Married students juggle school, family

Emily Ranger

This is the second part of a two-part series about married couples that attend Cal Poly.

Having a spouse can add many more time commitments to a college student’s life. But what happens when kids also enter the picture? Journalist and English senior Tom McCauley, 32, has been married since September 2002 and has three children, ages 4, 1 and soon to be 1 month old.

“Basically, I’m just juggling a lot of time,” McCauley said. “You’ve got your school schedule and your work schedule and the time commitments to a wife, that’s my priority.”

In addition to a wife, three young children and a double major with 16 units per quarter, McCauley works full-time as a warehouse manager at Sears and is a hip-hop DJ on KCPR.

“The Family Show,” which airs Mondays from 6 to 8 p.m., He also DJs at local clubs and creates about 20 new songs per quarter.

McCauley started at Cal Poly in 1996, but dropped out after his freshman year. He met his wife, Jessica, in 2000, when they both worked at a phone company. McCauley decided to return to college in 2002.

With so many commitments, McCauley has to block off time to spend with his family. He said his 6-year-old son is particularly vocal about how little they see each other.

“He wakes me up early in the morning to hang out with me at like 6:30 because he knows I’m not going to see me for a while,” McCauley said.

Having to work is necessary to pay the bills, he can also add to the time constraints that many married student couples face.

“The hardest thing for me would be finances,” said modern languages and literature senior Orlando Campbell, 23. She married her husband, Chris Campbell, in August 2002. “Because once you marry, your families split away and say ‘OK, well you’re a little bit more on your own than you were before. They just look at you is more mature,” she said.

Because the Campbell’s are taking 20 units each to graduate in June, neither has time for a job. Instead, they rely mostly on the support of their families and “we budget really well,” Chris Campbell said.

Orcella said she feels lucky, considering how supportive their families have been. For some couples, early marriage can be somewhat of a shock to family and friends. But most of those interviewed said the reaction wasn’t too negative, and all had dated for a substantial period of time before marrying.

“My friends were cool with it,” said history senior Amy Fraza of her marriage to husband John Fraza. “They had questions about it, but I think they knew us enough to understand it.”

For recently engaged communications junior Luke Llamas, 22, both his family and his fiancé’s were supportive, but they also wanted to make sure the couple was making the right decision.

“My dad was asking me questions to make sure she was the right one,” Llamas said. “Her family really likes me. When her mom found out, her reaction was, ‘Oh, it’s about time.’”

While the reactions ranged from shock to acceptance, coming to class with a wedding ring can be a different issue. After all, college students are focused on academics and not finding a life partner.

“I feel like an old lady because some of the classes I take are really general ed classes,” said Leslie Silver, 24, a bioscience and agriculture engineering senior. She and husband Matthew, 26, married in August 2004.

As a married, 32-year-old college student, McCauley expects a shocked reaction from his peers.

“It’s really strange, actually,” McCauley said of being surrounded by mostly non-married students. “It’s probably stranger for them when they find out I’m 32 and married with three kids. But at the end of the day I get to go home to two kids who come up to me and hug me and kiss me because they’ve missed me all day.”

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STATE NEWS

LOS ANGELES — Affirming the growing political clout of Latinos, Antonio Villaraigosa became the first Hispanic mayor elected in more than a century in a race that splintered assumptions that racial tensions would again deny him the mayoralty.

The barrio-bred Villaraigosa discouraged references to his ethnicity and ran as a racial bridge builder, defeating Mayor James Hahn by an unexpectedly wide margin, 59 percent to 41 percent.

The victory came years after Hispanics became the dominant population group in the city, although their political force at City Hall lagged their burgeoning numbers.

SAN MATEO — A San Mateo man has been arrested and jailed after he allegedly beat a cat to death with a golf club and threatened a woman who tried to interfere.

SUMMERS said he would implement recommendations made by two committees he appointed in February: at the height of the outcry over his remarks at an academic conference a month earlier. The recommendations range from better advising for students to earmarking money for developing a more diverse faculty.

