ASI presidential candidates cut costs

Shannon Boren
MUSTANG DAILY

Our capitalistic society revolves around money — earning it, saving it, and of course, spending it. So when posters, T-shirts and signs began appearing around campus as part of the recent Associated Students Inc. presidential campaigns, the first question on many students’ minds was — how much are they spending?

They might be surprised to learn that money matters were a top priority on the candidates’ minds as well.

Unlike last year’s ASI elections, in which the presidential candidates spent about $14,600 on their campaigns combined, this year’s candidates only spent about $4,000 combined. But why the drastic decrease?

Amanda Rankin, chair of the election committee for ASI, said the amount of money spent is comparable to the candidates. ASI has never had any type of spending limit, though it has been discussed each year, she said.

“The only thing that candidates have to do is turn in a financial statement listing the money that they received and spent at the end of their campaign,” Rankin said.

Though these financial statements are not due until May 30, by the candidates’ estimates, each spent less than $2,000 after making conscious decisions to keep their campaign budgets low.

Arvand Sabetian, who also ran for the presidency last year, saved money and resources by using items from his previous campaign.

“I probably spent about $1,000 to $1,500,” he said. “Most of it was mine, though I had some money donated. The campaign was supposed to be kept low budget at around $1,000.”

Though he spent about $7,000 on his previous campaign, Sabetian felt that the same amount of money was not warranted for this election.

“If you look at last year, or the year before, or even this year, you can see that money is an issue when there are similar candidates running, and you need to differentiate yourself,” Sabetian said. “This year we didn’t have that kind of atmosphere going into it and money wasn’t as big of a deal; we had more diverse issues on the issues.”

Elected president Angel Kramer began her campaign with two goals: to keep her spending under $1,000, and to make it completely paperless to promote sustainability.

“In January, when my team and I met, I said I wanted to spend under $1,000 — no debate, and we were able to do it,” Kramer said. “I went everywhere, especially paint stores and hardware stores asking for any ‘oops’ paint or free wood.”

Her campaign cost approximately $500, which was mostly spent on sandwich boards and T-shirts, Kramer said.

“The whole reasoning behind keeping it low cost is that I want everyone to feel like they can run for president regardless of financial status,” she said. “It doesn’t take a person from a certain socio-economic background to be a successful president.”

“Last year, I felt like a lot of students lost respect for the campaign process, and I think we really recognized that this year. I tried to run a

Fraternity house could LEED to greener future

The Lambda Chi Alpha brothers plan to build a bigger, better LEED-certified fraternity house.

Patrick Barbieri
MUSTANG DAILY

A local fraternity’s effort to become greener has its members striving for gold — certification, that is.

The international fraternity Lambda Chi Alphas is pushing to rebuild in current house into a gold-standard Leadership in Energy and Environmental Design (LEED) building. If all goes as planned, the new house will be the first LEED-NC (new construction) building in San Luis Obispo.

“The idea of building something sustainable that will set a new standard for the way people can live makes good sense environmentally, socially and economically,” said Kevin Hauber, Lambda Chi Alpha Chi, a Cal Poly alumnus and treasurer of the fraternity’s housing corporation.

Currently, the fraternity owns the property at 1292 Football Blvd, where its home now sits. For decades the house incurred costly energy and operating costs, Hauber said.

Since acquiring the neighboring lot last year, fraternity brothers have been working with local architects and city officials to replace the existing house with a bigger, more energy-efficient house that will span both lots and be cheaper to maintain.

“We’re figuring on using this location permanently...”

Pentagon announces Iraq deployments

WASHINGTON (AP) — The Pentagon announced Monday the upcoming deployments of more than 42,000 troops, including 25,000 active duty Army soldiers who would be sent to Iraq beginning in the fall to replace troops scheduled to come home by year’s end.

The deployments would maintain a level of about 15 brigades in Iraq, or roughly 140,000 troops — the number military leaders expect will remain on the warfront at the end of July, once the currently planned withdrawals are finished.

Under the new Pentagon policy effective in August, those active duty Army units will serve for 12 months, rather than the 15-month tours that units in Iraq now are serving. The bulk of the soldiers deploying later this year returned from Iraq late last year, and will have gotten about a year at home to rest and train.

As part of the announcement, the Pentagon alerted four National Guard Army brigades, or about 14,000 troops, to begin preparing for deployments to Iraq beginning next spring, and one National Guard Army brigade, with about 3,100 soldiers, to prepare to deploy to Afghanistan in the spring of 2010.

The Guard announcements, Pentagon spokesman Bryan Whitman, are being made in advance so that soldiers and their families can begin training and other preparations for their service.

