.

Their fruit option with Happy Meals is long overdue but complementing the apple slices with caramel sauce, even low-fat, maybe earns McDonald’s a halfway step toward preventing child obesity. Still, the frozen hamburger with apple slices and milk is 450 calories with 12 grams of fat. Not to mention 33 grams of sugar.

The American Heart Association recommends 1,200 to 1,800 calories for boys and girls, 4 to 13 years old. This Happy Meal alone eats up 25 to 37.5 percent of their daily caloric intake, while being only one of the several times a child eats per day.

Even so, McDonald’s is drawing more and more business to its double arches, and has been since 2003, according to StockAlerts.com. Recent growth in sales is credited to McCafé and healthy choice options. An article titled, “Three challenges to McDonald’s growth” reads: “It tweaked its menu beyond kids’ meals, smoothies and fruit sides for fast food chain. Its burgers are still flabby and slimy. Their pickles, still mushy and disturbingly warm. Their french fries, too thin and hyper-salty. Their chicken nuggets, still made of questionable “white meat.”

And these grease-free options that Starbucks isn’t the most diet-friendly establishment, by any means. But at least I don’t feel caked with grease within its doors.

Sure, McDonald’s is making strides in the nutrition world. Sort of. But its reputation in my eyes is tarnished, ruined and irreparable.

Save your wishful thinking for someone else. McDonald’s. I am not convinced.

Anissa Ayer is a journalism senior.
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THE GREATEST THREAT TO THE CLIMBER’S FOOD SUPPLY ARE HAWKS FUELED BY POWER BARRS.

INTRODUCING:
“CLUELESS JOE JACKSON”

ACROSS
1. Chiang — drak
4. Wharf
5. Highlight
13. Morris
14. Tian Shan mountain
15. Piano exercise
16. Beef cut colony
17. Intellect
18. Triumph
19. Beattle or Blyth
20. Mandarin
22. Trumped-up (2 wds.)
23. Trust
24. Lady
26. Sweetheart
28. Photogenic wrap
29. Tech talk
31. Rushes past
32. — my Hips
33. Reference book
34. Muses’ father
35. Bowl over
36. Beweruf’s drink
37. Some canines
38. Onion relative
39. Hollow fruits
40. Rough shelters
41. It amounts
42. Shelley spout
43. Whisper loudly
44. Far hiking letters
45. Coat rack
46. Cuts calories
47. Makes a decision
48. The Zoo Story’s heroine
49. Inflame
50. Toward sunrise
51. Vent (3 wds.)
52. Grade 1-12
53. Yarn
54. Change from
55. Open meadow
56. Kodiak native
57. Guardian’s charge
58. Hirt and Padra
59. Not those
60. Jacques’ gift
63. Happened to
64. Whitewashed out
65. Not normal wd.
66. Muses’ father
67. Twine
68. Hunter’s supply
69. Says please
70. Curved molding
71. Rock shop cut
72. Hoard
73. Wild to mad
74. Whisker
75. Muses’ father
76. Hold
77. Not those
78. Haired
79. Tail
80. Overwrite
81. Snowfall
82. Larger
83. Spike
84. — my reply
85. Reference book

DOWN
1. Renewed speed
2. Go — (cooperate)
2. Hone
3. Care for
4. elbows
5. Style
6. Inventory wd.
8. Happened to
9. — costs
10. Nursery songs
11. Term paper abbr.
12. Crystal-gazer
13. Tarot card
14. Tien Shan mountains
15. Plano exercise
16. Desert art colony
17. Intellect
18. Intellect
19. Beattle or Blyth
20. Wagon
21. Celfic language
22. Rock shop cut
23. Rock shop cut
24. Wagon
25. Before
26. Neanderthal
27. Before
28. Glamorous wrap
29. Before
30. Before
31. Aro
32. — my Hips
33. Before
34. Before
35. Before
36. Before
37. Some canines
38. Onion relative
39. Hollow fruits
40. Rough shelters
41. It amounts
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PREVIOUS PUZZLE SOLVED

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34 Mustard father
35 Bowl over
37 Cal burger
41 View as
43 Weighted by lift
44 Weaseled out
46 Shake awake
47 Coddy’s abode
48 ‘The Zoo Story’ heroine
49 Davis of fims
50 Toward summa
51 Backing for plastic
52 Grades 1-12
53 Bucket lake
54 Change from
55 Hit and Pacino

CLASSIFIED ADS ARE FREE FOR STUDENTS
Stop into the MUSTANG DAILY to find out how to place your ad.
Men's basketball routs Cal State Northridge

RYAN SIDARTO/MAN. DAILY

Cal State Northridge — check. Next up, Long Beach State. After the Matadors defeated the Mustangs 80-65 earlier this season, Cal Poly (14-11, 9-4 Big West) routed Cal State Northridge 72-49 Wednesday night in Mott Cym. Guard Shawn Lewis scored a team-high 20 points with 11 rebounds. The Mustangs square off against No. 1 Long Beach State next Thursday, Feb. 24 in Long Beach.