WASHINGTON — John R. Bolton planned to ask then-CIA Director George Tenet to help punish a government intelligence analyst who disagreed with Bolton, and then misled a Senate committee about the matter, says a Democratic draft report obtained by The Associated Press.

BAGHDAD, Iraq — Insurgents gunned down a senior Iraqi Interior Ministry official Wednesday and the bodies of seven men shot in the head were found outside Baghdad, part of an escalation in violence that a senior U.S. military official said was called for during a recent meeting in Syria by lieutenants of terrorist Abu Musab al-Zarqawi.

The spending violence has killed nearly 500 people since the April 28 announcement of the new Shi'ite-dominated government. Prime Minister Ibrahim al-Ja'fari recently pledged to use "an iron fist" to prevent an outbreak of sectarian violence — which al-Zarqawi and his al-Qaida in Iraq group have tried to foment.

MEXICO CITY — President Vicente Fox tried to smooth relations with the U.S. black community Wednesday after saying Mexican immigrants take jobs that "not even" blacks want, promising to work with the Rev. Jesse Jackson to improve labor rights for minorities in the United States.

The meeting between Fox and Jackson was a sharp contrast from a few days ago, when Jackson called on the Mexican president to issue a public apology.

CAIRO, Egypt — An Internet audiotape posted Wednesday purportedly by the leader of al-Qaida in Iraq, Abu Musab al-Zarqawi, denounced Iraqis' Shias as collaborators with the Americans and called the country's rulers "apostates."

The tape was the first said to be from the Jordanian-born militant since a new, Shia-dominated government was put in place in early May. In the past weeks, al-Qaida in Iraq and other militant groups have stepped up their campaign of car bombings, suicide attacks, shootings and kidnappings.

INTERNATIONAL NEWS

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Mystery Briton doesn’t speak, communicates through piano

The unidentified man known as ‘Piano Man’ walks on the grounds of Medway Maritime Hospital.

LONDON — Hospital authorities caring for a patient who refuses to talk but willingly plays the piano for hours said Tuesday they were investigating a number of new leads about his identity.

The tall, blond-haired man in his 20s or early 30s has not said a word since he was found, distressed and wandering aimlessly in a coastal town in southeast England on April 7.

When staff at the Medway Maritime Hospital in Gillingham gave him writing materials, he drew detailed pictures of a grand piano and, when shown the piano in the hospital chapel, sat down and played for two hours, causing staff to nickname him “Piano Man.”

Baffled staff said their problems have been compounded by the fact that all the labels were cut off the man’s clothes.

“That is a real twist — and it’s enough of a mystery without that,” said Adrian Lowther, spokesman for the West Kent National Health Service Trust, which is caring for the man at a psychiatric unit in Dartford.

“Apart from mentally, the man is healthy, and he is washing himself. But he does not communicate at all, so he cannot receive counseling,” Lowther said.

Lowther said playing the piano calms him down noticeably.

But the “Piano Man” does not seem to be more than an accomplished amateur.

Michael Camp, the man’s social worker, said that when he is not playing the piano, he remains very anxious.

“He knows a small number of tunes and plays them over and over,” Spencer said. “I recognized some John Lennon and a snippet from Tchaikovsky’s ‘Swan Lake.’”

“He plays, he is totally focused — he carves out everything else and it makes him calmer.”

Hospital staff have already ruled out reports that the man was from Eastern Europe and possibly an asylum seeker, but no one was able to get through to him.

The Missing Persons Helpline has received 320 calls and 70 e-mails focused — he cuts out everything else and it makes him calmer.”

Lowther said the man “is not the virtuoso that he has been portrayed in the press.”

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Pictured above is a sketch done by the unidentified man found wandering aimlessly in a coastal town in southeast England on April 7. He has refused to communicate, except through music.

