Web sites try to make being a student easier

Samantha Freitas / Staff Writer

The enormous popularity of online social networking forums, such as Facebook and MySpace, has prompted a new trend of academically inspired Web sites aimed at helping college students.

Web sites such as Gradefix.com, iChapters.com, and Notezonline.com provide everything from planning and organizing schedules to purchasing textbooks and exchanging notes.

Gradefix.com, which has been operating for less than a year, is a homework management system designed to stop the art of procrastination. It breaks down homework assignments (including reading and studying time) and creates a detailed schedule.

“We were surprised by how popular the site became. We already have students from over 30 countries and 600 schools,” said Gradefix.com co-owner Mac Newbold.

Gradefix.com was created by University of Utah graduate student Mark Polon, who realized that he devoted as many as 29 hours to schoolwork some weeks and as few as seven hours other weeks. Polon designed the program to avoid overwhelming and unnecessary stress.

After logging all homework assignments, the amount of time they will require, and their due date (either all at once or at the beginning of the semester, or as they’re assigned), Gradefix.com evenly distributes the workload and designates specific amounts of time to designate to each assignment on a given day.

“Studies show cramming doesn’t work,” Newbold said. “You have better retention when you study the week leading up to a test. We break tasks up over a series of days instead of cramming.”

iChapters.com is a Web site that allows students to search for discounted textbooks, but is unique from Web sites like screetcheworkbookstore.com because it also has individual chapters and electronic versions of the text.

Ebooks, as they are called, are not as readily available as the traditional textbooks on the site, but are desired since you can purchase the text in full or in individual chapters that range from 99 cents to $8.

“Instead of buying a book and only using a quarter of it, I can pick and choose the chapters I buy and save a ton of money,” architectural engineering senior Lindsay Patch said.

Anna Nicole Smith dies after collapsing at Florida hotel

Suzette Laboy / Associated Press

Hollywood, Fla. — Anna Nicole Smith, the pneumatic blonde whose life played out as an extraordinary tabloid tale — Playboy centerfold, jeans model, bride of an octogenarian oil tycoon, reality-show subject, tragic mother — died Thursday after collapsing at a hotel.

Just five months ago, Smith's 23-year-old son died suddenly in the same hotel.

She was stricken while staying at the Seminole Hard Rock Hotel and Casino and was rushed to a hospital. Edwards Johnson, chief investigator for the Broward County Medical Examiner's Office, said the cause of death was under investigation and an autopsy would be done Friday.

This video frame grab provided by NBC in television in Miami shows what was reported as the body of Anna Nicole Smith. Bahamas in what was believed to be a drug-related death.

Seminole Police Chief Charlie Tiger said a private nurse called
Lake Conservation is carving another trail in Santa Margarita. Some sites are called back camps, because they can only be reached on foot or by canoe. These camps are called back camps, because they can only be reached by boat or by bike. Currently, the California Conservation is carving another trail in Santa Margarita. They are hoping it will be open for use by the summer season.

If it is just a day escape you seek, then this park is just the place. Being only a half hour from San Luis Obispo, it is a simple getaway from the ordinary day to day. The park has many individual sites with barbecues; some are close to the lake and some stop the shaded hills. There is also a pool open from Memorial Day to Labor Day to cool you off on warm days.

Santa Margarita Lake is very family and pet friendly. Pets are allowed as long as they are on a leash. There are many activities throughout the year that cater to family camping. Once a month, the park rangers put on a campfire season. Notecentric.com is an up-and-coming online note-taking service, similar to mynoteit.com and lifehacker.com, that allows university students to share, exchange and compare class notes. University of New Mexico student Hung Truong developed the Web site in August 2006 as a way to share notes with classmates as well as to have a primary and easily accessible place to store his notes.

The site is now available to students from universities around the nation, but is admittedly still trying to catch a following. "There's actually more universities than there are users," Truong said. All the mentioned Web sites are free of charge except Chadefix.com, which charges $3 a month if you choose to log more than 10 tasks.

Smith continued from page 1

Weary your PJ's and receive a 30% discount on all:

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  - Art
  - Office
  - School

Congratulations on your purchase!

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

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HARD

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Settlements in the city's recent one of the largest misconduct and skull when he tumbled 30 years. He lost in the neighborhood and found in a tree. People were entrenched by the squalls in the afternoon, officials said. The bodies of one man and the teenager were found in the rear seat of the pickup truck that had been carrying the group.

