In the clamar
and the clango

The ringing sound heard by the Cal Poly community every hour is not from bells. It is a recording of the Westminster Abbey bells in England.

Cary Conroy
MUSTANG DAILY

Every hour, from 7 a.m. until 10 p.m., the sound of brass bells can be heard across campus, emanating from the clock tower by the Business and Education buildings. However, the "heartbeat" of Cal Poly is not produced by real bells; it is simply a recording of bell sounds.

Built in 1942, the clock tower was sans bells for more than 10 years. In 1953, Cal Poly purchased a mechanical "carillonic" system for $6,270. Imitating the sound of the bells in Westminster Abbey in England, the system was stored in a tiny basement room below the Education building.

The sound of bells were made by strikers hitting metal plates, similar to a xylophone. Like a piano player, rolls of punched paper told the strikers which notes to play. A microphone picked up the notes, which were then amplified from the eight speakers in the tower.

Unlike now, the clock tower used to play more than just the chiming of bells. On special occasions, the system was used to play holiday, religious and patriotic music. The amplifier system could also be used to make announcements. Clubs and organizations would use the amplification system to make campus-wide announcements from the tower. However, as the campus expanded, the center of activity shifted from the clock tower area to the University Union Plaza and the use of the tower faded.

About 10 years ago, Cal Poly upgraded the amplification system, replacing the mechanical system with an electronic system.

"What you hear now is a recording of the old mechanical chimes," explained technician Pete Woodworth. "The system is on a timer, programmed to ring every hour."

Some Cal Poly students wonder with the clock tower doesn't have real bells, like UC Santa Barbara's Storke Tower, which is home to 61 bells. Most of those students think the electronic system doesn't sound like the real thing.

"You can tell it's a recording," engineering junior Bryan Davenport said.

"Yeah, it definitely sounds like a recording. Sometimes I can hear the strikers scraping," engineering junior Ryan Jeffeson agreed.

Woodworth guessed that Cal Poly chose mechanical and electronic bell systems, as opposed to actual brass bells "because of the cost," he said.

To have the same type of sound would take at least 25 bells that would weigh 79,464 pounds and cost thousands more than the newer electronic systems.

So next time the bell tower chimed, releasing you from a two-hour lecture, try to pretend that you're really hearing the bells of Westminster Abbey in England, as opposed to a recording amplified from the basement of the Education building.

Jon Tapper holds a pair of unreadable gift cards from bankrupt retailer The Sharper Image on Monday.

Gift cards become worthless when retailers file for bankruptcy protection

Anne D'Innocenzo
ASSOCIATED PRESS

NEW YORK — You know that Sharper Image gift card you got for Christmas? Right now, it's worthless. And other gift cards in your wallet could lose their value, too.

As more retailers file for bankruptcy or go out of business, more than $75 million in gift cards are at risk of becoming worthless pieces of plastic this year.

"If I knew this was going to happen, I would have used them right away," said Jon Tapper, a public relations executive from Boston who received two Sharper Image cards as business gifts just a few weeks ago. Their total face value is $50.

"I love gift cards, but now this makes me think twice," Tapper said.

The Sharper Image announced late last month that it was suspending the acceptance of gift cards, at least temporarily. It urged shoppers to check the company Web site later this month for an update. That is typical of businesses that reorganize under Chapter 11 bankruptcy, which treats gift cards as a loan to the company, not as cash.

For many shoppers, it's a harsh lesson about the risks of gift cards. Consumers spent an estimated $26.3 billion in gift cards last holiday season, compared with $24.8 billion in 2006 and $18.4 billion in 2005, according to the National Retail Federation.

"You basically stole (money) out of the customers' pocket. They will never forgive you," said C. Britt Beemer, chairman of America's Research Group, said "you will see a lot of frustration among customers. You basically stole (money) out of the customers' pocket. They will never forgive you."

The number of gift card misissuance and liquidations this year is expected to reach the highest levels since the 1991 recession.

Brian Riley, senior analyst at The Tower Group, estimates that shoppers could lose more than $75 million just from stores and restaurant closings in 2008.