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**College Health Q&A**

**Allergies are driving me crazy, what can I do?**

*Caitlin Donnell, Mustang Daily*

One problem many college students face is how to eat healthily, especially for students cooking for themselves for the first time.

Cooking and making healthy choices when dining out does not have to be difficult. With the help of Peer Health Education and helpful college-cookbooks, there is hope.

The nutrition team offers peer counseling and consultations for students and gives presentations about eating healthy.

"We see many students who are interested in losing the freshman 15 or 20 who may have gained in their freshman year and students who are interested in eating more healthy," said Stephanie Enright, nutrition senior and Peer Health Educator.

Most students want a quick fix for eating healthy and losing weight, Enright said. The nutrition team helps students with nutrition information and offers suggestions for students interested in eating healthy on campus.

Whether students live on campus or not, many are here all day and inevitably eat on campus. For campus meals, the team suggests cutting back on sodas, eating more salads and wraps offered at The Avenue and Campus Market, buying fruit instead of chips and watching portion sizes.

After the dorms, I definitely used to eat a lot of ramen and other cheap food for dinner because it is so easy to make," business administration junior Zach Tsuruda said. Top Ramen and Easy Mac are not the only quick, cheap and easy meal options for students. Students can find healthy alternatives in "The Healthy College Cookbook," which provides inexpensive, easy-to-make recipes especially for the busy, penny-saving college student.

"The authors of the cookbook are three students from Williams College in Massachusetts who compiled more than 200 recipes such as Banana Chocolate Chip Muffins, Quick Pinto Bean Supper, Twice-Baked Potatoes, Crispy Cracker Chicken and Turkey Burgers," Enright said. The cookbook outlines essential kitchen equipment, staple ingredients for your kitchen, basic cooking lingo, hints for preserving leftovers, healthy substitutions and an entire chapter for vegetarian meals, all of which are geared toward college students.

The cookbook even offers a recipe for Ramen Noodle Stir-Fry, adding a twist to the traditional college staple by adding green and red bell peppers, onion, garlic and oregano to make a more flavorful and nutritious meal. Making food for yourself often makes much healthier because you know the ingredients in the food and you can control the portions better.

**Healthy college cooking with Top Ramen**

*Ramén Noodle Stir-Fry*

From "The Healthy College Cookbook" by Alexandra Huneyt, Helen Stanley & Selvina Vann (Storey Books LLC, 2002).

Many brands of instant noodles are high in fat, so be sure to buy the leaner varieties.

1. Package baked ramen noodles
   (any flavor — you won’t use the seasoning)
2. 1 teaspoon extra-virgin olive oil
3. 1/4 cup chopped green pepper
4. 1/4 cup chopped red bell pepper
5. 1 clove garlic, minced
6. 1 teaspoon hot sauce
7. Cayenne to taste

**Recipe**

1. Bring a pot of water to a boil. Add the noodles and cook until tender, about 3 minutes.
2. Warm the oil in a large skillet over medium heat.
3. Add the peppers, onion, and garlic and sauté until the vegetables are tender.
4. Add the hot sauce, onions and cayenne, and let simmer for 5 minutes.
5. Add the noodles to the skillet and stir for about 1 minute, or until thoroughly mixed and heated.

**Results of the Hydration Observation:**

- The favorite was Glaceau Lemon Vitamin Water.
- The least favorite was Crystal Geyser Lemon Mineral Water.
- Glaceau Vitamin Water.
- Enright said that it is definitely worth it for better nutrition and a better meal.

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*Katie Zeleznik, Mustang Daily*

**The H2O so trendy way**

**My snoring is giving my roommate a headache. What can I do?**

*Megan Alpers, Mustang Daily*

Our generation is 10 times more likely to drink bottled water than our parents, even though tap water is safer than ever.

Bottled water is seen as trendy and sometimes marketed as important for your health.

Take Glaceau’s Vitamin Water for example. Officially, the product is a "nutrient-enhanced water beverage" like Arbor Mist is a "slightly-sweetened wine product." Not really the same thing, but close enough.