Another 15-year-old girl was later found with slight injuries, and another apparently uninjured person was found in the afternoon, officials said.

Two men who were not injured were in custody and telling authorities what happened. It was not clear whether anyone remained missing. Investigators did not immediately know a motive for Thursday's attack, but gangs of bandits are known to roam border areas preying on illegal immigrants as they cross into the country. Feeding among smuggling organizations also is not uncommon, sometimes involving demands for ransom from the immigrants relatives to gain their freedom.

AWESOME SUMMER JOB! CAMP WAYNE FOR GIRLS - Northeast Pennsylvania (6/16-8/12/07) If you love children and want a caring, fun environment we need Counselors and instructors for our summer camp. We will be on the Cal Poly campus February 25th to conduct interviews. Call 1-215-944-3069 or apply at www.campwaynegirls.com

Select The Camp That Selects The Best Staff!
Affinity, an upcoming cultural Saturday's fundraiser at The Filipino du b, Omega Xi Delta go to! Affinity and beyond Tristan Aird awareness show.

The two groups will co-host the fundraiser from 10 p.m. Saturday to 2 a.m. Sunday at The Graduate in San Luis Obispo. Prices will be reduced to $6 for attendees 21 years and older and $5 for those between 18 and 21. All proceeds from Saturday's music and dance party will fund two fundraisers for Affinity, Filipino Cultural Exchange president and graphic communications senior Stephen Heraldo said.

"The event we're promoting is a hip-hop cultural showcase," Heraldo said. "We recognize that hip-hop plays a big part in our culture, especially today." Heraldo said that the "exchange" component is the main part.

One of Filipino Cultural Exchange's members, psychology sophomore Maribeth Diesta, said the group represents a "home away from home" for basically anyone. "They don't have to be Filipino," Diesta said. "It's just a way of having people from high school and college and helping them. Just finding yourself." Heraldo echoed those sentiments, adding that Filipino Cultural Exchange is the largest cultural club on campus.

"We know that for students coming from minority backgrounds," Heraldo said. "It's kind of a culture shock to come here. Our motto is 'a home away from home.'"

Although the group is named the Filipino Cultural Exchange, Heraldo said that the "exchange" component is the main part. "We accept members from any background. You don't have to be Filipino to be in the club," he said. "Basically, it's just a group of students that want to have that family-oriented experience in college."

Heraldo said Filipino Cultural Exchange also organizes a variety of intramural sports teams and has a big-brother, big-sister program. "We're an all-around organization," Heraldo said. "We do events almost every weekend and yet we're kind of the unknown identity on campus because we are a cultural organization. Our doors are open to everybody."

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Poly Music Department to host 'A Night at the Mission'  

Hayley Bramble  
MUSTANG DAILY

The Cal Poly Music Department will present a lively evening of contemporary music in "A Night at the Mission," its annual chamber concert Saturday at 8 p.m. in the Old Mission Church downtown.

The concert will feature six Cal Poly student ensembles, including the Trombone Choir, Clarinet Ensemble, Chamber Winds, Saxophone Quartet, Brass Choir, and String Quartet.

"I think it's fun because you get to hear the small ensembles that don't play in the big concerts," said Valerie Gong, who plays oboe since fifth grade. "It's a whole different experience for students and seniors and $10 for the public." The benefit concert, which is a group of ten students this year, was started as a fundraiser for a single performance.

Both Blaser and Henry are of Anishinaabe ancestry and members of the White Earth Chippewa tribe of Minnesota, and Blaser was raised on the White Earth reservation.

The Chamber Winds ensemble will play a piece called "Old Wine in New Bottles," written in 1958 by British composer (ioalon Jacob. Henry is an associate professor at Michigan State University. He was nominated for a National Book Award in 1994 for his book "The Little People," a novel that Kirkus Reviews described as a "multifaceted view of contemporary Chipewa life through the device of a boy searching for his parents."

The benefit concert, which is a fundraiser for a single performance after "it was kind of a fluke," said Johnson. "I think it's fun because you get to hear the small ensembles that don't play in the big concerts," said Valerie Gong, who plays oboe since fifth grade.

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Where has all the pepper gone?

