Student deaths: too many, too young

The victim is always a friend of a friend. Sometimes it's even an all residence, classmate or even a familiar face you've seen on campus. But in a small town, on a relatively small campus, it's always a friend of a friend.

This academic year alone, at least three Cal Poly students have died, all under 21. And while it's hard enough to imagine someone at such a young age dying, it only makes it tougher knowing that they were our peers.

Further, while deaths cannot be attributed to an epidemic, disorder or complication, architecture junior Matt Wong, graphic communication sophomore Anastasia Quinn and earth science sophomore Evan Goodwin all died in car accidents — a virtually unavoidable activity.

Whether it is driving home for the weekend or going somewhere with friends, members of the campus student body cannot help but reflect to the situation, and frighteningly see themselves in the victim's shoes.

All too often, overexerted students rush home for a nephew's birthday party or spend all night in San Luis Obispo and find themselves falling asleep at the wheel or driving in poor conditions. Other times, students take the responsibility of driving as a recreational activity when they are bored and have nothing else to do. This mindset causes not only eradic but also dangerous and illegal driving habits.

But no matter what the cause is, when a friend, friend's parent or even the police call, the words are hollow but far harder than bricks. And when you open the school paper and see a picture of someone you knew, disbelief takes over.

"There are five basic stages to grief and it's normal to go through all of them at different times," Counseling Services counselor Leathe Allard said. "The first can be shock and denial." But no matter what that cause is, is when a friend, friend's parent or even the police call, the words are hollow but far harder than bricks. And when you open the school paper and see a picture of someone you knew, disbelief takes over.

"There are five basic stages to grief and it's normal to go through all of them at different times," Counseling Services counselor Leathe Allard said. "The first can be shock and denial." But no matter what the cause is, when a friend, friend's parent or even the police call, the words are hollow but far harder than bricks. And when you open the school paper and see a picture of someone you knew, disbelief takes over.

"There are five basic stages to grief and it's normal to go through all of them at different times," Counseling Services counselor Leathe Allard said. "The first can be shock and denial." But no matter what the cause is, when a friend, friend's parent or even the police call, the words are hollow but far harder than bricks. And when you open the school paper and see a picture of someone you knew, disbelief takes over.

"There are five basic stages to grief and it's normal to go through all of them at different times," Counseling Services counselor Leathe Allard said. "The first can be shock and denial." But no matter what the cause is, when a friend, friend's parent or even the police call, the words are hollow but far harder than bricks. And when you open the school paper and see a picture of someone you knew, disbelief takes over.
Housing squeeze to continue

SACRAMENTO (AP) — Commutes are longer, prices are higher and even California residents spend half their salaries for a mortgage and rent. That's the finding of a new study on California's witnessing struggle for a good place to live.

California's affordable housing crisis has reached "emergency status" and homeownership is becoming for millions "the impossible dream," reports the California Budget Project, a nonprofit group that analyzes economic trends affecting moderate- and low-income people.

The nonprofit group's locked "Out 2004" report is the fourth in a series since May 2003, a time when median single-family home prices have risen $140,000, condominium prices have soared $122,000 and those who can afford either has plunged to 25 percent statewide.

---

State

Freshman applications down at UC schools

By Michelle Locke
ASSOCIATED PRESS

SACRAMENTO (AP) — Fewer students are applying to get into the University of California this fall than last, the first such decline in a decade.

The drop-off, led by sharp decreases in applications from out-of-state and international students, comes at a time when UC is considering raising fees and trying to trim enrollment due to state funding cuts.

"We never welcome a decrease in applications, but because UC is being asked to cut back on its freshman enrollment by 3,200 students, a slight reduction may actually ease some pressure on the system," said Lawrence Luquis, UC director of admissions and outreach communications.

According to preliminary data released Tuesday, on-time freshman applications for fall were down by 4 percent, from 76,931 last year to 73,794. Applications from in-state residents were down 3 percent while 18 percent fewer international students and 9 percent fewer out-of-state students applied.

Transfer applications from in-state residents were up, which brought the overall total to 1 percent less than last year — from 99,991 students last year to 98,658. Out-of-state and international students again showed decreases, with drops of 14 percent and 56 percent respectively.

The decline is believed to be due to several factors, including a modest growth in the number of California high school graduates — whether or not they'll be able to afford the university — but also the quality of the university and whether the state is going to maintain the support that it really should," said Matt Murray, UC student regent.

Regents of the nine-campus UC system are not expected to pass a budget until later this spring, but the governor is proposing that the university cut enrollment by 3,200, with UC cut enrollment by 3,200, with UC

---

Auditors find workers' comp savings

By Steve Lawrence

SACRAMENTO — State auditors Tuesday found evidence that workers' compensation legislation approved last year can generate "substantial savings," although their analysis was limited by incomplete data.

The auditors attempted to measure the impact of two key provisions in last year's bills — price controls on outpatient surgery centers and pharmacies — on California's largest workers' comp insurer, the State Compensation Insurance Fund.

State Fund, as the nonprofit insurer is commonly called, would have saved anywhere from 54 percent to 65 percent on payments to outpatient surgery centers and about 24 percent on prescription drugs in 2002 if the controls had been in effect then, the auditors said.

"The report concludes that reforms to the workers' compensation medical payment system mandated by (last year's legislation) will produce substantial savings in the form of lower payments for nonhospital outpatient surgery facilities and pharmacies, if those systems are carefully implemented," the chief auditor, Elaine Howle, said in a letter to legislative leaders and Gov. Arnold Schwarzenegger.