Glaceau, which also makes Smart Water, jumped on the health-conscious bandwagon and brought us a life-altering product we had no idea we needed.

Besides the vapor-distilled/deionized water and electrolytes, the product boasts vitamins from A to Z in and you probably proclaim, "Think of it as a drinkable Swiss army knife." I’m still not sure about the imagery there, but I am all for getting more vitamins in my diet.

Carrie Wolfe, a kinesiology senior, is adamant about the benefits of Smart Water.

"I buy Smart Water for the electrolytes," Wolfe said. "Smart Water tastes the best in my mind. When I’m drinking it and reaching an aerobics class, I talk about it.

Even though enhanced water is a new trend Glaceau did not pioneer the concept. Instead they have added their own twist.

"It totally works," Wolfe said. "It’s great marketing; a healthy bottle, the scale on the side, the taste, I’ll pay more for a bottle of Smart Water."

The makers of Gatorade introduced Propel Fitness Water in 2002, and it is the best-selling enhanced water on the market.

Propel does not offer the array of vitamins that Glaceau’s product does, but it comes in flavors ranging from lemon to melon, and has fewer calories to boot.

Eight ounces of Propel has 10 calories, while eight ounces of Vitamin Water has 50. The label for Vitamin Water says "vitamins + water = all you need," but they don’t mention the 13 grams of sugar included as a bonus. At least there’s no caffeine.

Additionally, Ellen Moss, a see Water, page 8
The fitness plan that works best for you

There are dozens of reasons to work out, including: losing weight, increasing muscle tone, and improving health. Finding a reason to work out is easy, but finding a plan that works may not be. What one person may find motivating or even pleasurable could be torture for another. From magazine covers to the Internet, an exerciser-to-be search for "the perfect plan" reveals that there is more than one answer. To formulate a workout that not only fits your schedule but also your lifestyle, look into various fitness programs that fit your needs. Cardio exercise is the most effective way to burn fat, while strength training involves weight lifting to build muscles. Flexibility training reduces the risk of injury. A fitness plan that integrates all three of these draws the best from each category and builds on each plan to increase the total effectiveness.

Read on to find out why each of these fitness programs should become a part of your daily routine.

--- Rachel Musquiz

College Health Q&A

What are some healthy changes I can make without starting a diet?

I only smoke cigarettes when I go out, am I doing long-term damage?

I fell last weekend and am still hurting, could it be a concussion?

I have been working out everyday for two weeks, when will I see results?

How much water should I be drinking?

Your body should already show some results such as improved heart rate. After a few weeks, small decreases in body fat and a slight increase in lean body weight occur. The best way to focus on weight loss is limited, notice how energetic you feel. Be patient and your body will thank you.

Eight ounces is a general guideline. That isn’t a dependable indicator of how much you need to drink, especially if you are exercising a lot. As you get better outside, drinking more water is imperative.
Let's talk about sexual health

Elizabeth Engelman  
SUNDAY, FEB. 4  

Sex education is more than just putting a condom on a banana. College students need to be aware that they have the highest likelihood of getting a sexually-transmitted disease than any other age group.

Cilaceau is the most prevalent sexually transmitted disease not only in the United States. However, in a 2002 report by San Luis Obispo Public Health Department, San Luis Obispo is actually lower compared to the state average in reported Chlamydia and Gonorrhea outbreaks.

"The most important things for Cal Poly students to remember are that not all STDs have symptoms," said Aimee Williams, a speech communications junior and former Peer Health Educator. "A lot of times there are no symptoms but a disease can still be transferred."

Today, 65 million people in the United States have a viral STD and half of all new STDs in 2000 occurred in people ages 15 to 24, according to the American Social Health Association. Williams said she hopes to be a sex health educator after graduation, thinks the prevalence of STDs is overlooked in education.

"There is not enough focus on oral sex. Oral sex is on the rise and it is important that people be aware that STDs can still be transmitted orally," Williams said.

