Site informs the uninformed voter

By Kirsten Orsini-Meinhard
MUSTANG DAILY STAFF WRITER

Students searching for their political identity can find it at www.selectsmart.com. A Web site aimed at helping the uninformed American voter with complicated election issues.

The Web site's biggest feature is the Presidential Candidate Selector. A tool that helps users find the ideal presidential candidate based on their opinion of different issues. By clicking on the "Presidential Candidate Selector," the user is greeted with 17 questions pertaining to issues that affect this year's ballot.

Users can select how they feel about subjects such as abortion, gay rights, health care and defense spending.

For example, regarding minority issues, the site asks: "Would you prefer that your candidate support or oppose such legislation as affirmative action?" Users then have a choice of selecting "oppose," "support" or "neither." For users who are unclear about the definition of "affirmative action" or other political words, the site explains it in simple, clear terms.

After all 17 questions have been answered, the presidential candidates are ranked from highest to lowest, depending on the user's stance on the issues at hand. The candidate who best matches the user's opinions is given the highest percentage, followed by the other candidates in decreasing order.

But knowing that Bill Bradley will best serve your interests isn't helpful when you don't know who Bill Bradley is. Luckily, the site also provides a profile on each candidate and gives his or her personal response to each specific issue.

According to the site, "When people and candidates go out and discuss issues, are the students listening?" Moffatt asked. "Are they paying attention?"

"In Mexico there are two parties," Roy said. "One is in power, and the politics have already been decided before they ever get to the people."

Others, such as students, feel that their vote does not matter, either. "Politics is taboo," Stragnell said. "One student who didn't vote did not even go to the polls."

They feel their vote doesn't count.
Quick voter's guide

Where will you vote?
Your polling place is on the back of the sample ballot, but in case you've tossed it, call the Elections office at 781-5228 or go to the County Clerk's Web site at www.slonet.org/~clerkrec/.

Be prepared
Marking your ballot before punch time will allow easier voting.

Avoiding the rush
If possible, avoid the busiest times:
- 8 a.m. to 10 a.m., recent vandalism has been noted between 8 and 10 a.m., and otherwise known as the "eggman," takes care of the sheep unit off Osos & Pismo streets.
- 10:30 a.m. to 1 p.m., usually a hit for kids, 10:30 a.m. to 1 p.m., a time at which he awakes in the middle of the night to see if some kid has been letting the animals out, she said.
- 5 p.m., when the sheep are in the barn.
- 8 p.m., when it's hard for kids to keep the animals up at night.
- 10 p.m., a time at which people are less likely to notice.

Chorus of bleatings
Campus night owls don't stop with dairy cows. A chorus of bleatings welcomes Michelle Borgmann to the sheep unit off Osos & Pismo streets.

Animal science senior Borgmann began working at the sheep unit in June. There are 60 sheep to tend. The three-week lambing season is currently underway, which means early mornings and late nights.

Borgmann and her three fellow workers have a house at the unit. They each take turns doing chores and checking on the ewes at 5 a.m. and midnight to make sure everything is all right.

"We're all getting a bit frazzled," she said.
"Keep sleeping only six to eight hours a day, then lambing season is all done," she said.

Borgmann takes 21 units on top of her duties at the sheep unit.

Of beef and chicken
The poultry and beef units may not have the extreme early mornings and evenings as the dairy and sheep units, but students put in just as much hard work.

There's much not in Christina Hepner's day. At 6:30 a.m. she gets up to feed, goes to school from 8 a.m. to noon, comes back to the beef unit to work with the cattle, cleans up for evening classes, and feeds again at 5 p.m. She has been living at the beef unit since June.

"We work however long it takes to get the job done," she said.

There is a total of 150 head of cattle that consist of purebred angus and shorthorn. The job includes halter breaking, taming heifers, caring for the sick and taking care of different herds as various ranches off campus. Two other girls live and work with Hepner.

Though most of the work is done between 9 a.m. and 5 p.m., recent vandalism has been keeping the workers up at night.

"This last week we had to go out in the middle of the night because somebody had been letting the animals get out," she said.

Animal science senior Dominic Diaz, otherwise known as the "eggman," takes care of 14,000 laying hens and 6,900 broilers, or meat birds.

