Making it to the Top: Climbing Bishop's Peak and surviving the trip, 8

Horror Hit: 'The Ring' is unique but confusing, 4

TODAY'S WEATHER

High: 66°
Low: 48°

Psych class raises money for UNICEF

By Abbey Kingdon

MUSTANG DAILY STAFF WRITER

Last Monday, Michael Ficek walked up to a total stranger on campus and held out a small, orange card-box. They briefly spoke to each other, and then the stranger pulled out $20 and placed it in Ficek's box. "I didn't even have to sweet-talk her," he said. "She was just a really nice person willing to give." Ficek and 30 of his classmates covered the Cal Poly campus in search of donations for the United Nations Children's Fund (UNICEF) as part of a class assignment for PSY 351, group dynamics. Each group set a goal for itself regarding how much money it could collect. Ficek's group set its goal at $20.

The class exceeded its own expectations, collecting $842.69 from Cal Poly faculty, staff and students in two hours.

Psychology professor Shawn Bum, in charge of the course's community-service requirement, said, "The point of the activity is to show the power of group work." Bum added, "Groups can accomplish things individuals cannot." Accomplishing the goal of the group takes a lot of work, Bum said. The groups meet to make adjustments to their strategy and coordinate their efforts.

"We learn how to cooperate in groups and tackle an issue effectively," Ficek said. The effectiveness of the class effort is due, in part, to motivation. "No one in the class can be a slacker, and they must be cohesive," Bum said. "Group projects in other classes could be more successful if the focus was more on group cohesionness."

The groups have even gone live dancing. "At this point in the quarter, they are pretty tight," Bum said. Ficek is more amazed with campus involvement than the motivation of his group. "This was our first fund-raiser and it went really well," he said. see UNICEF, page 2

Magicians to perform at PAC

By Andrea Svoboda

MUSTANG DAILY STAFF WRITER

Choosing a correct card out of a deck is sleight of hand, but making something disappear is magic. On Nov. 3, Cal Poly will have a chance to see a variety show called "It's Magic" will be performed at the Christopher Cohan Center to a sold-out crowd at 3 p.m.

This is the first magic show that is of the quality that Director of Cal Poly Arts Ralph Hoskins looks for. "I'm looking at magic shows since the Performing Arts Center opened," Hoskins said. "This, in my opinion, offers the kind of quality that is appropriate for the Cal Poly performing arts program."

The show has seven different acts that include escapes, comedy magic and a vanishing tiger. There is something for everyone, Hoskins said. "There are some traditional acts, like card tricks and sleight of hand," Hoskins said. "There are the large-scale acts, like a disappearing hand," Hoskins said. "There are the large-scale acts, like a disappearing hand," Hoskins said. "There are the large-scale acts, like a disappearing

Shootings hit close to home for some students

By Rachelle Ackley

MUSTANG DAILY STAFF WRITER


For the month of October this was the scene in the Washington area, a place still reeling from the Sept. 11 plane crash into the Pentagon and the anthrax attack. It's scary, agribusiness junior Melissa Mehrtens said. "I have family there, and it brought it a lot closer to home."

The events that struck the Washington area this year have dominated the nation's attention and turned everyone into a potential victim. Mehrtens said her cousins stayed home from school and could not play outside while the snipers were on the loose.

The shooting began Oct. 2, and all the victims were shot in suburb areas of Maryland and Virginia, except one 72-year-old man, Pascal Charlot, who was killed on Washington Street in Washington, D.C.

"My old school teacher's family lives in the area of the shootings, so it really opened my eyes to what was happening," crop science freshman Natalie Junqueiro said. California residents watched over the events on the news and saw no one was immune. The victims were of different ages, genders and races and doing everyday activities like getting gas, mowing their lawn, leaving a restaurant, boarding a bus and walking to school.

"I feel mad and petrified with what is becoming of America," Junqueiro said. "There's nothing you could do to protect yourself from the sniper shootings; you can't wear a bulletproof vest 24/7."

There was no pattern. The shootings occurred on different days, at different times and at different locations. "It makes me more cautious of people, and it makes me want to do..." see SNIPER, page 2

Students react

How do you feel about your safety after the Washington, D.C. sniper shootings?

Leah Lombardo
Environmental engineering sophomore

"I think it happens all the time; you have to worry about feeling unsafe as far as you go."

Leigh Moonroe
Graphic design senior

"At times, I'm too scared to leave my house."