Some studies show that two out of three college students will not contract an STD by the age of 24. While some people think this is true, other Cal Poly students are not so sure.

"I thought it was more like two-thirds of people would contract an STD," English junior Keely Sweeney said. "I think the more likely the statistic of not getting an STD will be true."

The American Social Health Association also estimates that one in four Americans have genital herpes, but only 10 percent are aware of it. Williams said Herpes, HPV (genital wart) and Chlamydia can all cause cancer in women.

Although Sweeney is not a sex education, she hopes to be a sex health educator. "Having the ability and money to go to health services are the most valuable tools."

The Economic Opportunity Commission is a private non-profit that specializes in community-based programs. It began in 1965 and offers pregnancy testing, counseling and STD screenings and is located at 705 Grand Ave.

Planned Parenthood in San Luis Obispo offers exams for sexually transmitted diseases, contraception as well as counseling on safe sex. It is located at 743 Pinto St.

The health center at Cal Poly is also convenient way for students to get the resources they need. Free condoms are available. It offers testing for STDs and birth control, as well as peer counseling programs like ERCS (Educational Resources on Sexuality). The health center is located in building 27 next to the Rec Center.

Water

continued from page 6

Clinical Nurse at El Camino Hospital in Mountain View said that Glaciar's product is lacking the important vitamin D.

"You can’t absorb the calcium without Vitamin D," Mos said.

When asked if she thought Vitamin Water was worth all the fuss, Mos said, "I don’t see a need for it. Getting your vitamins through diet is optimal, or you can buy a bottle of multivitamins for less money."

Besides vitamin-laced melon-water, consumers have another choice when it comes to their H20, sparkling or non-sparkling.

For the sparkling option, there is mineral water with lemon flavor, or as Cilaceau calls it, “Lemon Essence with other natural flavors.”

Perrier boasted on their super-Web site that every container is bottled only at the source: a spring in Vézère, France. I guess that’s why it’s more expensive, but even so, Perrier has zero calories, no sodium and no carbs. Isn’t that the way water should be?

Cilaceau and Crystal Geyser sparkling waters are neck-and-neck with no carbs and no calories but each has 40 mg of sodium, or 2 percent of the daily value.

A blind taste test was conducted to see if consumers can taste a difference between the brands. The Montana Daily staff served as the guinea pigs. In addition to tap water, the following bottled waters were used: Evian Natural Spring Water, Kirkland Premium Drinking Water, Propel Lemon Fitness Water, Glaciar Lemon Cilaceau Vitamin Water, Fiji Natural Artesian Water, Perrier Lemon Sparkling Water and Crystal Geyser Lemon Mineral Water.

No one could tell the difference between any of the sparkling water brands. The favorite was Glaciar Lemon Vitamin Water. The least favorite was Crystal Geyser Lemon Mineral Water. The results showed there is little distinction between bottled waters.

T aking a serious look at drinking water, the Centers for Disease Control and Prevention recommend drinking six to eight, 8-ounce glasses of water per day. Not getting enough water can lead to heat-related illness or death.

According to the CDC, some factors that can contribute to these problems include: not being acclimated to the heat, taking certain prescription medications that reduce ability to sweat, drinking alcohol or engaging in heavy physical activity without taking a break or drinking proper fluids.

Water is what really keeps our bodies going. We last only a week without water, whereas we last for six weeks without food.

Water makes up about 70 percent of the body and supports the immune system while washing toxins out of the lymph system.

If any additional reasons are needed to drink more water, readers should see that it reduces acne, headaches, kidney stones and constipation. So drink up!
Gumby stretches back into action

Terence Chea
ASSOCIATED PRESS

Five decades after Gumby captured the nation’s imagination, the little green guy and his chums are starring in a new art exhibit — the first in a series of events to mark the 50th anniversary of the television icon’s creation and launch his comeback.