But Howle said the study was limited because auditors had adequate information to analyze the impact on only $145 million of the $494 million that State Fund pays to the surgery centers.

"Data entered into State Fund's medical bill review file were often incomplete or summarized without retaining unique identifiers, and the database design prevented detailed analysis," Howle added.

She said the lack of adequate databases maintained by State Fund and other insurers would make it difficult for the state to measure the effect of future attempts to reduce workers' comp costs.
WASHINGTON — Officials admit they pretty much ignore an Endangered Species Act requirement that they consult with one another before licensing new acid-producing plants. Now they want regulations to make it easier to do what they're already not doing.

The Bush administration proposes allowing the Environmental Protection Agency to approve new projects without a formal input from the Fish and Wildlife Service and the National Marine Fisheries Service.

By not requiring so many consultations, the government says it removes red tape and cuts the time required for such permits, which can be stuck in the courts for years. The proposal has not yet been published for public comment.

GRANTS PASS, Ore. — The president's budget for 2005 includes $100 million for balancing fish against farms in the Klamath Basin, an increase of 21 percent, the Bush administration announced Tuesday.

The administration proposed using $105 million for balancing fish against farms in the Klamath Basin, an increase water storage and restore wetlands on Upper Klamath Lake, which becomes more likely that the important ones will occur.

Klamath Basin was a model for administration efforts to solve water crises around the West by working collaboratively to meet the needs of agriculture, Indian tribes, the Endangered Species Act and others.

Now they want regulations that no one else had, then told an avalanche of lies to save her reputation and enormous fortune, prosecutors said Tuesday as they laid out their case against the hometown queen.

Stewart's attorney insisted the case was based on "speculation, surmise and guesswork" and suggested the government's pursuit of the domestic style-setter was reminiscent of George Orwell's Big Brother novel "1984."

The jury of eight women and four men listened to three hours of opening statements that outlined starkly different portraits of Stewart's side of nearly 4,000 shares of biotechnology company InteClone Systems on Dec. 17, 2001.

The announcement opened a potentially fearsome new front in the fight against the virus that now has appeared in 12 Asian nations.

In Atlanta, the head of the U.S. Centers for Disease Control and Prevention urged American doctors to test patients with flu-like symptoms if they had recently been to areas with bird flu outbreaks.

China's announcement also created unease about the food supply for Chinese still shaken by last year's SARS outbreak. Chicken is No. 2 only to pork as a staple meat for China's 1.3 billion people. Japan immediately suspended chicken imports from China, its third-largest supplier of chicken meat and poultry.

CUIDAD HUAREZ, Mexico — Mexican authorities have unearthed 11 bodies buried behind what appeared to be a drug trafficker's safe house near the U.S. border and were continuing the search Tuesday.

The bodies were discovered between Friday and Monday by federal agents searching a house in Ciudad Juarez, the federal attorney general's office said late Monday. Seven of those bodies were found Monday under the house's patio.

Agents also discovered three bags of clothing, some of which was identified by relatives of two people who disappeared Jan. 14.

PARIS — China's president addressed France's parliament Tuesday in a rare honor to a foreign leader but was snubbed by many lawmakers because of Beijing's human rights record.

Earlier, Hu Jintao and President Jacques Chirac warned Taiwan against holding a referendum, with the French leader saying any measure that breeds tension between the two Asian rivals is dangerous.

China also spoke out strongly in favor of lifting a European embargo on arms sales to China — imposed after Beijing's crackdown on democracy protests in Tiananmen Square in 1989.

The study, which examined 14 science fields as diverse as sociology and mechanical engineering, found male faculty members outnumber female faculty by an average ratio of 85 to 15. Similar statistics can be found in the university science departments the study examined.

The study also found that while female undergraduates in scientific fields often outnumber their male counterparts, male faculty members outnumber the female professors in those same fields.

CHUBASH @ 8PM

Features:

- Free Wireless internet
- Community message boards
- Coffee drinks galore
- Muffins, bagels and croissants baked daily
- Soups, salads and grilled Panini sandwiches
- Beers on tap and in the bottle
SCOTT PETTERSON

Judge chosen for murder trial

SAN FRANCISCO (AP) — Retired Alameda County Judge Alfred A. Delucchi was selected Tuesday to preside over Scott Peterson's murder trial, a week after another judge was challenged by prosecutors.

A trial judge for more than three decades, Delucchi, 72, retired in 1998 after serving in Alameda County for 15 years. He has been an active judge since then, presiding over trials.

Justice Ronald George, who initially selected Delucchi to preside over the trial, said the judge was unavailable for comment. The clerk said Delucchi's Tuesday afternoon appearance was rescheduled after the judge learned of his appointment to the Peterson case.

Peterson, 31, faces the death penalty if convicted of two counts of murder for allegedly killing his pregnant wife, Laci, and her mother in San Francisco Bay. In April, her remains and those of the fetus washed ashore two miles from where her husband said he was fishing on Christmas Eve 2002 when she vanished.

The former fertilizer salesman was moved Friday from the Stanislaus County Jail to a cell in the lockup adjacent to the San Mateo courthouse in Redwood City. A Stanislaus County judge, before removing himself from the case, ordered the trial moved to San Mateo County because of too much pretrial publicity.

