MxPx rocks the Rec Center Saturday
IN DIVERSIONS, 12

Playoff spot on the line for Cal Poly football
IN SPORTS, 6

New comparative ethnic studies major opens eyes to other cultures
James Mellow
MUSTANG DAILY

The new comparative ethnic studies major, which will be offered in fall 2008, has caused a lot of excitement among many Cal Poly students.

Theater sophomore Keenie Milligan said she will switch into the new major.

"To have a major that encompasses everything I love learning about, taught by the faculty, I think is so amazing," Milligan said. "That adds the elements of college together: self discovery, discovery of others and supportive faculty."

According to Fanny Chavez, industrial engineer and ethnic studies minor senior, the ethnic studies classes already offered by the department are popular and difficult to get.

"There’s an interest definitely on this campus," Chavez said. Although Charlie Cheney, the ethnic studies department chair, said she has personally spoken to less than 10 students who have shown interest in switching into the major, she said there won’t be any lack of demand to fill the spaces comparative ethnic studies is allowing admissions.

Admissions during the first year of the program will be limited to 12 internal transfers from other majors at Cal Poly.

In fall 2007, 15 new students will be accepted into the major. There will be three spots for internal transfers, five spots for incoming freshmen and two spots for external transfers from other universities.

Starting in fall 2008 and continuing through fall 2010, each year the major will see new students.

Hunger Awareness
As part of the "lower-class," industrial technology junior Brandon Stoy tried begging the "upper-class" to give him food in a hunger awareness banquet held Wednesday.

Banquet demonstrates world poverty, hunger
Karen Velie
MUSTANG DAILY

Of 100 dinner at a campus banquet Wednesday, less than 20 left the dinner feeling satisfied.

At the Hunger Banquet, participants were randomly assigned to one of four social classes and received a meal that represented their assigned socio-economic standing.

Four attendees were designated as upper-class, 11 as upper middle class, 26 as lower-middle class and 57 as lower class.

"These numbers represent the actual economic realities of today’s world," political science senior Tyler Bolender said. "The dinner is a simulation that represents the inequality of the world’s food supply."

Waters served the participants that represented the upper class at a linen-covered table complete with candlelight and crystal. Their table was guarded by students wearing "upper class" shirts and "lower class" shirts.

Waters served the smallest group a steak presented the upper class at a linen-covered table complete with candlelight and crystal. Their table was guarded by students wearing "lower-class" shirts and "lower-class" shirts.

Waters served the smallest group a steak presented the upper-class at a linen-covered table complete with candlelight and crystal. Their table was guarded by students wearing "upper-class" shirts and "lower-class" shirts.

Students gender-bend to celebrate Transgender Day
Jennifer Boudevin
MUSTANG DAILY

At least one transgender individual is murdered each month in the United States.

Transgender Remembrance Day, officially on Sunday, serves to raise awareness of the violence against those who did not conform to gender norms, said Stephen Cohen, a program coordinator at Cal Poly Pride Alliance.

This week, the Pride Alliance and GLBU (Gay, Lesbian, Bisexuals United) raised awareness about transgender issues with several events in observance of Transgender Remembrance Day.

"The word 'transgender' is a broad term that describes all people who feel that their anatomical sex does not match their gender identity, and/or whose appearance and behaviors do not conform to the societal roles expected of their sex," Pride Alliance Coordinator Karinna Maksimuk said.

"Many transgendered people prefer to steer away from gender role extremes and adopt an androgynous behavioral style, including both masculinity and femininity into their appearance," she added.

The wide spectrum of transgendered people includes male-to-female transsexuals and female-to-male transsexuals as well as cross-dressers, drag kings and drag queens.

"Many do not believe in gender as a binary, but see a continuum of possibilities between the extremes of traditional masculinity and traditional femininity," Maksimuk said.

see Transgender, page 2

Soccer coach contract not renewed
SPORTS INFORMATION REPORT

Cal Poly’s men’s soccer coach Wolfgang Gartner has coached his final game for the Mustangs, ending a 26-year career as head soccer coach at the school.

Cal Poly director of athletics Alphonse Cone announced Thursday that Gartner’s contract would not be renewed for the 2006 season.

"I felt it was time to move the program in a different direction," Cone said in a sports information report on www.gopoly.com. "I appreciate and acknowledge the commitment and dedication to the university that Wolfgang has had for so many years."

Cone added that Cal Poly will begin a national search for Gartner’s replacement.

Gartner’s team posted a 6-14 overall record this season and finished 1-9 in Big West Conference play, snapping a 10-game losing streak with two victories in the final week.