The Tower Group's figures include misissuance and pop services like the local nail salon. Riley said such small operations, which are most vulnerable to economic downturns, pose the biggest risk to gift card holders.
Palestinians suspend peace talks; Israel continues Gaza offensive

Ibrahim Barrak  
LATCOTE PHOTO

GAZA CITY, Gaza Strip — The Palestinian president suspended peace talks Sunday in Israel, brushed off international criticism and vowed to press ahead with its Gaza offensive until militants halt rocket attacks.

Israeli Defense Minister Ehud Barak said an even broader Gaza operation was possible, aimed at crushing militant rocket squads but also "to weaken the Hamas rule, in the right circumstances, even to bring it down."  

The Palestinian death toll rose by 21, bringing the number killed to 10 since the latest bout of fighting erupted on Wednesday, according to Palestinian medical officials and militant groups. At least 34 Palestinians and two Israelis were killed on Sunday, the single deadliest day in more than seven years of fighting.

The Gaza onslaught has failed to protect southern Israel, where residents have faced repeated rocket attacks since 2001. Gazans fired more than 25 rockets at southern Israel Sunday, the military said, scoring direct hits on houses in the city of Ashkelon and the town of Sderot. Nine Israelis were injured, rescue services said.

Palestinian negotiator Saeb Erekat said peace talks with Israel had been halted.

"For the time being, the negotiations are suspended because we have so many funerals," he said. "Since when the talks, relaunched last November at a U.S.-hosted summit, would resume.

The violence clouted an upcoming visit by Secretary of State Condoleezza Rice.

The Israeli and Palestinian leaders have set a December target for concluding a final peace deal. But instead of promoting peace, Rice will likely spend her week trying to put out the latest fire.

The Bush administration demanded a halt to the fighting.

"The violence needs to stop and the talks need to resume," Gordon Johansson, a spokesman for the National Security Council, said in Texas.

Before dawn Sunday, Israeli aircraft carried missiles slamming into the empty offices of Hamas's Gaza prime minister, Ismail Haniyeh. No one was hurt, but the attack was seen as a tough message to the Hamas leadership, which has refused to halt rocket barrages as a growing swath of southern Israel.

After nightfall, Israeli aircraft struck targets around Gaza City, including Hamas security officials said.

The Israeli military said it fired at gunmen in Jemhliya, hitting one person. It had no immediate comment on any attack on Shati.

Before midnight, Israel moved additional ground forces and armored vehicles into northern Gaza, widening its area of operation about a mile, witnesses and Palestinian security officials said. Also, aircraft attacked two metal workshops in northern Gaza, wounding 17, they said.

Palestinians gather next to the rubble of a mosque that was used by the Palestinian forces of Hamas after it was hit in an Israeli missile strike.

The Israeli military attacked targets around (Gaza City's Shati refugee camp and at Jebaliya, further north, where a militant was killed and four were wounded, Palestinian security officials said.

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The military said two weapons caches were hit and that the troop rotations were routine.

Eleven Palestinians, including a 21-month-old girl, were killed Sunday, and 10 others died of earlier wounds or were found dead, Palestinian medical officials said.

Roughly half of the dead killed since Wednesday were civilians, medical witnesses and Palestinian security officials said. Also, aircraft attacked two metal workshops in northern Gaza, wounding 17, they said.

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"If you could time travel, where would you go?"

Compiled and photographed by Donovan Aird

"Ancient Greece, because I studied abroad there, and all I saw was rocks. I'd want to see it in its heyday."
— Susan Chmelir, business senior

"The 1960s or the '70s. There were so many interesting things going on at that point of time — it was a whole different atmosphere."
— Clint Hebrew, electrical engineering senior

"I'd want to go to ancient Rome to see how it looked in its heyday, and to go to all the historical events that happened in that time."
— Christina Chiappe, social sciences senior

"The early 1990s, without all the technology we have now. It was just simpler."
— Amber LeBrun, industrial engineering freshman

**State**

GLENDALE (AP) — John Ritter's widow has resumed testifying in a wrongful-death lawsuit against two of the actor's doctors.

Amy Yasbeck returned to the stand in Glendale Superior Court on Monday and told the jury about the actor's ebullient personality and devotion to his children.

The testimony is intended to support claims for $67 million in damages against a radiologist who performed a body scan on Ritter two years before his death and a cardiologist who treated him the day he died in 2003.

GRASS VALLEY (AP) — A 43-year-old Grass Valley woman facing two misdemeanor charges for allegedly serving wine and vodka at a sleep-over party she held at her home for a high school girls varsity basketball team.