Sam Paschall
History senior

"I'm not worried at all; I really don't think about it."

Lauren Cooke
Speech communication junior

"I'm aware it could happen, but I don't lay up at night and think about it."

Shannon Lehman
Nutrition sophomore

"The world is a scary place, with or without having the sniper."

Business seniors Scott Schmaltboch (left) and Alex Haar dressed as 'Saturday Night Live's' Ambiguously Gay Duo, Ace and Gary, during UU Hour for Halloween.
SNIPER
continued from page 1

more for our country," Jurquetto said.

After a string of clues and tips that stretched from D.C. to Alabama to Washington state, police spotted a 1990 Chevrolet Caprice parked at a rest area 50 miles from the nation's capital.

Police captured the suspects, John Allen Muhammad, 41, and John Lee Malvo, 17, who were sleeping in the vehicle, without incident under federal warrants. At 3:19 a.m. the terror was over.

"With everything that has happened (Sept. 11, anthrax scare and sniper shootings), it definitely changes the way I feel about safety," recreation sophomore Megan Holland said.

UNICEF
continued from page 1

Fleck said he did not know about UNICEF before the assignment, but many of the faculty and staff knew of the organization. Most were willing to give because of the organization's reputation. Some of the faculty were past participants in the UNICEF donation activity.

"Faculty were nostalgic about their experiences with UNICEF and this made them willing to donate," Bum said.

UNICEF began in 1946 to meet the emergency needs of children in war-torn Europe, according to a United States Fund for UNICEF document. Today, UNICEF works in more than 160 countries, helping with water sanitation, nutrition, education and the Global Polio Eradication Initiative.

According to the document, $1 immunizes a child against polio for life, and three cents buys one dose of vitamin A to protect children against blindness.

MAGIC
continued from page 1
tiger on stage, motorcycles and levitations. There is some off-beat stuff, like dancers who perform magic, a dance team and comedy magic."

The magicians are international, recognized or private-party entertainers who are mind readers or hypnotists, Hoskins said.

"This was attracted to me because they're consistently, over many of the dates, past participants from UNICEF and the organization's reputation. Most were willing to give because of the organization's reputation. Some of the faculty were past participants in the UNICEF donation activity.

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"I don't believe in magic, but I believe in the illusion of manipulating reality," Ailes said. "Growing up, I was fascinated by David Copperfield."

Art senior April Syrek also enjoys magic, but doesn't believe it is more than an illusion.

"I am not sure I necessarily believe in it, but I find it very entertaining," she said. "I would definitely go to a magic performance at Cal Poly. It sounds fun."
**National Briefs**

**Rapper shot and killed in recording studio**

**NEW YORK – Jan Master Jay, a founding member of the pioneering rap trio Run DMC, was shot and killed at his recording studio near the New York neighborhood where he grew up, police said.**

Two men were buzzed into the second-floor studio shortly before shots were fired inside its lounge at 7:30 p.m. Wednesday, police said. As of Thursday morning, police had made no arrests.

An anonymous source said: “They’re looking at some sort of dispute, anything from a personal dispute to some kind of rap rivalry.”

The 37-year-old disc jockey, whose real name was Jason Mizell, was shot once in the head in the studio’s lounge and died at the scene, police said.

Two men, believed to be from the group’s recording studio, were taken into custody and were later released without charges.

Spit Songs was produced by the group’s platinum-selling group’s disc jockey, providing background for singers Joseph “Jose” Darrinels, better known as Run, and Darryl McDaniels, better known as DMC.

The group is widely credited with bringing hip-hop into music’s mainstream. Run DMC and their songs were never about violence.

**U.S. syphilis rate rises for first time in decade**

**ATLANTA – Spiffis is on the rise in the United States for the first time in more than a decade, largely because of outbreaks among gay and bisexual men in several U.S. cities, the government reported Thursday.**

The syphilis rate increased from 2.1 cases per 100,000 people in 2001 to 2.2 cases per 100,000 last year, according to the Centers for Disease Control and Prevention. The rate had been dropping every year since 1990.

Spittis among women actually dropped 1.7 percent in 2001. More than two-thirds of the new syphilis patients were men.

“Spiffis cases occurring among men who have sex with men contributed to the increase in cases,” the CDC reported.

The increase follows government warnings earlier this year that gay and bisexual men may be letting their guard down against sexually transmitted diseases.