There are certain aspects of studying abroad that I knew I wanted to be ready to adjust to. Being far away from home, missing family and friends, and meeting new people. But what I didn’t think about as difficult would be adjusting to parts of life I assumed would be the same. I had heard that Chilean food was bad, but I thought, “How bad could it be? I’ll adjust.” Had I only known...After six months of suffering, I’ve discovered that I miss the creative dishes accompanied by a welcoming ambiance. I miss the bland food, salt and sugar are two flavor enhancers ubiquitously recognized in Chile (that’s if you do not douse it with a thick coat of salt. This usage of salt frightens me the most the singleity of salt is evident as a flavor as you enter any restaurant. I found myself reaching at the end of the table for pepper to realize that salt’s best friend wasn’t there! Where has all the pepper gone?? Instead of pepper as in, salt, best friend has been replaced with the “other white spice”...SUGAR! You may find this abundance in your coffee, juice, tomato, or other instant concoctions. Perhaps a strategy to hide the high sugar contents of their desserts is to dissolve them into tiny, dry bins. Just to digest the Chileans overly sweet brownies you must resort to vacuum sucking the dismembered bits out of the overly sweet brownies. Chileans also seem to lose the convenience of powdered drinks. For example powdered juice, powdered milk and the highest crime among crimes...instant coffee...Yuck! That better excuse for coffee served in every coffee shop in Chile. Unfortunately, one of the few places that serves ground coffee is what I like to call the Gringo Headquarters, a.k.a. Starbucks. Perhaps it isn’t just the instant coffee that I abhor, but the ambiance typically associated with an American coffee shop that I miss.

The Chilean coffee shop is just enough so that you must remain in the chair, that’s only if you’re lucky enough to have found a coffee shop that has comfortable chairs instead of bar stools. This is because coffee is usually just a side business to their kiosk, bar or ice cream shop. For your added convenience, cafes generally open around 10 in the morning, just in time to meet the morning rush. Even with these few examples you see you have to adjust to ways of life you never thought would require adjusting. It’s all a part of the cultural exchange. While I may think that sleep deprived drivers who fall asleep at the wheel, to meet, to study, or to relax, have learned that those sorts of activities are dangerous and rethink the presentation to be more considerate of the Chileans also seem to love the tomato sauce, jam and desserts. They...tasteless. For your added convenience, cafes generally open around 10 in the morning, just in time to meet the morning rush. Even with these few examples you see you have to adjust to ways of life you never thought would require adjusting. It’s all a part of the cultural exchange. While I may think that sleep deprived drivers who fall asleep at the wheel, to meet, to study, or to relax, have learned that those sorts of activities are dangerous and rethink the presentation to be more considerate of the Chileans also seem to love the tomato sauce, jam and desserts.

Tired? Take a nap!

Whether it’s repeatedly hitting the “snooze” button on your alarm clock in the morning, dragging your feet after an all-night study session, or nodding off in class even behind the wheel, as college students, we all have felt the effects of not getting enough sleep.

According to the University of Michigan Health System, college students average only 6 to 6.9 hours of sleep per night, though we need about eight. We’re progressively getting sleepier, too, according to the Web site. College students get to bed 1 to 2 hours later and sleep 1 to 1.6 fewer hours than they did a generation ago.

So how do we combat sleep deprivation, an affliction that affects 50 percent of Americans and carries with it a laundry list of health risks, not to mention lessen our productivity and makes us feel lousy? The answer is easier and more enjoyable than you might think.

Take a nap.

Nature actually intends for us to nap in the middle of the day, according to Talk About Sleep, an organization that raises awareness about sleep issues. People in numerous countries make this a regular ritual (most famously referred to as a siesta) by dosing off after a midday meal. Some big corporations such as Nike and Deloitte Consulting even encourage their employees to nap on company time, according to an article in Business Week Magazine.

Last year, a study at the Stanford School of medicine allowed a group of emergency room workers to take a 40-minute nap in the middle of an all-night shift. The group was reported as being more vigorous, less fatigued and better able to concentrate. Simulated insomniac dis­ turption than the group not allowed to nap.

Despite the volumes of studies that support napping, today’s society has largely shunned the idea, instead opting for caffeine or a shot of Red Bull. But the risks associated with sleep depriva­tion are far too great to take lightly.

According to an article in The Washington Post published in 2005, not getting enough sleep increases the risk of cancer, heart disease, diabetes and obesity, among other al­ legations. Drivers who fall asleep behind the wheel account for 1,500 accidents each year, according to American Psychological Association.