School officials suspended 10 players from the Bear River High School team for 30 days in January, ending their season early. The Nevada County district attorney's office said the party took place at Nicole Frances C'fsterholt's home in December. She is facing charges of contributing to the delinquency of minors and providing alcohol to minors.

**National**

WEST PALM BEACH, Fla. (AP) — A man opened fire at a Wendy's restaurant around lunchtime Monday, killing one person before committing suicide, authorities said.

The shooter wounded at least three others. They were in critical condition, said Palm Beach County sheriff's spokeswoman Teri Barbera.

WOODYINVILLE, Wash. (AP) — Feds gutted three multimillion-dollar model homes in a Seattle suburb on Monday, and authorities found a sign purportedly left by eco-terrorists that mocks claims that the homes were environmentally friendly.

"Built Green? Nope black!" said the spray-painted sign that bore the initials of the radical environmental group Earth Liberation Front.

CHICAGO (AP) — Car crashes are the leading cause of death for tweens and teens, and a new study outlines some of the most dangerous circumstances: Riding unbuckled with new teen drivers on high-speed roads.

These were the three biggest risk factors contributing to car crash deaths of passengers aged 8 to 17, the study found.

**International**

EMBAKASI VILLAGE, Kenya (AP) — Dozens of people with assault rifles and machetes stormed a village in western Kenya early Monday, killing at least 13 people, including six children, police said. Some were burned alive in their homes.

National Police spokesman Eric Kiraithe said the attack in Embakasi village was over land, not the country's disputed Dec. 27 presidential election, which unleashed weeks of nationwide bloodshed. Rabson Mbuya, who said his wife, three children and housekeeper were killed, said he was patrolling the area as part of his job in the police reserve when the attackers came.

KABUL, Afghanistan (AP) — A suicide car bomber attacked a U.S. base in eastern Afghanistan Monday, collapsing a guard post with American soldiers inside, an Afghan official said. Three NATO soldiers were wounded, a U.S. military official said.

Two Afghan policemen also were wounded in the attack, said Lutfullah Babakarheil, a district chief.

The attacker in the eastern Khost province rammed the explosives-laden car into the gates of the U.S. military base in Yakobi district, Babakarheil said.
Pilotless planes emerge as a top Israeli weapon in its aerial war with Hamas

Ibrahim Barzak and Aron Heller

Palestinians say they know when an Israeli drone is in the air: Cell phones stop working, TV reception falters and they can hear a distant buzzing. They also know what’s likely to come next — a devastating explosion on the ground.

Palestinians say Israeli pilotless planes have been a major weapon in its latest offensive in Gaza, which has killed nearly 120 people since last week.

“Our experience is that the drone missile is successful in hitting its targets, and it’s deadly,” said Dr. Mahmoud Assali, a Palestinian physician who works in the emergency room of a northern Gaza Strip hospital that has often treated Palestinian gunmen hit by Israeli drones.

“The drone has a zone of amund 15 meters (50 feet) where it decimates everything. It targets people and leaves them in pieces,” Assali said.

Israel is at the forefront of the drone technology that is increasingly being used in hotspots around the world. The unmanned craft provide a deadly and cost-effective alternative for armies to target enemies, without risking their own pilots’ lives and reducing civilian casualties in heavily populated areas.

The unmanned craft are guided by remote control from the ground. Because of their small size and relatively low speed, their low-yield missiles can be aimed precisely.

The use of drones is shrouded in secrecy, and Israeli defense officials refuse to comment publicly on whether they are being used in airstrikes in Gaza. However, Israeli officers in private conversations have confirmed use of the weapons.

Wary Gaza militants using binoculars are on constant lookout for drones. When one is sighted overhead, the militants report via walkie-talkie to their comrades, warning them to turn off their cell phones and remove the batteries for fear the Israeli technology will trace their whereabouts.

A militant from the southern Gaza Strip who belongs to the Islamic Jihad group said drones were mostly used to target individuals, not structures. He said they often hovered at much higher altitudes than manned aircraft and their missiles were frequently more destructive, leaving deep gashes where they landed.

The militant said the drones usually targeted slow-moving targets, like people walking, or cars slowing down to avoid potholes in a road.