Since 1997, syphilis outbreaks have occurred in New York City, Seattle, Chicago, San Francisco and Miami.

**Federal Reserve approves major shift in how it makes loans to banks**

**WASHINGTON – The Federal Reserve on Thursday adopted a major change in how it lends money to banks. But Fed officials stressed that the move will not affect how they conduct their all-important interest rate policies aimed at supporting sustainable economic growth.**

The Fed’s seven-member board unanimously approved setting the interest rate charged to banks borrowing directly from the Fed above the central bank’s target for the federal funds rate, the interest that commercial banks charge each other for overnight loans.

Fed officials said the change would bring Fed policies more in line with those of other central banks around the world and would streamline the operation of discount borrowing.

“This represents a technical change in the discount window policy only and does not represent any change in the overall stance of monetary policy,” Fed board member Edward Granich said during the board’s discussion of the issue.

**International Briefs**

**Quake crumbles nursery school in central Italy, killing at least five children**

**SAN GIULIANO DI PUGLIA, Italy – An earthquake jolted south-central Italy on Thursday, sending a nursery school roof crashing down on a class of preschoolers during a lunchtime Halloween party. At least five children in the school and two women in nearby homes were killed.**

Families were rescued. The bodies of five children were pulled from the wreckage earlier in the day. Rescuers used cranes, blowtorches and their bare hands to claw at the debris Thursday night, removing roof tiles and slabs of concrete while listening for the faint sounds of children trapped inside.

“That’s what we’re basing the watch on,” Police Col. Antonino Lanzuori said late Thursday. “We’re still hearing voices.”

**EU files civil money laundering action against R.J. Reynolds in New York court**

**BRUSSELS, Belgium – The European Union said Thursday it has filed a lawsuit in New York against tobacco giant R.J. Reynolds, seeking compensation for alleged money laundering.**

The EU executive Commission said in a statement it sought “relief to stop the laundering of proceeds of illegal activities and to seek compensation for losses sustained.”

Officials would not put an amount on the practice, but said it dates back a decade and involves hundreds of millions of dollars. They said their proof came from “shipping papers, witness statements and customs documents.”

In a statement, R.J. Reynolds called the lawsuit absurd and said it should be dismissed.

“We operate our businesses in a legal, responsible manner. Any allegations that we were involved in, or aware of, money laundering, conspiracy or any other illegal activities are completely absurd,” the company said in a statement. “We believe this suit should be dismissed.”

McDonald’s French kids shouldn’t eat at McDonald’s more than once a week

**PARIS – The French division of McDonald’s has run ads that included a surprising suggestion: Kids shouldn’t eat at McDonald’s more than once a week.**

The advertisements, quoting information from specialists, aim to show that “McDonald’s meals are part of a balanced weekly diet,” said Euro RSCG, the agency that came up with the ads, which appeared this spring, mostly in French women’s magazines.

Alongside quotes from specialists addressing obesity and diets for children, the ad described how McDonald’s hamburgers are made of 100 percent real beef and cooked on a grill free of additional oil.

One ad placed in Femme Actuelle in April quoted a nutritionist who said, “there’s no reason to abuse fast food, or visit McDonald’s more than once a week.”

The McDonald’s Corp., based in Oak Brook, Ill., said in a statement Wednesday that it “strongly disagreed” with the nutritionist quoted in the French advertisement.

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CalTeach can help you explore this exciting career, provide information about current incentives and benefits, assist you in understanding the credentialing process and, once you become credentialed, direct you to the teacher recruitment centers for job placements.

Make the difference of a lifetime. Teach.

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Made with love by The Associated Press for Mustang Daily by Heather Zwaduk.
By Tara Casey

**Sweeps Week cleans up prime time**

By Rebecca Howes

**Original and scary, 'The Ring' is ultimately confusing**

With beautiful scenery and a haunting musical score, "The Ring" had the potential to be an eerie and mysterious thriller. Instead, the movie, directed by Gore Verbinski, reminded me of a demented film student's senior project, complete with flashbacks that made me feel like I was on a 14-hour acid trip.

Naomi Watts of "Mulholland Drive" plays Rachel Keller, a sexy and confident newspaper reporter who is investigating the death of her 16-year-old niece, Katie. Maybe Watts has a knack for picking films that people aren't supposed to understand. 

Watch the show's three times, hoping to see something that I have missed. I couldn't explain what would explain the movie, but I can honestly say that I am more confused than I was the first time. I never got up to go to the concession stand or the bathroom, nor did I blink my eyes, but apparently I missed something that I am in the early stages of Alzheimer's disease.