Delucchi, praised by one defense attorney as "an excellent judge," has presided over 22 death penalty trials, including the case involving the murder of former Black Panther Huey Newton.

The selection was made by California Supreme Court Chief Justice Ronald George, who initially picked retired Contra Costa County Judge Richard Armanis for the role.

Armanis's selection was challenged by prosecutors.

Delucchi will preside over next month's hearing in Redwood City in a bid by Peterson's attorneys to block the disqualification of Armanis. Peterson's attorneys allege prosecutors did not properly file their demands to remove Armanis. The challenge is not expected to delay the case, which is set to begin next month.

Peterson attorney Mark Geragos did not immediately return telephone calls. Delucchi's clerk said the judge was unavailable for comment. The clerk said Delucchi's Tuesday afternoon appearance was rescheduled after the judge learned of his appointment to the Peterson case.

Peterson, 31, faces the death penalty if convicted of two counts of murder for allegedly killing his pregnant wife, Laci, in their home and dumping her body in San Francisco Bay. In April, her remains and those of the fetus washed ashore two miles from where her husband said he was fishing on Christmas Eve 2002 when she vanished.

The former fertilizer salesman was moved Friday from the Stanislaus County Jail to a cell in the lockup adjacent to the San Mateo courthouse in Redwood City. A Stanislaus County judge, before removing himself from the case, ordered the trial moved to San Mateo County because of too much pretrial publicity.

The chief judges of federal courts in the West objected Tuesday to a new law limiting their discretion in sentencing people convicted of crimes, saying Congress should have consulted them before acting.

The opposition was voiced during a two-day meeting of the 15 chief district judges of the U.S. 9th Circuit that concluded Tuesday.

Judge John Coughenour of Seattle said the group had "virtual unanimity" in its disdain for the law, which compels judges to strictly follow sentencing guidelines and orders that reports he sent to Congress on anyone who deviates from them.

The change, which was supported by Attorney General John Ashcroft, was part of an anti-crime bill signed by President Bush last year.

The Justice Department made no attempt to consult with judges, Coughenour said, and ignored a commission created by Congress to make sentencing recommendations.

Supreme Court Chief Justice William H. Rehnquist has also criticized the law.

Supporters say it was needed to ensure fair and equal sentencing throughout the federal court system.

But Judge Ancer Haggerty of Portland, Ore., said Congress enacted the measure, in part, using misleading statistics about how often federal judges deviated from sentencing guidelines.

"If you look at the overall number of times a judge supposedly departs, it was done at the request of the government in most cases," Haggerty said.

The change, which was supported by Attorney General John Ashcroft, was part of an anti-crime bill signed by President Bush last year.

The Justice Department made no attempt to consult with judges, Coughenour said, and ignored a commission created by Congress to make sentencing recommendations.

Supreme Court Chief Justice William H. Rehnquist has also criticized the law.

Supporters say it was needed to ensure fair and equal sentencing throughout the federal court system.

But Judge Ancer Haggerty of Portland, Ore., said Congress enacted the measure, in part, using misleading statistics about how often federal judges deviated from sentencing guidelines.

"If you look at the overall number of times a judge supposedly departs, it was done at the request of the government in most cases," Haggerty said.
It's all the rage

Story by Nicole Angeloni

The most notable snubs were for the Civil War saga "Cold Mountain," which failed to get nominations for best picture, director Anthony Minghella or lead across Nicole Kidman, last year's best-actress winner for "The Hours."

The biggest surprise was 13-year-old Keisha Castle-Hughes. For her performance as a Maori girl bucking tribal traditions in "Whale Rider," she became the youngest person ever to be nominated for lead actress.

"Lost in Translation" earned nominations for directing and original screenplay for Sofia Coppola. She was the third woman ever nominated for best director, after Uma Thurman for 1996's "Pulp Fiction" and Jane Campion for 1993's "The Piano."

"It's pretty unbelievable. I'm happy to be in good company," said Coppola, whose daughter of Francis Ford Coppola and Anjelica Huston. For her performance as a Maori girl bucking tribal traditions in "Whale Rider," she became the youngest person ever to be nominated for lead actress.

But there are other ways to avoid falling victim to road rage as well, like counting to 10 and taking deep breaths. The best way to handle a potentially tense situation is to just blow it off.

"The most important thing to remember is that tailing someone because they failed to turn on their blinker isn't worth risking your life," Axelroth said. "It's better to just slow down your pride and back down."

"Driving is fun," the happy person behind the wheel said. While some cannot control their road rage, others employ relaxation techniques to keep their cool.

There are other ways to avoid falling victim to road rage as well, like counting to 10 and taking deep breaths. The best way to handle a potentially tense situation is to just blow it off.

"The most important thing to remember is that tailing someone because they failed to turn on their blinker isn't worth risking your life," Axelroth said. "It's better to just slow down your pride and back down."

"Driving is fun," the happy person behind the wheel said. While some cannot control their road rage, others employ relaxation techniques to keep their cool.
Small-time photographer, BIG NAME ACTS

Art and design junior Mike Dinsmore is making his mark on the main stage with music photography

STORY BY HILLARY SCHULER-JONES
PHOTOS COURTESY OF MIKE DINSMORE

Aerosmith, DAVE MATTHEWS and Kiss are coming to Cal Poly this week — at least in theory.

Art and design junior Mike Dinsmore is sharing his collection of candid pictures from the bands in concert at an exhibit in the University Union Gallery from Jan. 26 to Feb. 21.