“It looks like it makes small circles in the sky, but before it’s about to fire a missile, it slows down,” the militant said, speaking on condition of anonymity because he feared being identified by Israel. “It’s not like any other plane. You don’t see the missile leaving, it’s very quiet.”

Damian Kemp, an aviation desk editor at Jane's Defence Weekly, said Israel is probably the first country in the world to use unmanned aerial vehicles, or UAVs, for both surveillance and to fire missiles. Israel is a world leader in the field and “capable of doing everything from the very small to the very large,” he said.

He said drones were likely more accurate, cost-effective and safer than manned F-16 fighter jets and Apache helicopters.

“The key thing in a UAV is it does missions that are dull, dirty and dangerous,” Kemp said.

Israeli Air Force officers stand next to the new Heron unmanned drone aircraft for surveillance missions.

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ARMY STRONG: U.S.ARMY
Salt and pepper to taste
Stock or water if necessary.

I grew up in the kitchen under my mom’s feet, asking to help in whatever way I could. I remember being responsible for the toppings on her homemade pizzas and how green—green!—I felt when she let me make the Christmas English toffee all by myself for the first time.

The kitchen has always been a comforting place for me; it feels just like home.

Now that I’ve been on my own, the kitchen is still my favorite room in the house. I love playing Martha, and I jump at any opportunity to celebrate with food. And it’s this time of year—when the cold nights, early sunsets and rainy weather—that make coming home to a warm kitchen so great. Slow-cooked tender meats, rich, roasted root vegetables, and creamy, hot soups are all necessary.

One of my favorite comfort foods is Beef Bourguignon: it’s a rich beef stew cooked with wine. The traditional recipe is taught to culinary students as the archetypal example of French cooking. Cuts of beef are browned with crispy bacon, then cooked with wine, stock and vegetables. Small sweet onions and earthy mushrooms are then sautéed and added to the pot. I’ve got to admit, it’s the add the most delicious, butter and honey finale to the dish.

My mother taught me how to cook this dish in her large dark-blue Le Creuset Dutch oven—the first one I could afford when she was broke and just out of college. She handed the pot down to me when I left for school, and it is my most treasured possession. I make this dish at least once a month, when the weather starts to cool down and I crave the Bourguignon’s familiar, comforting aroma around each bite-sized piece of beef from cooking it in this well-used pan is unbeatable.

The bonus to this dish is that no pricey cut of meat is required. Some recipes suggest using filet, but I find that unnecessary. Other cuts are just as good and can be around one-tenth of the price. It’s the perfect dish to begin and then leave alone while studying or relaxing. Plus, you will be amazed by the smells coming from your kitchen. It’s a time-consuming meal to make, but it is also very cozy and the perfect complement to a homemade, grab and go meal.

Moreover, it’s better once you let it sit, and it makes amazing leftovers.

For nights when I don’t have much time but crave a warm, comforting meal, I love to make soups from seasonal vegetables I buy at Farmers’ Market. There is a little restaurant in Napa Valley that makes the best butternut squash soup every winter. I missed it so much my first year at school that my roommate and I recreated the recipe, put our own twist on it. Sweet potatoes make this dish tasty and hearty — the perfect complement to a homemade, grab and go meal.

So cozy up on these rainy nights and cook with friends. These smells will bring you back home, no matter how far you are from Mom.

Sinead Brennan is an agricultural business senior and Mustang Daily food columnist.
Religion & Art

"Art is not a pleasure, a solace or an amusement; art is a great matter. Art is an organ of human life, transmitting man's reasonable perception into feeling."

— Leo Tolstoy

The collision of religion and film: A top 5 list

Michelle Norgan
MUSTANG DAILY

Religion is a part of most human endeavors, and it has worked its way into films for many years. When it comes to how modern cinema meshes with religion, there are many ways they tie together.

According to religious studies professor Stephen Lloyd-Moffett, there are at least three kinds of religious films, including "inspirational" films, films focusing on religious questions in a secular way, and films in which religion is the backstory for a character.

"The 'inspirational' film tends to dramatize the events of a religion or followers without much criticism," Lloyd-Moffett said. "Every religion has them." These films are often ones that repeat religious stories in order for people to see the message in hopes of converting them. It is a way to reach a modern-day audience that would rather watch movies and TV than read, and another way to get the message across.