Either way you look at it, I was lost, but I digress. Katie's death is connected to a mysterious videotape that she, and three of her friends who die, view in a motel cabin in the woods. After watching the tape, the telephone rings and a voice says, "Seven days," which is how many days that anyone who views the tape has before he or she dies.

Rachel, the skeptic, tracks down the videotape. The tape isn't scary or gory; it is just plain weird. Clips of burning trees, a tall ladder, a woman committing suicide and dead bodies on the beach all add up to — who the hell knows? I think I am starting to peak.

Rachel's young son Aidan, played by the unimaginative David Dorfman, gets a hold of the deadly videotape that his mother left in the VCR. By watching the tape the boy seals his fate.

What kind of mother would leave a deadly videotape where her little boy could get his grubby little hands on it? It is completely unbelievable, and it distracted me for the rest of the film. Like a rock in my shoe, the other thing that kept bothering me about this movie was Watts. She looked so much like Nicole Kidman at times that I expected her to break into a song and dance routine from "Moulin Rouge."
By Kelly Foster

Last Friday night, my friends and I snuck frozen yogurt into the theater in hopes of seeing a fun, "Ya-Ya Sisterhood"-type movie. Needless to say, before I scraped up the last drop of my cheesecake yogurt, I realized that "White Oleander" was going to be a little harder to swallow than I thought.

Ingrid (Michelle Pfeiffer) is a tough feminist mother who follows her raging instinct all the way to her boyfriend's house and winds up in prison for murder.

Astrid Magnusson, Ingrid's daughter perfectly played by Alison Lohman, is much more modest than her gung-ho mother. She is the mean-throwing, heroin-smoking, alcoholic stripper turned Bible-thumper named Starr (Robin Wright Penn) who cannot stand the young teenager.

Astrid goes from being alone to being intertwined in the life of an alcoholic stripper turned Bible-thumper named Starr (Robin Wright Penn) who cannot stand the young teenager.

She is forced to leave Starr's care and eventually winds up with Claire (Renée Zellweger), a lonely filmmaker's wife who picks her up and dispenses some motherly love.

Astrid's one constant over a three-year period is visiting her mother in prison, who rambles on to Astrid about being true to one's self and other such nonsense.

Though her mother is behind bars, Ingrid continues to have a profound effect on Astrid. Through her eloquent speech, she begins to destroy the lives of people Astrid has grown to love, pushing Astrid away.

With every visit, Astrid's physical looks and personality change to suit each living situation she's in. Overall, the strong female cast of "White Oleander" comes together very well and the acting is superb.

The only thing that holds this movie back is the fact that it is based on a novel. Throughout the movie, there are flashbacks to when Ingrid was younger. Some show her angry and fighting while some show her happily picking oleanders in the yard, but the reason for the flashbacks is unclear.

In one scene, however, the meaning of the film's title is made blatantly obvious. In case viewers didn't know, the film tells you straight out that the white oleander is poisonous. Since the movie continually links the beautiful flower to Pfeiffer's character, one can conclude that she too is pretty and poisonous like the flower.

"White Oleander" is not uplifting, it is a well-acted, well-directed downer. It is a beautiful film that deserves praise, but it poisoned the happy, yogurt-eating mood I was in.
Healthy eating: A boring way to live

A

In-N-Out, it's protein wraps. At Starbucks, it's nonfat or soy milk, sugar-free flavored syrup and absolutely NO whipped cream.

At Tiki Hut, it's rice bowls with vegetables cooked in chicken broth instead of oil and served with only half the usual helping of rice.

At Taco Bell, it's a dry tortilla filled with only plain grilled chicken.

It seems that at every restaurant, resourceful health-conscious customers have found ways to alter the menu to fit their crazy dietary "needs."

Standing in a fast-food restaurant line behind these people is a nagemme because of their never-ending list of demands, but dining with them at restaurants is even worse because your food sits on the counter getting cold while their special orders are prepared.

Why are these people so picky? Most of them are not diabetic, anemic or sufferers of hypertension. Instead, most of them are victims of a wave of health-consciousness that has swept our country.

Nearly every day, newspapers and magazines publish findings declaring that the previously benign foods we've been consuming for years are now dangerous to our health.

To make matters worse, many of these studies contradict each other. What one expert says is bad, another says is a miracle food. Many health-conscious Americans are so confused that planning healthy meals has become a full-time job.