Gartner coached the Mustangs for 26 seasons, compiling a 223-221 record with 55 ties. After an 11-7-2 campaign in 1998, Cal Poly has won just 36 of 130 matches.

see Transgender, page 2
Transgender

Throughout the week, students may have seen the memorial display set up on Dexter Lawn in remembrance of those murdered.

Alliy training, a program that aims to eliminate hetero-erasure and homophobia on campus through educa-tion and awareness, was held on Tuesday as part of the week-long remembrance.

The program educates about what it's like to be LGBT and how an individual can be a safe space for LGBT students. "We define terms and offer suggestions on how to build a more inclusive vocabulary and create a more welcoming environment on campus," Cohen said.

"Participants are given a sticker for their office door, backpack, etc. That identifies them as an ally or designates a safe space for LGBT students.

Several trainings take place throughout the quarter, roughly once a month, with the next opportunity planned in February.

The week continued Wednesday night, with a dress-in-drag, "Gender Bonding Night" on campus, followed by a gender-bending dance fund-raiser for TransCentral Coast at Tortilla Flats.

The peak of the week's events was the Remembrance Day Name Reading on Dexter Lawn Thursday.

"The Remembrance Day Name Reading is a memorial event where the names of murdered vic­tims of anti-transgender hate crimes are read aloud, so we're reminded to keep fighting the prejudice and hate that has resulted in so many lost lives," Cohen said.

Nationally, the reading is in its seventh year. This is the second year it has been held at Cal Poly. More information, including the names of the murdered victims, can be found at www.gender.org/remem­brance.

"Transgender 101," an opportunity to ask trans­gender panel members about their personal experiences, will be held from noon to 2 p.m. today, in room 216 in the University Union.

Hunger

continued from page 1

and dessert.

The 11 percent of the room des­ignated as upper-middle class served themselves from a buffet stocked with hamburgers, garden burgers and French fries. They ate with chopsticks at an institutional style table.

"The upper-middle class consume 70 percent of the world's grains," political science senior Jennifer Floyd said. "Overall, they live in a pleasant secure world."

The participants designated as lower middle class served them­selves from a buffet that included tortillas, beans and rice. The stu­dents sat in chairs, but were not provided tables.

"This segment of society lives on the edge," Floyd said. "They often live as day laborers and only some are able to attend school."

The largest group, representing 57 percent of society, were provid­ed with 1 piece of cardboard to sit on the floor. Their meal con­sisted of a small bowl of white rice. "For the lower class, every day is a struggle to find food, water and shelter," Bolender said. "Many are frequently hungry and school is a luxury few in this group can hope to enjoy."

The event was sponsored by Student Community Services, International Programmes and Student World Assembly as part of International Education Week. Campus Dining donated the food and Student Community Services paid for the room rental. All proceeds from the event were donated to the San Luis Obispo County Food Bank and the Oxfam Without Borders.

Major

continued from page 1

admit three internal transfers, seven freshmen and five external transfers.

Some of Cheney's current students have expressed interest in trying to get the major before they graduate, but are finding themselves out of luck.

Since the major will not be offered until next fall, a few students who are currently completely an ethnic studies minor will not be able to take all the required major courses to graduate on time. "In my specific situation, it's going to be a little too late for me," said business senior Adam Serafin, who added that he would have liked to pick up the major, had the program been offered sooner.

However, just having a minor in ethnic studies will benefit him as an individual and in his future career by making him a more well-rounded per­son, he said.

Erin Lukin, a social science senior who is using a host of ethnic studies classes towards her degree concentration, has been waiting since she was a sophomore for the major to get approved. However, when she found out the major was not going to be available until fall 2006, Lukin decid­ed she couldn't switch majors because there wouldn't be a sufficient curriculum offered before she graduates.

"All the teachers in the ethnic studies are so amazing because you learn a lot about racism and discrimination, and they're not teaching you what they learned from textbooks," she said. "They're teaching through their self experiences and lifestyles they grew up in. You learn a lot about these cultural background ... so, it's a really differ­ent way of learning. ... It's a much more meaning­ful education."

Students who are interested in transferring or adding the comparative ethnic studies major should contact the ethnic studies department at 756-1797.

College of Engineering Representative for University Union Advisory Board

Get involved with a student group that oversees student facilities.

Pick up an application in Student Government Office – UU202

For more information, visit www.asi.calpoly.edu/government/

College of Natural Sciences Representative for University Union Advisory Board

Get involved with a student group that oversees student facilities.

Pick up an application in Student Government Office – UU202

For more information, visit www.asi.calpoly.edu/government/

College of Environmental Science and Management Representative for University Union Advisory Board

Get involved with a student group that oversees student facilities.