Films that tackle a religious idea or question from a secular viewpoint are usually the Hollywood films, high on the box office charts," Lloyd-Moffett said. Finally, there are films that use religion as the backstory for a character in order to explain why they act the way they do in the film.

“These are usually the worst at portraying religion, because they have to rely on stereotypes because they do not want to develop any real religious depth," Lloyd-Moffett said.

So how do these ideas show up in modern films? The question is complicated and could fill quite a number of books on the subject. In the interest of time and space, I've put together a small collection of films that not only reflect these ideas but are also excellent films in their own right.

1. "Baraka": This film deals with humans in their natural environments, depicting how they live. It deals with life, death, war, and how religion interplays among all these ideas.

"Baraka is one of the best films ever made; it tells a story without narration," Lloyd-Moffett said. "It lets the images speak for themselves." When it comes to characterizing "Baraka," it seems to fit most into the category of films that tackle religion from a secular viewpoint — but this isn't a perfect fit. The film lets the viewers decide what conclusions to make, for although it places the images together in a specific order, the viewer is free to take them at face-value as beautiful pictures or look deeper into their complex meanings.

An example of this is a series of scenes within the movie showing high-rise apartment buildings. These are interesting in and of themselves — and then the film cuts to large towers of crypts at a graveyard. I reconsidered my architectural observations and started thinking about how we are crammed next to one another in both life and death.

2. "Jesus Camp" : This film is about a Christian children's camp, but it also deals with the relationship between religion and politics.

"Much of the film focuses on how politics and religion are blending not just at the camp but in this whole country," said Brenda Helmbrecht, an English professor who teaches a class on documentary films. "At the camp, those children are regarded as future voters who will ultimately be responsible for guiding the nation to righteousness."

Helmbrecht said when the children are told they are part of God's army, the idea isn't that she cannot see her husband, the one everyone stares at during family functions. The idea isn't that she cannot see her love interest because he's Irish, but that she may feel odd because she's really fit into the family if she does.

Religion here is the easy answer for why the characters act the way they do. But when you dig deeper, this film has a really good message about family and happiness.

3. "Conde's List" : Although this may not top everyone's list of good movies, it does fit into Lloyd-Moffett's third category of films (those that use religion as a backstory for a character’s motivations). In the film, the main character, Jos, wants to play soccer but battles his family's traditions and values, which are centered on their Hindu religion.

Lloyd-Moffett's idea that these films never reach any true depth of religion holds true throughout the film. The audience is told that Jos's family won't let her play soccer, because "she's Indian." She can't see her Irish coach, because "she's Irish." And while these ideas set up a very nice conflict for the film, they don't really explain why she's forbidden to do these things.

I've always considered this film to be secretly about family values more than religion. The truth is that Jos is preserved from doing these things because of her family's morals, attitudes and traditions. These do reflect their religion, but that is not always why her parents are upset. Several times in the movie, her parents seem to be more disappointed in her for trying to do them than for breaking with their religious convictions.

She is encouraged to follow her family traditions, but mainly so she still fits in. Her family wants her to be happy, and to them, "happy" means conforming so she won't feel left out. At one point in the movie, Jos's sister asks her if she really wants to be the only one in the family with a non-Indian husband, the one everyone stares at during family functions. The idea isn't that she cannot see her love interest "because he's Irish but that she may feel odd because she's really fit into the family if she does.

Religion here is the easy answer for why the characters act the way they do. But when you dig deeper, this film has a really good message about family and happiness.

4. "One Night with the King" : Here is a classic inspirational film that deals with the story of Queen Esther of Persia, a Jew who essentially saves her people from annihilation.

Although this is a lovely love story between Esther and the king, it is mainly about Esther's faith and being true to who she is. Esther is a strong character who finds her strength from her faith and fights to keep Persia from persecuting Jews. Based on a religious story, this film essentially champions the cause of the religion and shows the Jewish faith in a good light.

The problem this film runs into is stereotyping. This happens often in films, and in this case, Jews are represented as peace-loving, innocent people about to be persecuted for no reason except blind hatred. According to Lloyd-Moffett, stereotypes show up often in films because they are an easy way out.

"These movies often create a false image of a religious type and then show how this image is compromised," he said. "As such, it is often not useful for reflecting the true nature of religious life." 