Guard brigades heading to Iraq will provide security, while the brigade scheduled to go to
Campaigns
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MUSTANG DAILY
NEWS

candidate to run their campaign in the manner that they feel will best get them elected to serve the students." Lema said in her e-mail.

"If that means spending extra money, that should be up to the individual." Regardless of a cap, it seems the candidates all took it upon themselves to keep their campaign spending under control this year, and promote democracy in a less expensive way.

"Angela only really spent money on shirts. Arvatid used a couple of billboards and signs," said Stephen Lamb, associate director of Student Life and Leadership.

"In my perspective, having monitored the elections for eight years, this was a pretty low-cost campaign."

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Troops
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170,000 U.S. troops in Iraq.

Beyond that, he said he wants 45 days to evaluate the security conditions in Iraq, after which he will begin to decide whether more troops can be pulled out. The plan leaves open the possibility that the U.S. could keep 15 brigades there through the end of the year — as voters go to the polls and elect a new president.

Currently there are 133,000 troops, including 17 combat brigades, in Iraq.

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State

SAN DIEGO (AP) — An apparently accidental explosion felt throughout downtown rocked a Hilton hotel under construction Monday and 13 workers were injured, five critically, authorities said.

Three of the five critical patients were in a hospital burn unit and eight other victims had serious-to-minor injuries, said fire spokesman Maurice Luape.

Injuries ranged from burns to impacts of flying debris, he said. However, the building did not burn, he said.

O'NEALS (AP) — Three men died last weekend while attempting to rescue an abandoned Gold Rush-era mine to dig for gold in Madera County.

Twenty-five-year-old David Aliso Allison and 25-year-old Matthew Terry Aliso — both from Prather — and 26-year-old Brandon Davis of Atwater were found dead Saturday inside the 20-foot-deep mine.

Cal Fire officials say the men were using a gasoline-powered pump to drain underground water from the mine in O'Neals, about 20 miles south of Oakhurst.

HUNTINGTON PARK (AP) — A high school chemistry experiment gone awry sent two students to the hospital Monday.

Two boys suffered second-degree burns to their faces in chemistry class at Huntington Park College-Ready Academy High School, said Los Angeles County Fire Inspector Danny Jacobs.

The students were hospitalized and in stable condition, he said.

LONG BEACH (AP) — A Yorkshire terrier stolen a week ago in Long Beach is back in the happy arms of its 8-year-old owner.

Police say Nathan Pereira was walking his dog "Josi" on Mother's Day when the dog was pulled to the ground and the pup was snatched. Long Beach detectives found Josi Sunday afternoon at a home in Norwalk.

International

WASHINGTON (AP) — Barack Obama will reach a significant milestone Tuesday as he marches toward the Democratic nomination for president — a majority of pledged delegates at stake in all the primaries and caucuses.

Obama will still be short of the overall number of delegates needed to clinch the nomination, unless he were to suddenly receive an avalanche of endorsements from the party and elected officials known as superdelegates.

PHILADELPHIA (AP) — Philadelphia's police commissioner said Monday that four officers were fired and four others disciplined for their roles in the beatings of three shooting suspects, an encounter that was captured on videotape and drew widespread outrage.

Another eight officers who had physical contact with the suspects will undergo additional training on the department's policies concerning the use of force, Commissioner Charles Ramsey said. He said the police department made the disciplinary decisions after reviewing frames from enhanced tape of a video shot by a television news helicopter on May 5.

PROVO, Utah (AP) — A newspaper photographer got a little too close to the action at the high school track championships and was speared through the leg by a javelin.

Ryan McGenery of the Standard-Examiner was spared serious injury in Saturday's mishap, and even managed to snap a photo of his speared leg while others worked to help him.

"If I didn't, it would probably be the one-fingered salute when I got back," McGenery said later.

MORRIS, Ill. (AP) — Police say a trailer loaded with 14 tons of double-stuffed Oreos has overturned, spilling the cookies still in their plastic sleeves into the median and roadway.

Blackhawk State Police Sgt. Brian Mahoney says the truck's driver was traveling from Chicago to Morris on Interstate 80 around 4 a.m. Monday when he fell asleep at the wheel and slammed into the median.

CHENGDU, China (AP) — A government warning of a major aftershock sent thousands of panicked villagers running into the darkened streets Monday night, following an unprecedented display of rescuing for more than 34,000 people killed in a powerful earthquake one week ago.

In shattered Sichuan province, quake-ravaged residents carried pillows, blankets and chairs from homes into the open or slept in cars after a statement from the National Seismology Bureau was read on television warning that there was a "rather great" chance of an aftershock measuring magnitude 6 to 7.