"It's challenging and rewarding," said Diaz, who has been involved in the poultry unit for three years.

San Luis Obispo voting locations

1. Natividad Parish Church School
2700 El Camino Real
2. Fire Station 33
1250 Los Osos Valley Rd.
3. Mt. Carmel Lutheran Church
1701 Fredericks St.
4. SLO Veterans Hall
801 Grand Ave.
5. Grace Church, Classroom
1280 Laurel Lane
6. Church of Christ
2201 Lawton St.
7. Chumash Village Recreation Hall
555 Ramona Drive
8. Vineyard Community Church
1701 Fredericks St.
9. Toyota San Luis Obispo, Showroom
12550 Los Osos Valley Road
10. C.L. Smith Elementary School
1371 Salsal St.
11. Congregational Church
11200 Los Osos Valley Road

Dairy
continued from page 1

Olivieri takes 19 units.

The outcome of this 25-question quiz determines the most adequate political party for the user and gives a description of it.
Binge drinking increases among Cal Poly students

By Jillian Wieda
MUSTANG DAILY STAFF WRITER

Spring break is almost here and many students are busy planning elaborate schemes to unwind. After endless hours of studying and sleep deprivation came to a close, the partying will begin. By avoiding binge drinking, students can avoid serious alcohol-related problems during their spring break getaway.

According to a survey of more than 750 Cal Poly students, the number of students who binge drink in a two-week period has risen from 40 percent to 49 percent since 1996.

“We know that binge drinking increases evidence and serious injury. In sufficient quantity, alcohol is a poison,” said Martin Bragg, director of Health and Counseling Services. The university has called for medical help for students with presumed alcohol poisoning more this year than in recent years, Bragg added.

Alcohol poisoning occurs after consuming large amounts of any alcoholic beverage. Alcohol, a depressant drug, works to slow down heart rate, blood pressure and breathing. The amount of alcohol it takes to produce unconsciousness is dangerous close to a fatal dose and may cause brain damage, according to the National Council on Alcoholism and Drug Dependence.

“Students need to realize that if they drink too much they could be putting themselves at risk of dying,” said Reynom Dominguez, director of health education.

Binge drinking is defined by the NCAAA as drinking five or more drinks in a row on a single occasion. Under normal circumstances, it takes about 20 minutes for alcohol to enter the bloodstream, Dominguez said. “Once one drink per hour is recommended to allow you to feel the effect of the alcohol,” she said. “That way it’s not impairing your decision-making or hitting you all at once.”

Dominguez recommends spacing drinks out with water or soft drinks and not drinking alcohol on an empty stomach.

Extreme intoxication can result in car accidents, falls from windows and sexual assault, Bragg said.

“What is more worth it to you? Having two more drinks and ending up in a bad situation or having two less and getting home safely?” asked Katie Miller, business senior and peer educator.

As drinking five or more drinks is a two-week period has risen from 40 percent to 49 percent since 1996. ‘Only one drink per hour is recommended to allow you to feel the effect of the alcohol,’ she said. ‘That way it’s not impairing your decision-making or hitting you all at once.’

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Water is essential in rehydration.

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Water is the most abundant nutrient in your diet. Drinking water and other beverages are the main sources, but you can consume significant amounts of water in solid foods like juicy fruits and vegetables, such as celery, lettuce, tomatoes and watermelon.

Water is the body’s best source of water. Alcohol and caffeine act as diuretics, which cause the body to lose water through increased urination. To increase water intake, have water breaks instead of coffee breaks. Complement food with water, drink from water fountains, and make sure to drink water before, during and after physical activity.

When exercising, consume 4 to 8 ounces of water every 15 to 20 minutes and bring a water bottle with you. Not every person should consume eight glasses of water, due to individual body size. You should average about 3 1/2 cups of water per 1,500 calories consumed. If you are thirsty, drink water, but don’t wait for the thirst. Instead, keep that water bottle available for constant drinking. Don’t think you always need bottled water; tap water is fine, too.

Katy Kinninger, nutritional science senior, writes a weekly column for Your Body.