5. "Indiana Jones and the Last Crusade" : This film fits into the category of having a religious backstory that explains the character's motivations. Indiana Jones is out to find the Holy Grail, not because he wants it, but because he has to do so to find his father, and later, to save it from the Nazis. Throughout the film, Jones meets the Grail as something halfway between an archetypal curiosity and a burden. He doesn't really believe the story but understands that his father and the Nazis do. Throughout most of the movie, the religious aspect is there simply to explain why Indiana gets into boat chases, fiery situations and escape scenes. It's a common thread that ties together all the very appealing action scenes but doesn't have any depth.

Where the film moves away from this category and gets really good is in the end. Indiana has a moment where he "finds religion" and has to truly believe in order to save his father's life. The academic, detached search for this object becomes a true holy quest, where he has to use faith along with logic to succeed.

I love that the religious motivation behind the character — the Grail — is something different as well as a real character in the story. As such, it is often not useful for reflecting the true nature of religious life."
Escaping the stress of everyday life ... through time travel

It's a normal day. You go to work, come home, eat dinner and go about your other daily activities. Now imagine that all of a sudden, everything goes fuzzy and you wake up in an alley in New York City in 1968 with no clothes, money or clue where you are.

This is the life of Henry DeTamble in Audrey Niffenegger's incandescent novel "The Time Traveler's Wife." It is the tale of a man who is born with a "chronosomal disorder" that causes him to travel to different places throughout time. His wife, Clare, first meets him when she is 6 years old due to the numerosness of view: Henry's and his wife's. The story is told from two points of view: Henry's and his wife's. The prose switches between the two and changes dates frequently, but Niffenegger never loses the reader. The dates and ages of the characters don't matter except out of pure curiosity.

There are events that are a mystery to the reader until much later in the book, when the story gets to the time in his life that he left. Though time is continuous and certain to humans, Niffenegger's strong writing can make anyone doubt the sureness of time and place. Clare finds herself in love with a man who is three times her age and disappearing on a regular basis when she is only 9 years old. She sees him vanish in front of her eyes the first time. He meets him only to realize that he's not lying about time travel. She has to wait 18 years to actually meet the Henry of real time, who is eight years older than her.

The stress of time-traveling on Henry's life keeps the audience reading, and their relationship keeps the reader invested in their story. It is a perfect novel that executes time travel believably and interestingly, and I would recommend it to anyone who wants not just a good story but also an interesting time.

Christina Cast is a journalism senior and a Mustang Daily book columnist.

Film

continued from page 6

to everyone. To Indiana, it is a way to save someone he loves; to his father, it's the ultimate test of belief to the Nazis, it is just treasure. This film is great because it adds a special little twist and keeps itself more interesting than most of the films fitting into this category. It actually explores the idea of faith and what one needs to truly believe in order to succeed, but this belief is different for every person. In that way, it reflects real life and in many ways keeps away from the stereotypical examination of faith.

These films are by no means the only good examples of how religion plays into modern film, but they are personal favorites. They each fit a certain category of religious film but have their own unique way of doing so. The idea Heimbrecht raised — what you get out of a film has more to do with you than the film — is true of all these films, and explains why they appeal to me. Like them because something in them strikes a chord with me. Every person is different and will find a different meaning or emotion.

Perhaps one reason why films deal with religion as often as they do is that it is a common thread throughout much of humanity. Whether you believe, or don't, religion is something about which everyone has an opinion. Because of that, filmmakers can be almost guaranteed to reach every member of an audience.
The basics of sports nutrition

Nutrient

B vitamins (especially B-12)

Consequences

Reduced athletic performance

Increased risk of stress fractures

Calcium

Iron

Fatigue, amenia

How to get what you need

Try to eat two servings of meat, fish or eggs daily

Eat three servings of low- or non-fat dairy products each day

Eat iron-rich foods, such as chicken with a source of vitamin C to increase absorption

Some great snack ideas include: reduced-fat peanut butter on a multigrain cracker; a couple of pieces of low-fat string cheese and an apple; cottage cheese with pineapple; or a low-fat cheese in a whole-wheat pita.

Eat for recovery

When you finish a workout, many of your muscle fibers are damaged from exertion, your muscle fuel stores are low, and you're at least slightly dehydrated. Proper nutrition is required to rebuild and refuel your muscles and re-hydrate your body. Specifically, you need protein for tissue repair, carbohydrates to restock your muscles with fuel, and water to rehydrate. The sooner you supply your body with these nutrients, the better; in the first hour after exercise, the muscles are able to use nutrients for recovery much more efficiently than at any other time.