These same magazines and newspapers are not shy about listing the possible effects of eating poorly, either. Hypertension, cancer, anemia, diabetes and osteoporosis are just a few of the horrible things that experts claim will happen if Americans don't eat properly. What it boils down to is that people are being gullied-tripped into eating healthy.

Let's face it. Eating healthy is just plain boring.

People who claim that graving on a rice cake is as fun as biting into a greasy slice of pizza are lying through their teeth.

People who claim that graving on a rice cake is as fun as biting into a greasy slice of pizza are lying through their teeth.

Plus, eating healthy is just not conducive to many of our social norms. Everyone hates the dinner guests who are so fanatical about their diet that they won't allow themselves to run with friends.

I have been known to get frozen yogurt instead of ice cream, or non-fat chicken at In-N-Out. It's protein wraps. At Starbucks, I get soya milk, sugar-free flavored syrup and absolutely NO whipped cream.

The safety of America depends on it.

To its credit, the Bush administration has marginalized Mr. Arafat, providing some hope that an alternate leadership may emerge.

However, the administration has not gone far enough in promoting movements that have foregone violence.

Tibetans continue to live and suffer under Chinese rule.

Everyone hates the dinner guests who are so fanatical about their diet that they won't allow themselves to run with friends.

I'll admit that occasionally I also fall into the healthy eating trap. On occasions like these, it's good for people to loosen their belts, relax and enjoy themselves.

A terrorist act when Mr. Arafat signs checks to the families of Palestinians under the leadership of Yasser Arafat.

In short, there are three ways to seek statehood: Non-violence, violent resistance against occupying troops or terror attacks against civilians.

Who are these people? Tibetans.

Their resistance to Chinese occupation has been non-violent. They haven't targeted civilians in Beijing or terrorized China in any way.

Yet the United States refuses to make an issue of their subjugation in its talks with the Chinese government.

The main issues of trade, Taiwan and nuclear weapons demand greater attention, so American criticism of the treatment of Tibetans is relegated to a mere cursory denunciation of policy. Consequently,

Terrorism knows no borders: Basques in Spain, Catholics in Northern Ireland, Tamils in Sri Lanka, Marxist drug dealers in Colombia and Islamic terrorists in numerous nations all commit crimes in the name of freedom.

Yet some groups of people who have claims to self-determination no less legitimate than those pursued by terrorists eschew violence in their struggles for independence.

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Tibetans continue to live and suffer under Chinese rule.

Leaving aside the merits of each peoples' claim to self-determination, it is clear that both the Palestinian people and Mr. Arafat individually support or condone actions that are terrorist in nature.

It is a terrorist act when Mr. Arafat signs checks to the families of successful suicide bombers.

When the bombing of an Israeli primary school, resulting in the deaths of many children, causes jubilation among Palestinians, it clarifies the method by which they hope to achieve independence.

In short, there are three ways to seek statehood: Non-violent resistance, violent resistance against occupying troops or terror attacks against civilians. It seems clear that the Palestinian leadership has recently chosen the third option. Yet the United States continues to support them by supporting Mr. Arafat as the leader of the Palestinian people.

You may disagree with my definition of a terrorist act. Sophisticated Europeans sometimes say that "One man's terrorist is another man's freedom fighter." I see a distinction.

A terrorist act is a violent act, perpetrated by a group, that targets civilians with the aim of sewing fear, with minimal to noexpansive military benefit.

George Washington was part of a separatist group that used violence, but he did not bomb cafes in London for psychological effect.

Our military actions in Afghanistan and elsewhere have gone one step further, avoiding violence entirely, instead campaigning for independence for his country.

To its credit, the Bush administration has marginalized Mr. Arafat, providing some hope that an alternate leadership may emerge.

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However, the administration has not gone far enough in promoting movements that have foregone violence.

Tibetans and Palestinians share compelling cases for statehood. But the former people have renounced violence, while the latter have actively encouraged it.

Still, the United States ignores the troubles of Tibetans, while it recognizes an illegitimate Palestinian leader who supports terrorist activities.

If we are to rid the world of terrorism, this incentive structure must change. President Bush's pressure on Mr. Arafat is a good first step, but it must be coupled with support for those people who resist non-violently.

We must oppose terrorist separatist groups everywhere.

The safety of America depends on it.