Some signs of alcohol poisoning are unconsciousness or semi-consciousness, slow respirations, and cold, clammy or pale skin. Throwing up doesn’t rid the body of alcohol because it is already circulating in the bloodstream, Dominguez said.

If an intoxicated person dozes off to sleep, don’t leave him or her unattended. Call 911 if one or more signs of alcohol poisoning appear.

Students may avoid potentially dangerous situations by having a game plan before the night begins. “It’s important to know your intentions before you go out,” said Alicis Whelan, English senior and peer health educator. “Know how you want your night to go and what your limits are.”
Three cheers for inventor of “Dead Week”

I think that whoever it was that invented “Dead Week” should be given an award. Heck, we should even have a national day of observance for this wonderful person. The contribution he or she has made to the scholastic world should no longer be blatantly overlooked. Now, I am sure that most of you will readily agree with me (except for you history majors who still aren’t sure what Dead Week is), but I am willing to bet that there are a few curios out there who need some convincing. Consider the following column to be a compelling argument for the national recognition of that great person who invented Dead Week. If this doesn’t convince you, then nothing will.

First of all, Dead Week brings about high academic achievement. By condensing all due dates and exams into one week, students are guaranteed to retain just about everything and really strive to do as well as possible.

Secondly, Dead Week brings a great way to build tolerance toward future illnesses. Furthermore, overdosing students with insane amounts of work that will affect their overall course grade, and in turn the rest of their lives, builds mental stamina. This is why Cal Poly grades are so desired in the workplace.

So this week, as you sit glued to a computer screen contemplating whether using “cooler side” will make your paper look longer, take a moment to think positive thoughts about that man or woman who invented Dead Week so many years ago. As you fight off the caffeine-induced shakes and marker-induced headaches in some lab somewhere, take a moment to quietly reflect upon the wonderful things that Mr. or Ms. Dead Week has done for you.

Sure, the quality of life that you are experiencing now may seem unbearable, but in the long run, when you have all of those slipped-together papers and projects and poorly completed exams to reflect upon, you will appreciate the wondrous event that we call Dead Week.

Craig Weber is a city and regional planning senior who plans on sitting’ around and watching’a lot of TV this week.

Letters to the editor

Tamas bashing true, but uncalled for and immature Editor,

As a frequent opponent of Tamas Simon and an individual who has, on several occasions in this very publication, disputed his weak arguments and special interest loyalties, I thought I would applaud the day Mustang Daily stopped running his columns. However, I am not pleased. I am appalled.

Joe Nolan and Whitney Phaneuf’s letters on Friday’s opinion page were unnecessary and cruel.

Is it true that Mr. Simon’s writing ability is lacking? Yes. Is it true that Mr. Simon has never offered a powerful argument with supporting facts? Absolutely. Does that mean he deserved to be publicly humiliated by the editorial staff? I don’t think so. I am sure there was a better, more mature, way to deal with the situation.

Megan Arenaz is an environmental culture sciences freshman.

Tamas is not alone in his conservative views Editor,

How discouraging is it for another student to read the editor of the Mustang Daily slandering a fellow student? Friday’s opinion page (March 3), where Mustang Daily editors responded to Mustang Daily editors responded to Mustang Daily slandering a fellow student? Friday’s opinion page (March 3), where Mustang Daily editors responded to Mustang Daily slandering a fellow student? Friday’s opinion page (March 3), where Mustang Daily editors responded to Mustang Daily slandering a fellow student? Friday’s opinion page (March 3), where Mustang Daily editors responded to Mustang Daily slandering a fellow student? Friday’s opinion page (March 3), where Mustang Daily editors responded to Mustang Daily slandering a fellow student? Friday’s opinion page (March 3), where Mustang Daily editors responded to Mustang Daily slandering a fellow student? Friday’s opinion page (March 3), where Mustang Daily editors responded to Mustang Daily slandering a fellow student? 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Letters to the editor

Look at both sides of "Bible thumping"  

Editor,

It is always interesting to see the reactions when a loud-voiced "Bible Thumper" (and his partner) come to the University Union. You see those who don't believe mocking him for being crazy. You see those who do believe mocking him for using the wrong method.