Avoid common deficiencies

Athletes can suffer from a handful of nutrient deficiencies that may have negative consequences not only for their athletic performance but also for their general health. Fortunately, they're all easily avoided with a balanced diet.

Sarah Bailey is a nutrition senior, a Mustang Daily nutrition columnist, and a member of PULSE. E-mail her at sbailey@calpoly.edu.

Honoring the fallen, but not their widows

The couple met in Kossovo in 2002 when Todd was serving as a United Nations special forces command. They dated for about two years before marriage, and then worked together as a married couple before Todd went to Iraq to work as a private security contractor for the U.S. Military. Now, Diana Engstrom lives in Bloomington with the threat of deportation looming over her head. According to her lawyer, Brent Rension, Engstrom would have been allowed to stay in the U.S. if her husband had been in Iraq, working under contract with the U.S. Military, and now she might have to face deportation because of circumstances she had no control over.

This is a country so worried about illegal immigrants infiltrating our borders that legislation has mandated that we turn our backs on people like Engstrom, who speaks English, holds a job, and whose husband died while helping this country's cause in Iraq.

Shouldn't immigration officials and the government be more respectful for someone who died helping the military? Perhaps immigration officials should still interview Engstrom, and any family or friends who knew Engstrom and her husband to provide proof to mustangdaily@gmail.com.

Staff Editorial

John Overmyer

You thought 'The Matrix' was cool, just wait 'till you check out our virtual newsroom tour at mustangdaily.net

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The couple met in Kossovo in 2002 when Todd was serving as a United Nations special forces command. They dated for about two years before marriage, and then worked together as a married couple before Todd went to Iraq to work as a private security contractor for the U.S. Military. Now, Diana Engstrom lives in Bloomington with the threat of deportation looming over her head. According to her lawyer, Brent Rension, Engstrom would have been allowed to stay in the U.S. if her husband had been in Iraq, working under contract with the U.S. Military, and now she might have to face deportation because of circumstances she had no control over.

This is a country so worried about illegal immigrants infiltrating our borders that legislation has mandated that we turn our backs on people like Engstrom, who speaks English, holds a job, and whose husband died while helping this country's cause in Iraq.

Shouldn't immigration officials and the government be more respectful for someone who died helping the military? Perhaps immigration officials should still interview Engstrom, and any family or friends who knew Engstrom and her husband to provide proof to mustangdaily@gmail.com.
Click it or lose it: Joseph's story

On Oct. 26, 2007, I witnessed something life-changing. I saw someone roughly my own age die from a car accident. Joseph received fatal internal injuries that night—injuries that potentially could have been prevented if he had been wearing a seatbelt.

I should begin by explaining how I ended up on a deserted sideroad off Highway 46 at the scene of an accident. I was writing a profile piece on a paramedic for a journalism class and decided to go on a ride along with him. I did not expect to see anything major that day, maybe minor chest pains or a little blood—not a "Code Red" situation.

It seemed to be over as fast as it began. We arrived on the scene to find a 22-year-old male lying on the ground surrounded by firefighters. He missed a curve in the road and drove his SUV through a fence.

The fence was a barricade to protect people from an approximately 35-foot drop to the ravine below. His car flipped before coming to a stop; the front bumper, hood and windshield were smashed in. He was ejected from the car upon impact since he was not wearing a seatbelt. The firefighters found him lying in the dried ravine and carried him back up to the road on a stretcher.

I watched in complete shock as a firefighter attempted to perform CPR. I will never forget how young he looked—I could not help but be horrified that thisprising firefighter was trying to save someone his own age. Afterward I realized the older firefighters let him perform CPR because they knew he was hopeless. The victim had such horrible internal injuries that blood came out of the breathing tube placed down his throat. The lead paramedic soon took over for the firefighter and hooked the victim to the heart monitor—a flat line went across the screen.

"How could someone so young be dead?" The worst part was watching his three friends, who were driving in a separate car, hear "He's been pronounced." One of his male friends ran to the broken portion of the fence and collapsed to the ground. In that moment I realized how short life can be and to make use of every moment I have.