Pick up an application in Student Government Office – UU202

For more information, visit www.asi.calpoly.edu/government/

Mustangs on the Run

How do you think the new comparative ethnic studies major will benefit students?

"It's a way for them to receive more information about other cultures and other things happening in the world that normally aren't talked about in your major/core classes. We're more concerned about finding specific information than realizing about the world that surrounds us," said Janel Watten, mathematics education junior.

"White and minority (students) can benefit. I think being able to under­stand other ethnicities, because people have other points of view. A lot of times your point of view comes from how you're raised and various cultures. So, if you get to see someone else's point of view, how they see the world, I think it benefits everybody," said Jose Andrade, civil engineering junior.

"I think that, especially in the area we're in, in a predominantly white community, not a lot of ethnicities, it will really help benefit the people in this community to study some things outside their area and bring some issues to light that maybe some people in this area don't even know are out there." — Andy Cech, junior, 2004

Sudoku

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

2 8 7 3 1 5 9 7 2 3 8 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873 1 5 4 9 2 6 5 8 4 5 1 9 8 7 9 873
Name: Aquila Rose  
Year: senior  
Hometown: Paso Robles  
Major: animal science

THE FACE OF CAL POLY

Favorites
Type of music: R&B  
Movie: "Braveheart"  
Food: Red grapes  
Places: Outdoors, in the sunshine

If You Could ...  
— could hook up with any celebrity  
would it be and why?  
Angie Jolie, because of her recent U.N. award

— do something beyond your current capabilities what it would be?  
Put an end to the war in Iraq.

Other
— Here is your chance to ask out any person at Cal Poly, are you going to take it?  
Michael Fernandez — a dope revolutionairy  
— Shout out!  
My lovely lady lumps at 210 Grand

WASHINGTON (AP) — An influential House Democrat who voted for the Iraq war called Thursday for the immediate withdrawal of U.S. troops from Iraq, another sign of growing unease at Congress about the conflict. "It is time for a change in direction," said Rep. John Murtha, D-Pa., one of Congress' most hawkish Democrats. "Our military is suffering, the future of our country is at risk. We cannot continue on the present course. It is evident that continued military action in Iraq is not in the best interest of the United States of America, the Iraqi people or the Persian Gulf region."

GYEONGJU, South Korea (AP) — President Bush took a hardline stance against North Korea on Thursday, saying the U.S. won't help the communist nation build a civilian nuclear reactor to produce electricity until it abandons its nuclear weapons program. With the nuclear dispute with North Korea at an apparent impasse, Bush and South Korean President Roh Moo-hyun put the communist regime on notice that it would not be allowed to keep its nuclear weapons programs. "A nuclear-armed North Korea will not be tolerated," Roh said through a translator.

Mustang Daily
Religious Directory

Your Guide To Places of Worship in the San Luis Obispo Community
To advertise, contact Taiga at 756.1143 or e-mail advertising@mustangdaily.net

First Presbyterian Church  
9:00 AM: Contemporary Worship  
10:30 AM: Traditional Worship  
1:00 PM: College brunch/discussion on the theme "Freedom in Christ"

Front Porch
THINKING ABOUT LIFE, GROWING IN CHRIST  
9:00 AM: Open Hearts, Open Minds
Coffee House with free coffee & wireless  
Sunday School, Film Ministry  
Faculty speakers. Film series, service projects, worship, and more
We are at 1468 Foothill, right behind the health center.

Wesley Campus Ministry  
Sundays @ 5 pm  
1515 Fredericks Street  
San Luis Obispo  
805.543.7580  
www.sloumc.com

Vista Grande Restaurant

Thanksgiving Buffet  
Nov 24, 2005  
10:00am - 3:00pm

Adult  
Child  
$18.95 + tax  
$8.95 + tax

Reservations Recommended

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A debater? A fighter?

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What law school ought to be.
Men's Basketball vs UC San Diego
7 PM at Mott Gym  HOME OPENER

Women's Basketball vs CS Los Angeles
4:30 PM  HOME OPENER

Cal Poly Football vs Idaho State
6 PM at Mustang Stadium  COMPETING FOR THE NCAA GREAT WEST PLAYOFF SPOT

Cal Poly Volleyball vs UC Davis
7PM at Mott Gym  FINAL HOME GAME

Men's Basketball vs San Jose State
2 PM at Mott Gym

Cal Poly Students FREE Admission  GoPoly.com
Erick Smith  
**MUSTANG DAILY**

The football team's regular season comes to a close tomorrow with senior night taking place before the Mustangs match-up against Idaho State in Mustang Stadium at 7 p.m. This week, Cal Poly (7-3, 4-1 Great West) moved up two spots in the national rankings to No. 13 after defeating Southern Utah 20-10 last Saturday. The Mustangs galloped higher in the polls for the second time in as many weeks since falling to No. 15 after a loss to UC Davis in the "Horseshoe Classic" on Oct. 29.