But what if you’re not a napper? Jill Murphy Long, author of Napping: The Nana’s Remedy: Taking Naps to Restore Your Spirit and Sleep Better for the Rest of Your Life, offers up tips for getting in the zone. According to Long, people should rest in a quiet, darkened space away from activity. The space should be comfortable and not too cool a temperature, she said. People should aim to rest for at least 15 minutes, she said. Jill Murphy Long, author of Napping: The Nana’s Remedy: Taking Naps to Restore Your Spirit and Sleep Better for the Rest of Your Life, offers up tips for getting in the zone. According to Long, people should rest in a quiet, darkened space away from activity. The space should be comfortable and not too cool a temperature, she said. People should aim to rest for at least 15 minutes, she said.
**Sports Information Report**

Cal Poly women's soccer program signs 3 recruits

Cal Poly athletics director Alison Cone and women's soccer head coach Alex Cimerter announced the signing of three recruits Thursday for the 2007-08 season.

"These three additions will fill specific needs and are all great soccer players and great people," said Cimerter.

Taylor Cole (Defender, Los Alamitos): Part of a team that was CIF Division I in 2005 and was a starting defender in 2006 and 2007.

Brian McPike (Midfielder, Alamo): A three-year letter-winner at Monte Vista High and San Ramon Valley High and her current team under head coach Mark Jones (San Ramon Valley) is nationally ranked.

Whitney Sisler (Forward, San Marcos) is a three-year letter winner in soccer and track at La Costa Canyon High.

**Classification**

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**Homes for Sale**

5 Bdrm house for sale. $30,000. Contact: (805) 756-1143 or email: classified@mustangsdaily.net

**Help Wanted**

Cal Poly Dance Sport Team presents Mustang Sail Ballroom Dance Competition Friday Feb. 10th in Chumash Auditorium at 7:20pm www.cpdance.org/comp/

**丢失和发现**

LOST AND FOUND

REWARD for lost gold bracelet with "Frances" engraved and bake" moves back to Texas for a second time. "I have a bakers," Kazemian said.

After placing eighth out of 16 at nationals a year ago, the team is expected to go even farther this year with the 18 freshmen who recently joined.

Cal Poly's next home game is against UC Santa Barbara at 2 p.m. Feb. 17 on the lower fields at the Sports Complex.

Say, Chico State has been one of Cal Poly's biggest rivals since 1981.

"I thought the game went really well," sophomore defender Kendal Shurman said. "I think we're going to be in the coming weeks like (UC) Santa Barbara and Chico, (State)."

Cal Poly visited Chico State on Saturday. "I think this weekend will be a real test," senior defender McManus said.

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The Mustangs will put that belief to the test when they begin the inaugural round-robin Mustang Classic with a nonconference home doubleheader against 16th-ranked Washington at 3 p.m. today at Bob Janssen Field.

"They're all so different how they throw," Cal Poly assistant coach Claire Sua said Monday at a weekly athletics department news conference. "Depending on who we're playing, we can always bring in somebody with a different style. Adding a lefty to our lineup is a huge asset to us. We're really deep in our pitching staff."

The left-hander Sua referred to is touted freshman Helen Peru, the team's likely No. 3 starter. Also in the mix are right-handers Robyn Kontra (junior), Jenna Maden (sophomore) and Emily Hovely (senior), Sua said.

The Mustang Classic runs today through Sunday with Cal Poly also playing a doubleheader against Sacramento State at 3 p.m. Saturday. The Mustangs then wrap up the tournament against Santa Clara at noon Sunday.

Sua said opening the season against the Huskies could benefit our pitching staff. "I think it gives us a sense of urgency," she said. "We start with a ranked team and have no time to rest. Starting things off super intense against one of the best teams in the country will help us keep our level of play throughout the season. For us to bring in a team that's ranked within the top 20, that's always a plus for us."

Cal Poly returns 14 players from a team that finished 27-23 overall and third at 13-7 in the Big West Conference last season. The Mustangs were picked to finish second in the Big West pre-season coaches poll released Jan. 24.

Sua said Cal Poly could receive a lift from starting this season at home, as opposed to last season when it opened on the road to a 5-14 start.

"I think it's a huge boost for us," Sua said. "Any time you start off your season and want to hit the ground running, you always want to start off at home. It's where the girls are comfortable, where they practice every single day. It's a huge morale boost to everyone involved."

Cal Poly, however, plays its next 25 games after this weekend away from home.

Editor's Note: A complete preview of the Cal Poly softball team's 2007 season ran in the Mustang Daily on Jan. 24. It can still be viewed at www.mustangdaily.net.

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