Chris Curran is a Dartmouth (Dartmouth College) staff writer.
TO THE STUDENT VOTERS OF CAL POLY:

Over the past four years your interests, welfare and concerns have been ignored and overlooked by the majority of the present city council. This council is more interested in the Residents For Quality Neighborhoods (RQN). This council has solved none of the problems which hamper the neighborhoods but would have you believe they support you. The City Police Representative, The Chief of Police and these council members all want your tax revenues, your help donations and community projects, but try to get a permit for a fraternity or sorority house, try to get a permit for a block party, or try to speak out against a restrictive ordinance involving parking or more than five people living in a single family dwelling, try to get them to institute a late night bus service from campus to downtown.

On Tuesday you should throw these incumbents -- Marx and Ewan -- out of office and send a message to City Hall.

VOTE TO ELECTION DAVE ROMERO - MAYOR AND PAUL BROWN - CITY COUNCIL

GARY TOWLER
Cal Poly Graduate
Resident of SLO for 35 years
Retired CHP and Military Officer

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Local shelters make adopting animals easy

By Kelly Foster
MUSTANG DAILY STAFF WRITER

Animal shelters throughout the country are offering low-cost adoption rates for National Animal Appreciation Week, but on campus there is a place where cats can be adopted for free year-round.

Many people in the campus community are unaware of the Cal Poly cat shelter because the location is kept secret. The shelter is responsible for 50 wild cats that call the campus their home.

“We don’t give out the location of the shelter because we can only take care of campus cats,” said Edie Griffin-Shaw, shelter director. “We want the campus to recognize the program, but we don’t want people to start dumping cats here.”

The shelter began 10 years ago as a senior project designed to control the more than 400 cats which used to live on campus.

“We’ve had it under control after 10 years,” Griffin-Shaw said. “It’s gone down because they have been adopted, spayed and neutered.”

The shelter does not charge for adoption because the cats are “special-need cats,” Griffin-Shaw said. They need someone who will be patient with them.

“They are not the cute little kittens you see given away,” she said.

However, there are many places in the community that do house cats that are domesticated. There are two shelters in San Luis Obispo - San Luis Obispo County Animal Service Division and Woods Humane Society. Both shelters offer adoption at a lower cost from Nov. 2 to Nov. 8 for Animal Appreciation Week.

The shelters will also have many activities for animal owners and their pets to participate in. The week’s focus will be on micro-chipping, a process where owners can bring their pets to the clinics and have a rice-szie microchip injected just between the animal’s shoulder blades so that if it is lost and found, the shelters can identify the owner.

The chip is read by a handheld scanning device similar to those found at the checkout line in a grocery store.

“We will also try and encourage people to adopt from the shelter rather than adopting from a pet shop or buying a purebred animal,” said Dr. Eric Anderson, manager for the San Luis Obispo County Animal Services Division. “These animals are in the population. If they don’t get adopted, the only other option is for them to be put to sleep.”

Last year, 1,301 cats and dogs were put to sleep in San Luis Obispo County, Anderson said. This includes animals with no homes, those that were injured and older animals whose owner chose for them to be put to sleep.

“We are expecting these numbers to go down,” Anderson said. “It has been declining for the last several years.”

To prevent shelters from becoming overcrowded, pet owners should have their pets spayed and neutered, said Robin Cooper, schedule coordinator of the Mobil Spay and Neuter Clinic Shuttle, which works with the Cal Poly Veterinary Clinic.

“It decreases the population of pets,” she said. “It’s kind of out of control. In order to stop animals from being put to sleep, spay and neuter them so that they don’t add to the population.”

Cooper said it is possible to have half a litter of kittens wind up at the pound.

There are many benefits from adopting an animal from a shelter. Most of the animals at shelters are mixed breeds, which means that they will have less hereditary problems than pure breed dogs that have been closely bred for many years, Anderson said.

“A lot of them are fantastic, well-behaved animals,” Anderson said. “Unless you are focused on the type of animal, there is really a benefit from adopting at a shelter.”

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Classified Advertising

Graphic Arts Building, Room 226 Cal Poly, San Luis Obispo, CA 93407 (805) 756-1143
Getting away from it all

Mountain climb or hike offers scenic view, great exercise and solitude

By Lucia Stone

Finally... the top! After a grueling 45-minute ascent, I can now rest my aching body and soak in the stunning panoramic view of San Luis Obispo. Far above the valley floor, so peaceful and tranquil, my thoughts are at ease. This secluded world provides me with solitude.