Coming off two consecutive wins, the Mustangs look to finish the season on a winning note against the Bengals, a program which until last year held a four-game winning streak over the Mustangs. Cal Poly put the losing skid to an end with a 35-20 victory last season in Pocatello, Idaho. In the 14 previous games, the Mustangs hold an 8-6 series advantage against Idaho State.

The two teams share five common opponents this season in Southern Utah, Eastern Washington, Montana State, Montana and Sacramento State. In those games, the Mustangs' only loss came at the hands of Montana 27-36 while the Bengals lost to Montana 10-32 and Montana State 28-30.

Offensive redshirt freshmen have stepped up this season to make their presence felt as running back James Noble, quarterback Matt Breman and wide receiver Ramires Barbro are leading the way. Noble has topped the 1,000-yard rushing mark and he did it while sitting out for games against Troy State and UC Davis. He currently has a 7.6-yard per carry average and a total of 1,057 yards. He has also reached the end zone six times.

Breman averages 77.7 yards per game in six appearances this season having started half those games. He has amassed 466 yards, has thrown for three touchdowns and four interceptions.

Holding down the Mustangs' defense is senior defensive end Chris Geocog and junior linebacker Kyle Shores. They will have to contend with the Bengals' dual rushing attack that has improved upon last season's 70 yards per game average by nearly doubling the number to an average of 161.5 yards per game.

The Bengals' running attack is led by Josh Barnett and Kevin Cornist. Both players have an equal amount of touches, 154, this season but Barnett has 840 yards and four touchdowns while Cornist has 712 yards and 13 touchdowns.

Idaho State's sophomore quarterback Matt Hagler will also challenge a Mustang defense that has surrendered an average of 217 yards a game. Hagler has thrown for 1,820 yards and completed 153 of 273 passes. He has thrown more interceptions (14) than touchdowns (8) this season.

Wrapping up the regular season at home will mean 13 Mustangs will play their final regular season game with Cal Poly.

**Great West Football Conference Standings**

<table>
<thead>
<tr>
<th>Team</th>
<th>Conf</th>
<th>Overall</th>
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<tbody>
<tr>
<td>Cal Poly</td>
<td>7-1</td>
<td>7-3</td>
</tr>
<tr>
<td>UC Davis</td>
<td>3-1</td>
<td>5-4</td>
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<td>S. Dakota</td>
<td>2-2</td>
<td>6-3</td>
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<tr>
<td>N. Dakota</td>
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<td>S. Colorado</td>
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**Photos by**

SHEILA SOBCHIK and MICHAEL MULLADY  
**MUSTANG DAILY**
Cal Poly

No. 13 Cal Poly
Conference: Great West
Record: 7-3, 4-1
Last week: Beat Southern Utah 20-10
Next week: Playoffs or bust

Idaho State
Conference: Big Sky
Record: 5-5, 3-4
Last week: Lost 42-28 to Northern Arizona
Next week: N/A

Passing
Matt Brennan 39-79-4 49.4 466 3
James Noble 140 1057 7.6 6
Matt Brennan 70 220 3.1 3
Jonah Russell 29 160 5.5 2
Fred Hives II 26 105 4.0 1

Rushing
James Noble 140 1057 7.6 6
Matt Brennan 70 220 3.1 3
Jonah Russell 29 160 5.5 2
Fred Hives II 26 105 4.0 1

Receiving
James Noble 36 314 16.6 8
Josh Barnett 36 314 17.3 0
Jason Holmes 19 229 12.1 0
Tredal Tubber 15 248 16.5 1
Anthony Randolph 8 72 9.0 0

Idaho St.