The exhibit will also feature pictures Dinsmore took at ASI Events and Week of Welcome concerts for Sugarcult, Flogging Molly, Goldfinger and Jason Mraz.

Eleven of the pictures went on display Monday. UU Gallery student supervisor Natalie Matthews said she expected at least seven more later this week.

Dinsmore began exploring photography in high school and was eventually hired to do freelance work at professional sporting events for Star News trying to show off what I like to do."

While he is passionate about photography, he said it isn't always as glamorous as it seems.

He got knocked over while shooting a Chargers-Niner game, and when he did Warped Tour, he "got hit with shoes and lemons," he said with a smile on his face.

Sometimes, however, not getting a good shot is worse than the threat of inanimate objects.

"It's pretty difficult sometimes," he said. "I'll shoot a whole concert, I'll shoot 200 pictures and you don't get as many good ones as you'd expect."

Even so, one of his favorite pictures on display, a close-up of Aerosmith lead singer Steven Tyler, represents the satisfaction of the job for Dinsmore.

"When I did the concert I was pretty intimidated," he recalled. "When I left the show I didn't think I got very good pictures. Then I got them developed and they turned out really nice. It kind of reassured me, like, 'Hey, I can do this.'"

Dinsmore said his ultimate goal is to establish a reputation so that prominent bands will ask for him by name.

"A famous band needs pictures done, say Dave Matthews, and they say, 'Let's call Mike Dinsmore up,'" he daydreamed. "I think that would be pretty cool."

ASI Events will host a grand opening for the exhibit on Friday from 7 to 9 p.m. in the UU Gallery, located on the second floor of the UU in the Epicenter.

The opening will feature live music from folk-rock band Longview and free refreshments.

The pictures will be on display next week from 8 a.m. to 8 p.m. Monday through Thursday and 8 a.m. to 5 p.m. Friday. Admission is free.
Air relies on subtlety in dream-like new release

By Simon Davenport
THE DAILY CARDINAL (UNIVERSITY OF WISCONSIN)
MADISON, Wis. — It has been two years since Air has graced our ears with a new release, and it is obvious they have not lost anything in the interim.

Their previous albums include "Moon Safari" and "The Virgin Suicides," and "Talkie Walkie" is another example of the immense talent possessed by Jean-Benoit Dunckel and Nicolas Godin, who make up this electronic-dreamscape band.

This album, like many others Air has produced, thrives on subtleties, both vocal and symphonic. The songs unfold as in a dream; they fade in and out of consciousness, just grabbing you before you slip in too deep.

The mostly relaxing sound is due to the hands favoring major keys accompanied by repetitive acoustic guitar backed with piano, flute, xylophone or a dazzling array of synthesizer. And where rhythm is concerned, Air leaves it simple and unobtrusive unlike many of their peers.

This is not to say that the album is devoid of engaging patterns. It rather downplays them by putting emphasis on vocals and accompaniment, suggesting that Air is trying to break away from the rule that says electronic music must have a pulsing, hypnotic beat. It seems as if they are giving more respect to their audience by not beating it over the head with bass.

Sometimes this approach can seem a little forced. As they rely more and more on chord changes alone, they seem to be overindulging. It is the same kind of affectation some actors feel when they enjoy the sound of their own voice too much — you are left bored and unamused.

Much is the same with tracks like "Another Day." Its chord progression provides a very interesting tension, but the seemingly lazy rhythm ruins the mood, and what comes through are hackneyed vocals that don't seem to be moving the song along.

Some of the samples can also be a bit too stretched out and unnecessary, as in the song "Alpha Beta Gaga," which seems to showcase a rather annoying metallic run of notes. On the other hand, tracks like "Run," "Surfing on a Rocket" and "Universal Traveler" are as beautifully crafted as they are engaging, which brings up possibly the best attribute this album has to offer — flawless and brilliant production. It feels as if this release was born mostly in post-production, leading to the prowess of Air's Dunckel and Godin, not to mention outside help from Nigel Godrich. Every orchestration is perfectly placed — the fading and panning is immaculate, to say the least.

"Talkie Walkie" may not be for everyone, but for those who can appreciate production, subtlety and relaxing tunes, it delivers a great musical experience.

---

Campus Bottle
UNDER NEW OWNERSHIP & NEWLY REMODELED

Lower Price on Natural Light Keg's $45.99 + tax

We'll have your best deal on:
- Beer
- Wine
- Spirits
- Lottery
- Tobacco
- Groceries
- Snacks
- Coffee
- Fountain Drink

Keg Highlife & Icehouse Other kegs Available
Free box of Ice with Keg's

---

TRADER JOE'S
The Fun Place to Shop!
- Great Prices
- Fun Crew
- Extensive Organic Selection
- Come Shop with Us

#1 Supermarket
#1 Place to Buy Wine
& one of the Best Health Food Stores

3977 South Higuera Street, SLO • 783-2780
Welcome to winter term at the California State University. There have been significant developments on the state budget front, and I want to take this opportunity to bring students up to date on what we know about the CSU budget.

As you may know, Arnold Schwarzenegger’s proposal makes its way through legislative hearings, we will need students’ help communicating with legislators to make sure that adequate funding is available so that the CSU can continue to offer high-quality education to all of its 409,200 students.