As a Christian, it is hard to listen to that message and clearly know what to think. On one hand, the man and his partner are speaking the truth. One day every person will stand before God and be judged for their actions. Hebrews 9:27 says: "Just as man is destined to die once and then to face judgment."

This is not a gray area and it is a message that every person needs to hear. Also, these men are very similar to John the Baptist, the prophet who prepared the path for Jesus. John didn't tours college campuses, but he definitely made the hair stand on the back of people's necks because he was shouting at them. John spoke out in the desert and wore camel hair held on by a leather belt. He preached the message, "Repent, for the Kingdom of Heaven is near." Like the men today, John didn't care what people thought of him. He had the message of God and he needed to speak. Those men do the same.

Yet on the other hand, it is hard for me to back men who preach a loving Jesus through the message of condemnation. Judging people you don't know and arguing with them is rarely called love. As I was listening, I was saddened to remember a verse I've memorized, which ironically falls one verse before the verse they were preaching. John 3:17 says: "For God did not send His son into the world to condemn the world but to save the world through Him."

As a Christian, I praise their boldness... but I can't praise the condemnation. The true message is the beauty of Jesus, not arguing religious issues. I didn't listen the whole time, but my prayer is that maybe at some point this message came across. God doesn't tolerate sin. It is a separation from God and it is rebelling against God's ways. All will be judged for their actions. Yet God knew that as soon as man screwed up once, there was no way to become perfect again.

That is why God in His love and lack of condemnation sent Jesus with good news. This news says that those who ask God for forgiveness and believe that Jesus is the only way to Heaven will be saved. Don't get me wrong, a price has to be paid for wrong actions. Jesus, the sinner man who died because of our actions, took that penalty. In Jesus, there is a message of throwing out all that is wrong, but there is also the hope of a clean slate.

God has a serious message, but God has good news... not news that makes you think "Oh great... here's those crazy Bible guys again."

Scott Wagner is a fifth-year civil engineering senior who will gladly discuss Jesus with anyone who asks.

Good job, editors

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Jay Devore is a statistics professor.

Opinion

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Jay Devore is a statistics professor.
On Campus Dining Guide

Fast, Fresh Juice Drinks On Campus

By Lauren Nowenstein

The next time you're on campus, and looking for a cool and fruity meal or snack, stop by Lucy's Juice or Lucy's Juice, Too and choose from one of 14 delicious blended drink recipes—or create your own. All the drinks are made with wholesome ingredients like fruit and fruit juices, non-fat yogurt, and Power Powders like wheat germ and rice bran. Lucy's Juice is located along Poly View Drive, near the mail kiosk and the University Union. Lucy's Juice, Too is located downstairs in Dexter. The stores offer the same basic menu, but only Lucy's Too sells four special carrot drinks. Also, only at Lucy's. Too you save 25 cents if you buy a smoothie drink on Tuesdays or Thursdays.

When you pay with Campus Express or Plu$ Dollars be sure to remember to ask for your free second Power Powder at Lucy's Juice. At both stores, customers who bring a Lucy's mug to use instead of a styrofoam cup, save 25 cents.

Bill Jenkins, the manager of Lucy's Juice, said the store sold an average of 254 drinks daily between January 31 and February 4 of this year. The top sellers at Lucy's Juice (in this order) during the time period were: Rippy's F ench Berry Pleasure, Tweety's Tangy Delight, Joey's Guava Cooler, and Patty's Perfect Peach. Of the Power Powders ordered, about a 1/3 of customers requested protein, 1/6 requested calcium, and the rest requested one of the other seven Power Powders. During warmer months, Lucy's Juice sells up to about 350 drinks daily. The stores require a lot of fruit and yogurt to make all these drinks. "At Lucy's Juice, we go through about three 40-pound boxes of sliced peaches a week. For orange, raspberry, and pineapple sherberts, we go through about six gallons of each every week," Jenkins said.

Lucy's Too also uses an additional 30 pounds each of raspberries, blueberries, and boysenberries. Jenkins added that while the staff at Lucy's Juice and Lucy's Juice, Too will gladly make any drink for a customer, they personally prefer to make drinks that contain bananas because they are easier to remove from the blenders.
If you are interested in living on-campus next year, the Housing Lottery Re-Application process will occur March 1st through March 15, 2000.