Although I have always worn my seatbelt while driving, it was just a subconscious act. Passing the "Click It or Ticket" signs on the freeway never had an impact on me until that day in October—a seatbelt really could save my life.

According to the California Office of Traffic Safety, in 2005, about half (352) of the 716 unrestrained fatalities would have been alive today if they had been wearing their seatbelts. One simple action that takes virtually no effort could have saved their lives. Next time you get into your car, remember to "click it." Do it for yourself, and do it for Joseph.

Jessica Ford is a journalism senior and a Mustang Daily reporter and copy editor.
Girls & Sports by Justin Borus and Andrew Feinstein

MARSHALL:...I’VE NEVER TAKEN ME TO AN NBA GAME.

HOW’S YOU INVITATION TO THE GAME?...I’VE ALWAYS WANTED TO SEE SOME GREAT NEXT FROM OUR TEAM.

HOW’S YOUR TICKET FOR TONIGHT’S GAME?

Last Ditch Effort by John Kroes

THESE MOODS ARE CRAWLING,...WHAT’S THAT MEAN?

WHAT’S THAT MEAN?

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WHAT’S THAT MEAN?

WHAT’S THAT MEAN?

THESE MOODS ARE CRAWLING, WHAT’S THAT MEAN?

WHAT’S THAT MEAN?
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Jess of all trades, on the court and on the track

Cal Poly senior long jumper, triple jumper and hurdler Jessica Eggleston is finally able to enjoy a complete track season, yet looks forward to a possible pro basketball career overseas in the near future.

Angela Watkins
MUSTANG DAILY

Track may not be her first love, but it's definitely Jessica Eggleston's current love.

The former basketball star has just begun her last and most promising season for the Cal Poly track and field team, and already has several first-place finishes under her belt. At the team's first meet of the season Jan. 21, Eggleston won the long and triple jumps against Fresno State, Hawaii and Cal State Stanislaus, helping the Mustangs come in first at Fresno's newly renovated Arnold Memorial Track.

It was a doubleheader opener, the industrial engineering senior said, but she has big plans for the rest of the season.

"I'm used to doing a lot in a small amount of time, so it's nice to start from a base — usually I have to do everything so quickly," said Eggleston, referring to the last four years she had to skip indoor track and go straight to outdoor track immediately after basketball season.

Although Eggleston's eligibility for basketball racing ran out last year, she missed a season of track her sophomore year after she played out the basketball season with a torn meniscus. Thus, this year she is still eligible to run track and this will also be her first full track season.

"I enjoy track so it only feels right I finish all four years," she said. Last season, she was the Big West Conference triple jump champi-on and an NCAA West Regional qualifier in that event, and also won the Big West triple jump at 40 feet, 10 inches, earning an NCAA qualification.

She also finished sixth in the conference in the 100 hurdles, at 14.39 seconds and tied for sixth in the long jump, at 19 feet, 4 3/4 inches. The Oceania native said she thinks she can definitely make it to the regional level again and her coaches think she can make it to the nationals, but she would have to start jumping more than 42 feet.

At the last meet she competed in, she won with a triple jump of 39 feet, 10 inches, and she says 42 feet is "doable."

But her goals do not end at 42 feet.

"I want us to win a women’s outdoor championship because I don’t think we’ve done that in a while," Eggleston said.

However, she still has basketball on the mind and in January she sent out her information to several European women's basketball agents in hopes that she will be considered by a European team.

"I think she’ll be very successful," said Cal Poly women's basketball head coach Faith Mimnaugh. "Every professional team is looking for quality of a player as Jessica. I think they’ll jump on someone like her."

The first two-time All-Big West First Team selection in Cal Poly history, Eggleston finished her Mustangs career with 1,052 points, fourth-most in school history. After missing just one of 110 games during her career and

see Eggleston, page 11

Mustangs sweep doubleheader against North Dakota

MUSTANG DAILY STAFF REPORT

Stellar pitching followed by an explosive hitting display carried the Cal Poly softball team to a doubleheader sweep of North Dakota on Monday afternoon at Bob Janssen Field.

In the opener, a 3-0 win, Mustangs freshman southpaw Anna Chahn earned the victory despite only clocking two innings. Chahn pitched the rest of the way, compiling six strikeouts.

Junior shortstop Melissa Pura was 2 for 3 with a home run and three RBI in the Mustangs' 11-2 win over North Dakota on Monday.

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