The governor proposed cutting $240 million or 9 percent from the California State University system for the 2004-05 fiscal year. This will potentially decrease enrollment by approximately 20,000 students if the cuts are implemented as proposed. This new cut, combined with the 2003-04 General Fund budget cut of $331 million, means that our budget has been cut in the past two years by $771 million, or 28.8 percent reduction in state support for students.

The proposed budget also recommends that 10 percent of incoming first-time freshmen attend a community college rather than a university.

Guest Commentary

CSU and then move to another transfer when they have all their required classes completed. This means the CSU system will have to turn away approximately 12,200 qualified students who would otherwise be able to attend one of the 25 universities.

We know about the CSU’s budget. The CSU system will have to turn away approximately 10 percent of incoming first-time freshmen from the California State University system for the 2004-05 fiscal year. This will potentially decrease enrollment by approximately 20,000 students if the cuts are implemented as proposed.

In the next several months, we will be stressing to lawmakers and the public the importance of investing in the CSU because of the critical role we play in the state’s economic health.

Students probably have read or heard about the governor’s proposal to increase undergraduate fees by 10 percent, which would raise the State University Fee from $2,106 to $2,235 per semester. The governor has proposed that future fee increases rise to the per-capita personal income, but by no more than 10 percent annually. The governor’s proposal centers on creating a more stable fee policy over the long term for higher education. We have been advocating for a long time for a predictable and reasonable fee policy that is practical for students and families. The CSU Board of Trustees will be discussing a long-term fee policy at its March Board meeting, and we will keep students posted as policies develop.

I also am concerned about the budget’s impact on funding for programs including EOF and academic preparation. These have been very successful programs for students who otherwise may not have had the opportunity to attend a CSU campus. We will work very hard to ensure that these funds are not eliminated.

If you would like more information about the CSU’s 2004-05 budget, please visit our Web site at http://www.calstate.edu/PudgetCentral/index.html.

The state budget crisis has created significant challenges for the CSU. We are focused on ensuring that our enrolled students get the courses they need to graduate. And, the CSU remains committed to its mission of providing a high-quality, accessible higher education for students. To continue to do so, we need all 409,200 students and 54,160 faculty and staff to convey a simple fact: The CSU is working for you and must continue to offer programs including EOF and academic preparation.

These have been very successful programs for students who otherwise may not have had the opportunity to attend a CSU campus. We will work very hard to ensure that these funds are not eliminated.

If you would like more information about the CSU’s 2004-05 budget, please visit our Web site at http://www.calstate.edu/PudgetCentral/index.html.

The state budget crisis has created significant challenges for the CSU. We are focused on ensuring that our enrolled students get the courses they need to graduate. And, the CSU remains committed to its mission of providing a high-quality, accessible higher education for students. To continue to do so, we need all 409,200 students and 54,160 faculty and staff to convey a simple fact: The CSU is working for you and must continue to offer programs including EOF and academic preparation.

These have been very successful programs for students who otherwise may not have had the opportunity to attend a CSU campus. We will work very hard to ensure that these funds are not eliminated.

If you would like more information about the CSU’s 2004-05 budget, please visit our Web site at http://www.calstate.edu/PudgetCentral/index.html.

The state budget crisis has created significant challenges for the CSU. We are focused on ensuring that our enrolled students get the courses they need to graduate. And, the CSU remains committed to its mission of providing a high-quality, accessible higher education for students. To continue to do so, we need all 409,200 students and 54,160 faculty and staff to convey a simple fact: The CSU is working for you and must continue to offer programs including EOF and academic preparation.

These have been very successful programs for students who otherwise may not have had the opportunity to attend a CSU campus. We will work very hard to ensure that these funds are not eliminated.

If you would like more information about the CSU’s 2004-05 budget, please visit our Web site at http://www.calstate.edu/PudgetCentral/index.html.

The state budget crisis has created significant challenges for the CSU. We are focused on ensuring that our enrolled students get the courses they need to graduate. And, the CSU remains committed to its mission of providing a high-quality, accessible higher education for students. To continue to do so, we need all 409,200 students and 54,160 faculty and staff to convey a simple fact: The CSU is working for you and must continue to offer programs including EOF and academic preparation.
Healthy eating gone awry

The Atkins diet craze has bombarded the nation, and fast-food chains are jumping on the bandwagon. From healthy burgers at Carl's Jr., hairless Whoppers at Burger King and low-carbohydrate wraps at Subway, these choices are far from being healthy.

The Atkins diet promotes large proportions of protein and small amounts of carbohydrates. Dieters restrict their intake of foods such as bread, fruit and pasta but are allowed to eat large amounts of protein-rich meats, eggs and nuts. Reducing the carbohydrates will have a mass shedding of pounds around the nation.

Low-carb diets enable quick weight loss because the carbohydrates fuel the body — especially the brain. The body stores a limited amount of carbs in the form of glycogen. After glycogen reserves have been utilized, the body is able to make a small amount from body muscle. Fat cannot be turned into glycogen. In other words, these low-carb diets cause the body to lose muscle tissue, and body fat will remain unless dieters start an exercise routine.

The long-term health implications of the Atkins diet are unknown because the longest study conducted thus far lasted only a year. The mystery surrounding low-carb lifestyles should be a warning signal for dieters, but many are willing to risk to shed pounds fast.

Diets should be designed for health as well as cosmetics, which is why experts are becoming wary of the low-carb wonders.

Before the stampede to fast-food restaurants began, one should stop and think about what these low-carb concoctions — fat, and plenty of it.