Passing
Matt Hughes 153-273-14 86.0 1820 8
Josh Barnett 158 802 5.1 4
Ken Corraze 138 688 4.4 13
Eddie Thompson 14 74 5.3 0

Rushing
Josh Barnett 158 802 5.1 4
Ken Corraze 138 688 4.4 13
Eddie Thompson 14 74 5.3 0

Receiving
Joey Hew Len 33 363 11.0 2
Larue Burley 26 303 13.8 2
Brett Johansen 16 280 17.5 1
Craig Gramon 15 98 6.5 1

Team Stats

Cal Poly

CP ISU

Scoring Avg. 27.7 28.8
Scoring Defense 18.7 26.9
Rush Offense 195.5 161.5
Pass Offense 152.9 206.0
Pass Defense 348.4 367.5
Total Offense 322.6 328.0
Total Defense 19.7 14.7
Fumbles-Lost 19-7 14-7
Sacks 47-332 28-158
Penalties 30-391 77-455
Third-Down Conv 47-125 62-160
TDs Rushing 21 22
TDs Passing 9 10
Pass Comp. Pet. .555 .534

Idaho State

Passing
Matt Hughes 153-273-14 86.0 1820 8
Josh Barnett 158 802 5.1 4
Ken Corraze 138 688 4.4 13
Eddie Thompson 14 74 5.3 0

Rushing
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Pass Comp. Pet. .555 .534
Karl Ivory is a former Cal Poly cornerback who finished up his eligibility last year. He has shed his helmet and pads for a pen and notebook as a special football analyst for the Mustang Daily. Here is what “Coach K” has to say about this week’s match-up.

Quick Recap: By land, air and defense, the Mustangs were able to overcome an early 10-0 deficit and score 20 unanswered points. The land attack was anchored by another 100-plus yard performance by James Noble and saw the Mustangs gain 257 in total. Meanwhile, Matt Mrennan threw for a season-high 213 yards, connecting with Ramses “The Giant” Marden nine times for 104 yards to complete the air attack. The Mustangs followed that up with tenacious defensive play that saw nine sacks and two interceptions.

This week brings a familiar team that two years ago shattered any hopes of a playoff dream when Chris Peterson was stopped one-yard short on fourth and goal of a game-winning touchdown. This year is no different; same team, same situation. A win this Saturday will all but wrap up a playoff berth for the Mustangs.

Cal Poly offense vs. Idaho State defense

After two weeks straight of having over 400 yards of offense, it’s important to maintain that momentum. Even though Cal Poly had 470 yards, they were only able to score two touchdowns. If Cal Poly wants to go deep in the playoffs, they’re going to have to finish drives. Idaho State is giving up 20.0 points a game and are at the bottom of the Big Sky Conference in pass defense, but at are at the top in rush defense, giving up 220 yards in the air and 100 yards on the ground, respectively.

Look for Noble to continue his onslaught on the ground with Brennan finding Barden a few times.

What’s that? The Mustangs have to keep doing what they’ve been doing running the ball with Noble & Co. and tossing it up to “The Giant.”

Cal Poly defense vs. Idaho offense

How do you top a nine-sack performance? Last week was a dominating performance by the defensive line. This week they will have to be just as dominant. Idaho State had 60 pass attempts last week and will probably need to do just that this week. The Bengals have nine touchdown passes with 18 interceptions, and that’s not exactly what you might call dangerous. So the pressure is once again on the secondary to prove that they can stop someone.

If Aaron Williams is healthy enough to play, that will make things a lot easier.

Look for the “Big Three” (Chris Goonig, Chris White and Matt Chechen) to rack up another nine sacks, which would force Idaho State into a lot of picks. Kyle Shotwell should have another big game and rack up 15-plus tackles. And I predict a score from the defense.

What’s that? It’s time for the secondary to step up while the linemen continue to dominate.

Coach “K” Predicts: Cal Poly wins 35-21

One final note: Congrats to all the seniors. It was an honor to play with you and it’s been even better watching you play this season. Stay together, and believe.

---

Musty wants YOU to VOTE!

The “Best For” Cal Poly edition is coming.

Print out a copy of your vote from our website and drop it by the Mustang Daily for a chance to win a $50 McLintock’s gift certificate!

www.mustangdaily.net
Carbs are no longer a four-letter word

Don’t turn the page in reaction to what we are about to tell you. We love carbs! And soon, you too will learn to embrace the wonderful world of carbohydrates. There we said it now was that bad? We know the topic is a bit scary for some to talk about, let alone swallow, but with the millions of Atkins diet followers, someone needed to show some love for carbohydrates.

Since the days of fat diets like Atkins and South Beach, many people have been avoiding carbohydrates like the plague. Carbohydrates are nutrients in foods that provide energy in the form of sugar for our bodies. In several ways, they exist in two forms as simple and complex carbohydrates. Simple carbs are easily and quickly digested in the body and are identified by their sweet taste. Also known as sugars, simple carbs are also found in many processed foods such as cookies and cakes and anything that has added sugar.