Baseball

continued from page 12

Everyone’s been putting in extra time and extra work, and the time in the weight room has been unreal. Everyone is real confident right now.

— Mitch Haniger
Sophomore outfielder

son can win the Sunday starting job,” Lee said. "He continues to get better and better, and if he keeps progressing, he’ll earn himself the start.”

The Mustangs will also see the return of big bats, with junior outfielder Bobby Crocker and sophomore outfielder Mitch Haniger. Crocker finished last season with a team-best .351 batting average, and Haniger, last year’s Big West Freshman of the Year, finished with a .326 average while adding seven home runs.

In order to be successful with last year’s 10-27 start in mind, Haniger said, the team needs to keep fighting no matter what and learn to win.

"Last season, we fell behind early in some tough games and it was hard to get back into it," Haniger said. "We just can’t make early mistakes, and if we do, we have to make sure to learn from it and come back playing better from it.”

Haniger said he is already seeing the team work even harder than last season.

"I see a big difference in the work people have been putting in this fall," Haniger said. "It’s a totally different environment. Everyone’s been putting in extra time and work, and the time in the weight room has been unreal. Everyone is really confident right now.”

Last season, in a preseason poll of the Big West’s nine coaches, the Mustangs were picked to finish third overall in the conference. After their devastating start, the Mustangs were able to pull themselves out of last place with a 13-5 record in May and finished fifth in the Big West. This season, the Mustangs were picked to finish fourth.

The Mustangs will be on the road for the first three weeks of their season, traveling to Los Angeles to begin the year, where they will face Missouri, North Carolina and USC this weekend. Then the Mustangs travel to Oklahoma State for a weekend series and a mid-week showdown against Fresno State March 1.

Cal Poly will play in home opener in Baggett Stadium against Valparaiso March 4.

T H I S  W E E K  I N  C A L  P O LY  A T H L E T I C S

THIS WEEK IN CAL POLY ATHLETICS

SATURDAY

12:00 P.M.

CAL POLY

tennis

VS.

Sacramento State

Men’s Tennis

SATURDAY

7:00 P.M.

CAL POLY

Basketball

VS.

Northern Arizona

Admission is FREE for all Cal Poly Students. Like us on facebook.com/calpolymustangs.

WE ARE THE MUSTANGS
With the past behind them, the Mustangs have rekindled their NCAA Division I aspirations as they begin the new season with renewed confidence.

It was two years ago when Cal Poly’s baseball team received its first NCAA regional berth in the program’s 15-year Division I history. After being eliminated with back-to-back losses to Oral Roberts and Kent State, the Mustangs were left yearning for their first postseason win.

But with a 10-27 start to their 2010 season, the Mustangs were not able to meet expectations following one of their most successful seasons in program history.

“They’re hoping this year is different.”

Head coach Larry Lee, who is heading into his ninth year with the team, said he is looking at a more improved team this year that can pitch and hit effectively.

“In the past, we might have been heavy on the offensive side of the equation and possibly not as deep on the pitching end,” Lee said. “This year there is a little bit of everyday, and it’s the most pitching depth we’ve ever had.”

Junior Mason Radeke, who finished last season 3-1 with a 2.96 ERA, is pegged as the Friday starting pitcher. Radeke started only four games before an elbow injury sidelined him for the remainder of the season. This weekend, Radeke is expected to take the mound in the Mustangs’ season opener against Missouri at the USC tournament.

But the starting pitchers after Radeke have yet to be determined. The Mustangs anticipate the return of right-hander Steven Fischback, who hasn’t pitched since his sophomore year in 2008 due to a torn labrum. In his last season with the Mustangs, Fischback posted a 5-4 record in 14 starts with a 4.55 ERA, striking out 79 batters.

Lee said he is hoping Fischback can take the Saturday starting role, and he is continually monitoring his progress. He is expected to go four innings in his start this weekend — most likely against North Carolina — with a close eye on his pitch count.

“We’re really hoping (Fischback) can become our Saturday starter,” Lee said. “When he left out for the fall practices, he wasn’t quite there and progress was slow. But since he’s been back, he’s really turned a corner.”

Fischback said he is actively trying to get back into his best shape and is working to return to the mound.

“It’s kind of weird,” Fischback said. “I’ve been getting excited for this year, but it has been rough knowing that I’m not at full strength as I was sophomore year. Velocity-wise, I’ve been throwing 88 miles per hour, which is more than enough to compete. It’s just been a long wait to get back out there.”

Other possible starters include sophomore Joey Wagman, who finished last season with a 1-2 record and 7.09 ERA, and newcomers Nathan Gonzalez (a transfer from Merced College) and Chase Johnson (a true freshman from Fallbrook High School).

Lee said Johnson is a strong candidate as the third starter in the rotation.

“We’re hoping that Chase Johnson can really step up and take the Saturday starting role, and he is continually monitoring his progress. He is expected to go...