A quick look at the nutritional information posted on these restaurants' Web sites would make many think twice before labeling the low-carb items as healthy. Subway's new low-carb chicken bacon ranch wrap contains 27 grams of fat and 30 milligrams of cholesterol. Carl's Jr.'s new burger, a 400-calorie burger, contains 132 grams of carbohydrates.

The long-term health implications of the Atkins diet are unknown because the longest study conducted thus far lasted only a year. The mystery surrounding low-carb lifestyles should be a warning signal for dieters, but many are willing to risk to shed pounds fast.

Colin Minich is a writer for The Daily Free Press at Boston University.

Why isn't man man's best friend?

I f you see your dog and a stranger drowning in a river, which would you save first?

Thank both for your problem today is that some people reading this column are still thinking about the answer. In this case, your emotions might underlie your answer. You may choose your dog because you and your dog love each other. But you will never pull to save the person. (Except in the case of a really evil person. I would probably save a rock, a leaf or anything else before saving Saddam Hussein.)

The question is, why do some people choose the life of an animal before the life of a human? This seems to be a divergence between people and animals is part of a growing trend in society today. Matt Prescott, the youth outreach coordinator for People for the Ethical Treatment of Animals, authored an ad campaign titled, "The Holocaust on Your Plate." In the advertisement, PETA equates those who eat chickens with the Nazis, who murdered millions of Jews during the Holocaust. When asked if he equated human suffering with chicken suffering in his new ad, Prescott said, "No."

"Prescott is not alone in his beliefs. Eight hundred thousand people not only support PETA but actually send them donations to help them promote their views.

Over the last decade, $20 million was spent to rehabilitate and release a 10-year-old elephant who was considered so much beloved with the public that it was nicknamed Facebook's friend. From Oregon to Norway, however, even though $20 million was spent, it was a failed effort. Instead of going out to see her after he was released into the wild, he began returning to the zoo. Not only that, but she quickly died.

Do you think the people who donated the money to Keiko gave as much money to help save the millions of children around the world who are suffering with chicken suffering, poverty and disease? Which is more important to you — one child's freedom or the life of a chicken? If people valued humans over animals, how many more children would be alive today to achieve their hopes and dreams?

This equivalence of people and animals can lead to disaster. Some people are unable to distinguish between animal and human. Timothy Treadwell, a well-known bear activist, started a bear advocacy group in the early 1990s called Grizzly People, which was dedicated to saving bears. Treadwell would sleep with a bear, drink bear blood and live with bears. He professed to be saving didn't need his protection. Tom Smith, a biologist at the Alaska Science Center, explained the mindset that led to this tragic error. "Pears are bear.' Smith said, 'They think that because they're bears in human's shoes in a bear suit, it will be less dangerous.'"

The Humane Society reports dog owners on average spend more than $1,000 annually on pet care expenses. Some dog owners give at least $1,000 each year to causes that help people. Some owners give at least $1,000 annually on pet care expenses. I'Ki those dog owners give at least $1,000 each year to causes that help people. Some owners give at least $1,000 each year to causes that help people. Some owners give at least $1,000 each year to causes that help people.

The continuation of this trend toward valuing animals as much as humans will ultimately lead to harming people. Think about the logical conclusion of this process. If we get to the point where animals legally have the same rights as humans, what happens in the case where an animal is dead. Even if a pet owner is not a good person, they should still have the right to own their dog or cat. But where is the line drawn? When is a dog a human being?

Call me a hopeless romantic, but I want a relationship that's based on absolute love, not petty romantics and the opportunism that takes away the patience and forgiveness I don't like something about your partner. From what I see, homosexual couples seem to have more commitment than other types.

People don't take marriage seriously. When people say marriage is sacred, they speak of the commitment and the true love shared, not just society thinks or equals higher chances of divorce. The British Church, one of the biggest advocates against homosexuality, should know what it's talking about — a large hunk of its priest population is gay, and of course let's not forget their troubles with the altar boys. I'm Catholic, but I'm not blind.

If the dog over when it comes to morals and ethics, shouldn't say a thing. In a place where fame, fashion and fortune rule, the concept of love is sometimes hard to find. When a married couple is about to be split up, the Britney Spears "marriage" or that Ben-Li Cora crop is proof enough.

I know there are always exceptions, but from what I see and hear, marriage is not at all sacred to them. They may have personal issues, or maybe they think they've "stayed true and love' to each other. Either way, all this fuss and commotion only to go back on any promises they made with each other is sickening. The news really should focus on more important things, like the situation on Mars or the renewal of Iraq — not this mind-numbing schlock.

Marriage is indeed a sacred institution. When I get older, I would love nothing more than to get married and raise a family, but without someone you don't care and find joy in one another, you can find a legit way to love someone.

Marriage is no longer the commitment it was long ago, when a man and a woman could say, "I love you" to each other. What used to be an honor and trust between the two of you. I'm Catholic, but I'm not blind.

Marriage is no longer the commitment it was long ago, when a man and a woman could say, "I love you" to each other. What used to be an honor and trust between the two of you. I'm Catholic, but I'm not blind.

Marriage is no longer the commitment it was long ago, when a man and a woman could say, "I love you" to each other. What used to be an honor and trust between the two of you. I'm Catholic, but I'm not blind.