The second group is complex carbohydrates. These carbs are mostly starches and whole grains, they are pleasant to taste, but are not definitively sweet. Foods in this group are typically high in fiber, including the germ and bran of the grain kernel. They take the body longer to digest and feel full. They are found in whole grains or whole wheat bread, brown rice and veggies.

So now that we have a handle on what carbs are, let’s talk about why many of you are still frantically running away from the bread aisle at the grocery store. Could it be that you are terrified of putting on a few extra pounds because you ate a carb? You shouldn’t be.

Calories are calories no matter how you choose them. Eating carbs doesn’t mean you’ll turn into a fat monster. Simple carbs like sugar and refined starches can result in weight gain, but complex carbs like bran and fiber from whole grains can help people lose weight. Carbohydrates are the preferred fuel of your body’s muscles and your brain. Without them, your body struggles to produce energy for your daily tasks. The body also uses carbohydrates as its main source of energy during exercise. Carbs also help provide you with that “revved-up” feeling that comes after a good workout. If you don’t eat enough carbohydrates, your body may use fat as its primary energy source. Fat is a slower fuel source, which is why exercise is so much harder when you don’t eat enough carbs.

Students need more parking, not alternative hassles

I’m writing in reaction to the recent visit to campus by President Tzyplewski. I was drawn to his words because it seems the tragedy happened in a car. And then there’s that obvious monetary advantage to a bicycle too.

Roshon Seiden
Aeropac engineering senior

Dear Scott Nordholm,

The following text is taken from a transcript of Osama Bin Laden’s video he sent just before the 2004 elections. Enjoy. Oh, and please don’t share your idea or opinions anymore. The world will be a better place without them.

BIN LADEN (THROUGH TRANSLATOR): “When America allowed the heads to raid Lebanon, the sixth American fleet helped in that. And during that difficult time many feelings went through me, which was difficult for me, but it has resulted in creating a feeling of rejection of oppression and to try to take revenge against the oppressors. And as a result of seeing these two, destroyed towers in Lebanon, I thought perhaps to destroy towers in America, too, so that they may taste what we have tasted and as they have killed our children and women.”

Did you get that Scot? I think what Osama was trying to say is that he disagreed of our involvement in the Israeli vs. Palestine and Israel vs. Lebanon conflicts, and not because “we’re successful, because we treat women with dignity, and most importantly because we support democracy in the face of oppression all over the world.” If you were correct in your assumptions, which you aren’t, I’d hate to see the terrorist backflip if he were to allow gays to get married. I’m sure they just despise gays.

But, I say I am glad you treat women with dignity, that isn’t a quality you find too often in certain countries. 1-2-3-4 (confiden) does not show any justice to your effort. Cal Poly has posed a pitiful 12-37-3 record. I have no idea why the Mustangs are going to win the Big West in 2001, hadn’t had a winning season since 1998 (barely a winning season 11-3-7), and haven’t made the playoffs since 1995. The common denominator through all of these terrible seasons has been one person: Wolfgang Gartner. Maybe you could beat an intramural team even though you had to study for a test or sea season, but Cal Poly has had 10 straight rough seasons. Secondly, implying that Mr. Borzigar is not a local because he is unsatisfied with the outcome of your games is incorrect. Mr. Borzigar is from a far, far land enough to take the time to take action for his discontent because he cares about the team. If Cal Poly gets better fans going to games like Mr. Borzigar, things might change so the men’s soccer program doesn’t have to lay off some success.

Jason Shapiro
Aeropac engineering grad student

LETTER TO THE EDITOR

Mustang Daily has a good point

As much as I may have disliked his predecessor’s agenda and as much as I may dislike this one’s seeming relevancy about said agenda, and even as much as I may be crept out by his likeness run weekly in the Mustang Daily, the guy has a point. We do have a driving problem. I live a doc’s throw away from Highland and I have a surprising number of neighbors with Cal Poly parking permits hanging from their rearview mirrors. Who knows, maybe all those people are hands-capped and need the reliability and independence an automobile provides, but if so, the evidence suggests that contiguity is, well, chance. I guess all I really know about the matter is that if I raced against myself, the one on bicycle would probably gain faster than me in a car. And then there’s that obvious monetary advantage to a bicycle too.

Roshon Seiden
Aeropac engineering senior

LETTER TO THE EDITOR

Send us your love, hate and more

Mustang Daily reserves the right to edit comments for grammar, profanities and length. Letters, commentaries and opinions do not represent the views of the Mustang Daily. Please limit length to 250 words. Letters should include the writer’s full name, position, number, major and class standing. Letters must come from a Cal Poly e-mail account. Do not send letters as an attachment. Please send the text in the body of the e-mail.