The energy and excitement are building as the Housing Staff prepares for the coming year. It's your turn! Call 6/10/hr; Apply City Morro 53/25.

If you are interested in living on-campus next year, the Mustangs have a chance to fulfill that dream. But the Mustangs have a chance to fulfill that dream.

WANT TO BECOME A WOW LEADER?
THUR. MARCH 9 11am • 12pm 33-287
The original C IS student organization
Student Organization Fundraising
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Sports

Write in to the Sports Forum. The Mustang Daily sports department will listen. sports@mustangdaily.calpoly.edu

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for the start of the season. Schneider should come back in head coach.
But if Schneider doesn't correct the things he said he has to work on, he won't be around long. The first thing Schneider must do is calm down.
When you're winning, all the yelling and emotion and enthusiasm are great. When you lose, all the rah-rah becomes a tiresome act.
The next point, which is similar, is maintaining composure.
Especially early in the year, Schneider had no patience, sniping players after every little mistake. It's true the players were making too many of those little mistakes, but it's unrealistic to expect players to play with praise of the coach.
This is also evident when he verbalizes the referees after every call.
Schneider also needs to be more positive.
All year he said the team was very young and then he would tear them apart for youthful mistakes. This method doesn't inspire confidence. It creates a tense environment where the players are playing not to make a mistake, rather than playing to win.
Sternberg didn't allow this to happen. He didn't allow players to get tooad on the bench.

STERLING continued from page 8
they were able to get a few minutes on the bench.
Schneider also needs to redefine the offense to take advantage of David Henry and James Grace's abilities to take their men off the dribble and drive to the basket. One of the main reasons that Long Beach St. won the game was because their athleticism allowed it to take the ball to the hoop, forcing the defense to collapse and allowing the 44rs to kick the ball out for open J s.
Henry and Grace have this ability, and with Wozniak's career now over, the offense should be opened up to allow this to happen.
Also, strong post-up games of Jeremiah Myers and Chris Byrdland need to be used more.
With the win the offense is currently opening up.

Mayes often catches the ball at the top of the post, where he isn't a scoring threat. The offense needs to rotate more so Mayes doesn't catch the ball more than 15 feet from the basket, so he can either pass or be in position to do what he does best, which is pick up offensive rebounds and get them in the basket.
Cal Poly has more talent than almost every team in the Big West — it just needs to use it. Schneider now has a long off-season to go through film and analyze what worked and for the offense this year.
The threat of Mike Wozniak's scoring touch will be definitely missed next year, but the Mustangs have a chance to adapt their offense and move closer to exploiting their strengths.

Matt Sterling is the Mustang Daily's assistant sports editor and is head coach of an underachieving intramural basketball team. E-mail him at sports@mustangdaily.calpoly.edu.
Men's basketball fails to deliver again

Will Schneider stick with Mustangs?

Kristy Baker named Big West Player of the Week

Improvements needed to make the next step

Sports Trivia

Cal Poly roller hockey heads to regionals

Schedule

Brie}s

Cal Poly roller hockey heads to regionals

The Cal Poly roller hockey team secured the final playoff spot in the Western Region after winning all four of its games over the weekend. Sitting in seventh place with only the top six teams earning playoff invites, the Mustangs swept their four matches to inch into the March 26 regional in San Jose. Cal Poly started off strong, routing Fresno State 24-2. Tim Sirivat had six goals, and James Marshall and Clint Marsalek each added four goals in the blowout.

Cal Poly then faced Grossmont College, which had gone 2-2 in head-to-head matchups with the Mustangs. Sirivat scored a hat trick as the Mustangs defeated the Cougars 9-1. The win was gratitude for the players and their coaches.

In the fourth and final match, Cal Poly beat its nemesis, Cal Poly Pomona 7-2. The game was held at the Cal Poly ice rink.

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see STERLING, page 7

Sophomore guard Kristy Baker was named Big West Conference Player of the Week after two strong performances that helped catapult the Mustangs into the conference tournament. Cal Poly plays Nevada in Reno Wednesday at 6 p.m.

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