Marriage is no longer the commitment it was long ago, when a man and a woman could say, "I love you" to each other. What used to be an honor and trust between the two of you. I'm Catholic, but I'm not blind.

Marriage is no longer the commitment it was long ago, when a man and a woman could say, "I love you" to each other. What used to be an honor and trust between the two of you. I'm Catholic, but I'm not blind.

Marriage is no longer the commitment it was long ago, when a man and a woman could say, "I love you" to each other. What used to be an honor and trust between the two of you. I'm Catholic, but I'm not blind.

Marriage is no longer the commitment it was long ago, when a man and a woman could say, "I love you" to each other. What used to be an honor and trust between the two of you. I'm Catholic, but I'm not blind.
NASA has problems to clean up on Earth

PASADENA (AP) — As NASA’s Jet Propulsion Laboratory five high with twin rovers searching for evidence of water on Mars, the space agency is trying to clean up contaminated water in its own backyard.

At issue is a chemical used in rocket fuel called perchlorate, the toxic legacy of six decades of research by the government and defense contractors in California. Perchlorate, which can cause thyroid disorders, pollutes much of the lower Colorado River, the main water source for 20 million people across the Southwest. The contamination has also forced the shutdown of hundreds of California wells that tap polluted groundwater and spurred lawsuits from thousands of people who say years of drinking water faced with the chemical have caused cancers and other illnesses.

The National Aeronautics and Space Administration, which took over the JPL in 1958, is promising to clean up the chemical in Pasadena, which has had down one of its 16 wells and spent $2 million to buy replacement water. The city has reserved the right to sue if NASA doesn’t come through with cleanup plans, but all involved say they doubt that will be necessary.

“I think it’s a problem you see all over the country in terms of unexpected consequences. It’s an unfortunate byproduct of the success that they’ve had,” said Phillips Currie, general manager of Pasadena Water and Power, which has raised rates for 195,000 customers in Pasadena and parts of neighboring Altadena to pay for the replacement water.

NASA says chemical waste from JPL, which is coordinating the missions of the Spirit and Opportunity rovers, is now shipped to treatment and disposal sites. But in the 1940s and 1950s, waste from laboratory sinks and drains was dumped in ground seepage pits, a common practice at the time.

Over the years, perchlorate and other chemicals, called volatile organic compounds or VOCs, have traveled underground to water supplies.

The agency paid for a plant in 1990 to remove the VOCs from the city’s water and is now planning to build two plants to clean up perchlorate. Officials are holding public meetings this week with residents about the plans.

“NASA will determine the full extent of the travel of the chemicals from here and take care of the entire extent,” said remedial project manager Steve Stany.

The tainted water, which is several hundred feet underground, has migrated about 2,000 feet from the JPL site, expanding to an area covering about 100 acres. It lies under dozens of homes, but there’s no pathway between the deep water and the surface, Slanetz said.

He said that while cleaning VOCs is a relatively simple process, scientists have only developed the technology to remove perchlorate in the last few years.

Democrats push for animal ID system

WASHINGTON (AP) — Democrats unhappy with the time it took to trace America’s one known mad cow case of mad cow disease pressed Agriculture Secretary Ann Veneman on Tuesday to hasten and produce a plan to identify individually each of America’s 96 million cattle.

“After five weeks of intensive investigation, we have located only 28 of the 81 cows that entered the United States from Canada with the infected cow,” said Sen. Tom Harkin, D-Iowa.

“If we had an animal ID system, USDA could have located those cattle in a matter of hours, or, at the longest, days.”

The discovery of the disease last month in a Holstein cow slaughtered in Washington state created a worldwide food scare that sent cattle prices plummeting and prompted more than 40 nations to ban imports of U.S. beef.

Experts say eating beef containing the misshapen protein that carries the disease, bovine spongiform encephalopathy, can lead to a similar, rare but fatal condition in humans, variant Creutzfeldt-Jakob disease.

Veneman said the Agriculture Department is trying to develop “a verifiable system of national animal identification.” An international committee of experts reviewing the government’s handling of the case is looking at animal identification among other issues and is to start preparing a report in a couple of weeks, she said.

Critics of mandatory identification would have eased the search for animals that might have eaten the same feed as the infected Holstein. Federal officials say feed containing the misshapen protein is the most likely cause of infection.

The Washington state Holstein and 82 other cows came from a herd in Alberta, Canada, that was shipped to the United States in 2001. The Agriculture Department says it has identified 14 of the 23 cattle most likely to have eaten the same feed.

Sen. Michael Corps, R-Idaho, said the government should approach establishing a nationwide ID system for animals with “a great deal of caution” and should ensure that the eventual program “not be overly cumbersome and intrusive to U.S. cattle operations.”

Current tracing methods based on ear tags are inadequate, said Sen. Patrick Leahy, D-Vt., because America’s one known mad cow had only an ear tag for identification.