By e-mail: mustangdaily@gmail.com

Letters to the Editor
Building 26, Room 226
Cal Poly, SLO, CA 93407

LETTER TO THE EDITOR

The Mustang Daily is a “designated public forum.” Student editors have full authority to make all content decisions without censure or advance approval.

Robin Rodriguez and Jessica Leda

LETTER TO THE EDITOR

Mustangs face more parking, not alternative hassles

I am writing as a response to Mustang Daily president Tzyplewski’s comment about alternative transportation solving the parking problem on campus. Mustang’s stance against building a parking structure and or new parking lot, along with not making cheaper parking permit prices, is ridiculous. Paying $25 a year to circle a parking lot searching for a space is outrageous. I agree with Mustang about that riding your bike or taking the bus is definitely cheaper, but it is not always the most efficient or reasonable means of getting to school. Take the students who have to work between classes. The bus schedule is not going to correspond to their work schedule or job location. Also, riding a bike is out of the question, if work or residence is too far from campus. Plus with winter upon us, fewer and fewer students will resort to the bicycle with the heavy Central Coast rains and early sunsets. This will make the parking lots even more crowded.

Tylor may want the student body to conform to the way he would like things to be. But seeing as he is the ASI president, he seems it should try to be more in touch with the needs of the students he represents. If it is a nice day I ride my bike to school. However when it rains I am going to want a parking space for the $255 permit I paid for.

Michael Macedo
Biomechanics and agriculture engineering senior

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DIVERSIONS
10 Friday, November 18, 2005

It's the Glue that's Crazy, Not Me

Deep inside intestines lines with freedom crimes,
she's reaching in.

Searches far and wide for nothing at all;
shaking hands where pad met cold.

A breath she took, one that you can't hold.

Pretty pain it don't feel good,
but she made you feel again.

She made you feel again.
The curves are smooth with a jagged edge.

Breaking laws on legal pads.

Black and Blue blood red glue means
she stuck to you.

— Seth Kallman
Construction management junior
Mountains provide challenge and inspiration

Cal Poly Symphony celebrates the fall season at Harman Hall

Jennifer Boudlevis
MONDAY, OCTOBER 17

The hills of San Luis Obispo will be alive with the sound of music as the Cal Poly Symphony celebrates the mountainous in its fall concert.

The symphony begins in 2005-06 season at 8 p.m. this Saturday with a performance entitled "Inspired by Mountains" in Harman Hall in the Performing Arts Center's Christopher Cohen Center.

Led by symphony director David Arrivee, the symphony will perform "Funfair" from La Peri, by Paul Dukas, Symphony No. 2, "Mysterious Mountain," by Alan Hovhaness and Symphony No. 6, "Pastoral," by Ludwig van Beethoven.

The "Funfair" piece offers an opportunity to showcase the symphony's brass component. It "was designed to highlight (the brass) section of the orchestra," because they often play such a supporting role in symphonic repertoire," Arrivee said.

The latter two pieces are both highly imaginative musical responses to nature, he explained, and celebrate both composers' affinity for the natural world.

Mastering the complicated pieces was no easy task for the symphony, but Arrivee has confidence in their upcoming performance.

"I think they've done a great job raising to the challenges of both pieces," he said. "After all, tackling difficult repertoire and expanding one's sense of musical styles is highly rewarding, and that's what the symphony is all about."

— DAVID ARRIVEE
Cal Poly Symphony Director

The New York Times Crossword

Edited by Will Shortz
No. 1014

ACROSS
34 Starchy
36 Dramatic
38 Buck passer?
41 Kitchener who hosted TV's "Funk'd"
43 Like some salads
45 It may go for me and mi
46 Sentence request
47 A Load
48 Point in the right direction?
50 Parget put-on
52 Starter's aid
54 'Black' day in California
58 It's not out of the ordinary
61 Put (above accent)
53 Factor in some weird probabilities
57 Shy!

DOWN
1 Not just bickering
2 Mehrzeit international Airport site
3 Intelligence
4 Not at all effective
5 Windsor, for one
6 Comes to
7 Rally Sport, e.g.
8 Wage earners
9 See 66 Across
10 Concerning
11 Curriculum requirement
12 Te
13 Kind of sleep
16 Fizzle
18 Knocking noise
19 Topping for fish
20 Topping for fish
26 Thirsty thing
27 Nerd
29 Farmer
30 Classic comedy film about a gender role reversal

for answers, call: 1-900-285-5656, $1.20 a minute, or, with a credit card, 1-800-814-5554.