"Gumby and Friends: The First 50 Years" attracted fans of all ages on Saturday at the historic Lynne House Gallery in Antioch, about 45 miles northeast of San Francisco. Creator Art Clokey, now 83, signed Gumby figurines at the two-story exhibit, just which featured photographs, toys and animation memorabilia.

"Gumby is an icon," said Diane Gibson-Grey, 49, executive director of the Arts and Cultural Foundation of Antioch, which is sponsoring the monthlong exhibit. "He’s a cultural icon that many of us grew up with. There’s a whole new generation that’s going to embrace and love Gumby as much as I did."

He wants children to have something good for kids and what’s fun for kids,” Clokey said. “If you’ve got a heart, then Gumby’s a part of you. That’s what it’s all about.”

In mid-June, the Museum of the Moving Image in New York City will open a six-month exhibit about Gumby and creator Clokey. Later that month, Clokey’s family will celebrate Gumby’s 50 years at a birthday extravaganza in San Francisco, said Joe Clokey, 43, who now runs the family’s Gumby business, Premavision/Clokey Productions.

The first Gumby video game and a DVD of Gumby shows from the 1980s are scheduled for release this summer. And the family hopes a documentary film about Art Clokey’s life will be broadcast on television.

Joe Clokey, who owns a company that produces educational videos, said that six years ago, his father asked him to take over the Gumby business and bring the gingerbread-shaped hero back to children.

“My dad wanted Gumby back on TV,” said Joe Clokey, who lives just outside San Luis Obispo near his father. "He did Gumby because he loves children. He wants children to have something of value on TV.”

Animators who worked on the Gumby series have gone on to work for Pixar, Disney, Dreamworks and director Tim Burton. Joe Clokey said animators are developing new episodes of Gumby as well as a new movie.

"The goal has always been about what’s good for kids and what’s fun for kids," Clokey said. "If you’ve got a heart, then Gumby’s a part of you. That’s what it’s all about.”

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UNIVERSITY UNION
ADVISORY BOARD (UUAB)
nominations for Chair
are being accepted on
May 24, 2005
at the
UUAB Meeting
UU 216, 4:00 p.m.

The UUAB Chair is a member of the ASI Officer Team and is open to any currently enrolled Cal Poly student who meets UUAB membership requirements. Any currently enrolled Cal Poly student may submit the name of an eligible student for nomination at this UUAB meeting.

Summer Housing!

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Cerro Vista Apartments
The debate on supplements and creatine rages on

Creatine is naturally found in the body and provides energy for muscles.

One argument that experts have is that creatine and other supplements are starting to intrigue younger generations of kids to try supplements when their bodies may or may not be ready because their bones are still growing.

The Methodist Sports Medicine in Indianapolis estimates that 70 percent of high school athletes experiment with some kind of supplement.

Controlled studies over the short and long term have not show untoward side effects concerning blood pressure, kidney or liver function. However, this does not mean that they don’t exist. There have been individual reports of users suffering from these problems.

Creatine is currently under scrutiny by the U.S. Anti-Doping Agency as a possible performance-enhancing drug. However, there is no scientific evidence to support the claim that creatine is a performance-enhancer.
Golden
continued from page 12
speak, to get to the playoffs. Sentimentally didn't rule Sunday. If there had been any compassion among the selection committee, Cal Poly would have made the playoffs.

There should have been more recognition for the program's turnaround. It was enough to get Robby "Tun" Kometa named Big West Freshman Pitcher of the Year and for Jenny Cadden to get Coach of the Year.

But it wasn't enough for me to do an earlier column, and more importantly, it wasn't enough for the playoffs. Now, Eva Nelson is at last graduating — she capped her phenomenal Mustang pitching career with two complete game wins last weekend. Erin Myers is also going chemical, taking 10 home runs and 36 RBIs to, I guess, the Giants (I hear they have openings).

Gahan Wilson is a journalist and Shouting Daily assistant sports editor. Email him at gahand@gmail.com.

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