“The BSE discovery has demonstrated the need for a national animal identification system,” he said.
ACROSS
1. Why not root? (20)
6. Expert, maybe, of U.S. code (13)
9. Head cover
14. Early writers for the 21-Acrosses (15)
16. Court site, with "The" (20)
17. Not eager (9)
18. Like a saw's (9)
20. With 39-Across, See 59-Across (9)
21. Not eager moon
22. "Indubitably" divisions
23. Early venture (9)
24. Review a (9)
25. Famous Doc. 17 (9)
26. That ponytail
27. 25 Famous
28. 22
29. 21
31. 18 Like a saw's

DOWN
1. Lively, typically for one's age
2. Carrot
3. Key letter
4. "Home..."
5. Christmas decoration site
6. Skin cancer
7. Clock standard
8. Assign, as responsibility
9. PC alternatives
10. Compassionate
11. Wide-eyed
12. Late-afternoon traffic, e.g.
13. Postary matters
14. Elevator alternative
15. Talon, for one
16. Remain, to a fopette
17. 40
18. 39
19. 38
20. 37
21. 36
22. 35
23. 34
24. 33
25. 32
26. 31
27. 30
28. 29
29. 28
30. 27
31. 26
32. 25
33. 24
34. 23
35. 22
36. 21
37. 20
38. 19
39. 18
40. 17
41. 16
42. 15
43. 14
44. 13
45. 12
46. 11
47. 10
48. 9
49. 8
50. 7
51. 6
52. 5
53. 4
54. 3
55. 2
56. 1

For answers, call 1-900-285-5656, $1.20 a minute. For more information, see 59-Across. Our free Crosswords are for young viewers: The Learning Network. nymath.com/learning/words.

Edited by Will Shortz
No. 1217
Wrestling teams head to weekend action

By Carolyn Ficara

The Cal Poly wrestling team ranked No. 27 in the nation, returned to action on Thursday, Jan. 29 as they traveled to Fresno State in a non-conference dual meet at 7 p.m. On Saturday, Cal Poly will compete in the California Collegiate Tournament Hosted by San Francisco State. The Mustangs are now 4-6 overall, 2-2 in the Pac-10.

They are coming off a two-match losing streak in the Pac-10. Injuries to key team members have been the main reason for the fall. In the NCAA Division I Top-20 Individual Wrestling rankings released by InterMat Wrestling on Monday, the Mustangs have four wrestlers in the top-20. Vic Moreno is ranked No. 9 in the 197-pound division and Darrell Va.squez is ranked No. 7 in the 184-pound division.

In the 197-pound division, Moreno has won four of the first five matches, but due to those key losses the Mustangs were unable to hold on to the lead and lost in last five matches of the meet.

Curtoise continues to be perfect in the Pac-10 as he defeated John Curtoise in Stanford at a 7-3 decision. Halsey recorded a huge take-down and then a two-point near fall in the first period to take the early 4-lead. Curtoise would record a reversal in the second to bring the match 4-3, but Halsey would hold them off in the final period as Curtoise would not score the rest of the match. Halsey goes to 24-4 overall, 4-2 in the Pac-10.

Junior wrestler Ralph Garcia got back on the winning track as he won in a 7-2 decision over Stanford’s Ian Fish. This is the second meeting between these two. Their first meet ing was at the Fullerton Open where Garcia defeated Fish 6-2. Garcia is now 7-8 overall, 3-1 in the Pac-10.

No. 9 Vic Moreno goes to 11-3 in his 184-pound division after he defeated Tanner Garfield in a 3-2 decision. With a 4-3 lead going into the third period, Moreno scored an escape and then a takedown to put the match away.

Tony Franco, wrestling in the place of Darrell Va.squez, who is out due to sickness, wrestled a close match as he defeated Paul Gross in a 11-8 decision. Franco goes to 9-4 overall, 1-0 in the Pac-10.

The Mustangs wrestled strong as they won four of the first five matches, but due to those key losses the Mustangs were unable to hold on to the lead and lost in last five matches of the meet.

By Carolyn Ficara

The Mustangs are now 4-6 overall, 2-2 in the Pac-10.

They are coming off a two-match losing streak in the Pac-10. Injuries to key team members have been the main reason for the fall. In the NCAA Division I Top-20 Individual Wrestling rankings released by InterMat Wrestling on Monday, the Mustangs have four wrestlers in the top-20. Vic Moreno is ranked No. 9 in the 197-pound division and Darrell Va.squez is ranked No. 7 in the 184-pound division.

In the 197-pound division, Moreno has won four of the first five matches, but due to those key losses the Mustangs were unable to hold on to the lead and lost in last five matches of the meet.

Curtoise continues to be perfect in the Pac-10 as he defeated John Curtoise in Stanford at a 7-3 decision. Halsey recorded a huge take-down and then a two-point near fall in the first period to take the early 4-lead. Curtoise would record a reversal in the second to bring the match 4-3, but Halsey would hold them off in the final period as Curtoise would not score the rest of the match. Halsey goes to 24-4 overall, 4-2 in the Pac-10.

Junior wrestler Ralph Garcia got back on the winning track as he won in a 7-2 decision over Stanford’s Ian Fish. This is the second meeting between these two. Their first meet ing was at the Fullerton Open where Garcia defeated Fish 6-2. Garcia is now 7-8 overall, 3-1 in the Pac-10.

No. 9 Vic Moreno goes to 11-3 in his 184-pound division after he defeated Tanner Garfield in a 3-2 decision. With a 4-3 lead going into the third period, Moreno scored an escape and then a takedown to put the match away.

Tony Franco, wrestling in the place of Darrell Va.squez, who is out due to sickness, wrestled a close match as he defeated Paul Gross in a 11-8 decision. Franco goes to 9-4 overall, 1-0 in the Pac-10.

The Bulldogs are coached by Marcus Byron, who is in his 9th season. Under DeLaRd’s reign, Fresno State has captured 11 top-25 finishes, 10 of them in consecutive years from 1992-93.