As the sky fills with the majestic colors of sunset, I peer to the east and see the edge of town. Where Cal Poly's sprawling campus ends, the mountain range begins. I gaze west and see a blanket of fog creeping in from the coast over Los Osos toward Laguna Lake.

I stop at the streets to my house and other landmarks in town as the coastal breeze blows my hair and cools my sweating face. Feeling euphoric, I take a gulp of the fresh crisp air.

Bishop's Peak Mountain is one of the most ideal spots on the Central Coast for people of all ages to hike, climb and boulder. The variety of people who (like me) seek unusual and exciting experiences include: Students, couples, families, retirees and nature lovers.

A spectacular view and a good workout for climbers of all levels. If one treks at a steady pace, the hike to the peak can range from 30 to 90 minutes round-trip. The distance depends on which of the two entrances a hiker chooses to take to the main trail.

The Football entrance begins farther down the base of the mountain on the south side. The 60-degree inclined trail offers a good warm-up for any athlete. Halfway to the top, the difficulty level increases with a strategic climb over small boulders and up steep switchbacks. The Football entrance eventually joins with the main hiking path two-thirds of the way up.

"It transports you out of reality and into nature's utopia." - Heather Smith city and regional planning senior

The alternative entrance to the mountain begins at the end of Highland Street (opposite direction of the Cal Poly entrance). Approximately 100 feet higher in elevation and on the north side of Bishop's Peak, the hiking trail begins. I prefer the Highland entrance because it's more scenic," said Smith, describing running through the low-inclined uneven terrain of the green shady forest.

The Highland entrance is popular to climbers as well as hikers. Bishop's Peak offers fun climbing and boulder-sitting routes for all recreational hikers. It's close, has easy access and there's a quick set-up for climbs," said Jessica Ayia, a microbiology senior and recreational climber.

The climbing routes and the free-standing boulders offer a challenging workout for climbers of all levels. "The holds are crimping (shallow)," Ayia said while describing one her favorite climbs called "Western Airlines," a difficult climb located on the Highland side of the mountain. At no cost, Bishop's Peak Mountain offers people of all ages insight into the beauty of nature, a good workout and a quick escape from life.

Cal Poly Women's Lacrosse

From understaffed to brimming with talent

National champions were nearly abandoned as a team four years ago

By Bonnie Guevara

"Heck, I'll coach 35 girls," Cal Poly aerospace engineer graduate Brandon Badgley jokingly said four years ago after he heard that the team's coach quit.

However, his lacrosse friend took his joke seriously, and today Badgley finds himself the head coach for the Cal Poly women's lacrosse team.

"It's the best thing I got out of college besides my degree," he said.

A high school senior, Badgley knew nothing about lacrosse going into the coaching position, he managed to learn along the way and see the team travel twice to St. Louis and win the Women's Division Intercollegiate Athletic Association (WIDIA) Championship in 2001 and 2002.

However, four years ago the team did not win much at all and had a smaller program consisting of only 10 to 15 players.

"Girls would tell their roommates to come stand on the field just so we'd have enough people to play in games," said team president and defender Lindsay Kanewischer.

Now with 50 to 70 women and five coaches, the team doesn't need to worry about a lack of players at practice. Lacrosse is now a CIF-sanctioned high school sport, which has helped it gain exposure and grow tremendously.

"Lacrosse is the fastest-growing sport in the nation," Badgley said.

"This is the biggest group of women we've ever had; we have about 30 returnees and about the same number of incoming freshmen."

The Cal Poly women's lacrosse team started in 1991 and has been a club sport ever since. However, the team has never done anything at the national level until two years ago, Badgley said.

After winning the WIDIA Championship two consecutive years, this group of women plan on keeping the winning streak alive by making it back to the tournament and winning for the third year in a row.

The team gives much of its win to its players as well.

"Experience has helped our program grow, but at the same time, the girls with no experience have helped make this program just as strong," Kanewischer said.

Ashley Kienstedt is just one of the people who had no experience playing lacrosse before coming to Cal Poly. She's now the No. 1 attacker in the nation after nothing 98 goals and 36 assists and earning All-American honors last season.

"I came out here not knowing much about lacrosse and now it's a huge part of my life," Kienstedt said. "We have a great team dynamic on and off the field. All the girls that are my best friends play lacrosse."

Women's lacrosse tryouts are held winter quarter and the season starts at the beginning of February.

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