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Don’t ‘Panic,’ MxPx rocks

Maricar Mendoza

Don’t know what MxPx stands for? Well, that means one of two things: you’re not a fan or you’re not looking hard enough. Either way, don’t ask Mike, Tom or Yuri—they’ve been asked the question thousands of times. Instead, save your breath for something like “You guys rock” or “One more song” chants because the Bremerton, Wash, trio is making its way down to Cal Poly’s Recreation Center tomorrow.

Promoting their newest album “Panic,” which hit stores over the summer, bassist and lead singer Mike Herrera, guitarist Tom Wiceniewski and drummer Yuri Ruley have been on the road since early October for their “Panic with a K Tour” accompanied by Relient K and Rufio.

“I’ve been looking forward to this tour since the beginning of (the) Warped Tour,” he said. “The shows have been awesome and obviously, it’s been fun to hang out with Relient K and Rufio.”

It’s particularly weird — a good weird — for MxPx to share the stage with Ohio band Relient K.

“The guys from Relient K, they’ve been fans of our band for a really long time so it’s kind of funny. They’ll ask us questions like, ‘Hey man, I don’t mean to bug you, but...’ And it’ll be questions that they’ve always wanted answers to for a long time,” Ruley said, laughing. “It’s an interesting position to be in, you’re not even 30 years old and there’s people that are like, ‘Ah man, you guys are so great’!”

Then again, after nearly 14 years as a band, co-headlining with fan-turning-tour-buddies who remember listening to “Chick Magnet” and “Responsibility” during fourth period was bound to happen.

But concert-goers be warned the band’s age is just a number.

Ruley, who mentioned MxPx just passed its “13th birthday,” said that though they’ve played numerous concerts — big and small — the band always strives to give it their all.

“So one thing’s for sure, MxPx is expecting fans to scream, sing and scream some more,” he said.

“We’ve incorporated a lot more audience participation through some of our ‘classic’ songs so there’s a couple of parts in the set that’s heavily dependent upon the audience,” he said. “The crowd can kind of make or break the concert.”

And throughout the tour, Ruley said this technique has paid off.

“People have come up to us after shows and tell us, ‘It’s so awesome’ and that it makes a big difference. And it really does because you don’t want to go to a show where you’re basically listening to a CD live and have the guys in the band never say a word. You want to fell some personal interaction,” he said. “And we’re always done that, but I think we’re just understanding how much more important it is now that it ever has been for us.”

As Ruley explained, “Panic” is comparable to the band’s older albums such as “Life in General” (1997, Tooth and Nail) and “Slowly Going the Way of the Buffalo” (1998, Tooth and Nail).

“Basically, we kind of went back to the way we used to make records, which was really fast — get in the studio, with the songs pretty much done and just get some great vocals out of the instruments and go,” Ruley said. “And some of our records, we’d spend months and months, taking them and after a while that becomes a drag. We lost sight of the end product. And you just get up there and it’s like the perfect pop record.”

So for MxPx, it was all about going back to the basics. For instance, Ruley said there were a couple of songs that were literally written and recorded on the spot.

“A couple of the songs that were harder, and when it was appropriate, like ‘Get Me Out’ and ‘The Darkest Places,’ those were banged out in one shot,” Ruley said.

The band even experimented with its recording style.

“With the song ‘Get Me Out,’ Mike had this cheap mic that he just held in his hand...” he said, “and that it made as many kind of pops and the vocals had differing volumes.”

Ruley admitted, however, that the band dubbed extra tracks on a few of their more poppy songs like “Wrecking Hotel Rooms,” but emphasized they didn’t do anything outrageous.

“The cool thing about doing a record that way, when you go to play the songs live, they’re very natural,” he said. “In the past, songs where we did a lot of extra stuff on it and then tried to incorporate that it a live set, it was kind of awkward... With ‘Panic’ it’s very natural. The songs are easy to translate live, which is cool.”

Speaking of translation, however, Ruley said listeners shouldn’t expect to find any answers in many of the songs on “Panic.”

“I think we’re living in a time right now where people are asking a lot of questions like, ‘What are we going on with the world?’ It’s not in terms of pol­itics or the day. So I think it was really easy to draw from the world clime­mate politically right now, and in the last couple of years,” Ruley said. “There’s a lot of songs that ask, ‘What happens?’ We do we with the live that we’re given? And a lot of the questions just go unanswered.”

What can be answered, however, is what diehard fans are wondering: Will year 14 be MxPx’s last?

“I don’t think so,” he said. “We’ve been doing it so long it’s hard to think of the end! I mean, it’ll come some day, but right now we’re really just focusing on getting out and getting this record heard around the world... That’s what we are, a live band — we just like to get out and play.}