BAGHDAD (AP) — Suspected Sunni insurgents ambushed a minibus carrying Iraqi police recruits near the Syrian border Monday, killing all 11 passengers, Iraqi officials said — the first deadly attack since Iraqi forces launched a major sweep against al-Qaida fighters in the region.

The half of garnire came hours after Iraqi officials said they arrested a man suspected of being al-Qaida in Iraq's chief leader in the northern city of Mosul, the terror network's most prominent urban stronghold.

CARACAS, Venezuela (AP) — Venezuans will use the US ambassador to explain a violation of the country's airspace on Tuesday named Flello Kitty as its marketing phenom. Fashion diva. Pop sensation. Japan's ubiquitous ambassador of culture.

"If I didn't, it would probably be the one-fingered salute when I got back," McGenery said later.

TOKYO (AP) — Hello Kitty, Japan's ubiquitous ambassador of culture, has built up an impressive resume over the years. Global marketing. Fashion show. Pop culture icon.

Now the moon-faced feline can add "government envoy" to the list. Japan's tourism minister on Monday named Hello Kitty as his choice to represent the country in China and Hong Kong, two places where she is wildly popular among kids and young women.

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I 7

“More rodeo ground.”

Ron Branch, agricultural business junior

“A 24-hour dessert shop!”

Kristen Costa, recreation administration freshman

“A café in the library.”

Elizabeth Johanson, animal science senior

“in-n-Out in the U.U.”

Koaka Miller, liberal studies junior

— Ron Brochu, agricultural business junior

— Kristen Costa, recreation administration freshman

— Elizabeth Johanson, animal science senior

— Koaka Miller, liberal studies junior

Are you suffering from a recent ANKLE SPRAIN?

Doctors are evaluating investigational, medicated patches to see if they relieve pain when applied directly to the ankle.

Local doctors are currently conducting a clinical research study evaluating the effectiveness of investigational, medicated patches for treating the pain associated with an ankle sprain, when applied directly to the injured ankle.

To be eligible for this study, you must:

- Be 18 years of age or older, AND
- Be experiencing pain from an ankle sprain that occurred within the past 48 hours, AND
- Not have taken any pain medication or used compression to treat your ankle sprain

Qualified participants will receive study-related medical evaluations and study patches at no cost. Reimbursement for time and travel may also be provided.

To learn more about this local study, please contact:
Coastal Medical Research Group, Inc.
549-7570

— Katie Holmes is looking to bounce back from a box-office flop with her Broadway debut.

The “Dawson’s Creek” star is starring in this year’s “Mad Money” alongside Diane Krouton and Queen Latifah, hit the stage in a revival of Arthur Miller’s “All My Sons” this fall.

— Katie Holmes

Katie on Broadway

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— Katie Holmes

Katie Holmes

get caught reading the Mustang Daily and win a free shirt!

WE’LL BE WATCHING

NORMAL TEXT
If it weren't for the thought of warm muffins or salty eggs in the morning, I don't think I'd ever get out of bed. During the excruciatingly long winter of my second year, when I had class at 7 each morning, my only hope of making it to class on time was to tempt myself by baking coconut muffins, blueberry scones or banana bread the night before. They were ready by a moment's notice, and I could munch on them as we made our way to school (a habit I developed while living in Paris mimicking the young professionals bringing their croissants on the trains in the morning).

However, rushed breakfasts are not my favorite. If I had the time, I would spend hours over morning tea at the breakfast table reading the paper, sipping coffee and home over a tropical fruit salad. During leisurely mornings in high school, I perfected egg Benedict — my sister's favorite dish and mine. I think I've made this dish at least a hundred times; it soon caught on as a friend's favorite and eventually they would invite me over on Sundays to ensure a plate. The two essentials of great eggs Benedict are the two essentials of great eggs Benedict are: Shefman's work as though I had gained a deeper, given a vivid lesson in not judging. An existential musing on 'The Buck in a Used Bookstore,' I also felt a certain knowledge of each other's lives as the Soviet homeland is invaded by the Romans. Of the four male charac - ters are Tom, a womanizer who is forced by political pressure to abandon his medical career and become a window washer, and Tereza, a photographer who tolerates Tom's affairs while longing only to be the sole see Lust, page 7

Another great breakfast staple is homemade granola. While there are some good high-protein, high-fiber cereals in the markets that might keep you full all morning, I feel they lack flavor. They often have a cardboard, bland taste and texture that makes breakfast a lot less fun. But making your own food at home is ridiculously easy and flavorful beyond comparison. You can also customize it by using whatever nuts and what you're after by adding different fruits or nuts.

I've messed around with this recipe quite a bit, and my favorite combination is a tropical blend with toasted pineapple, papayas and macadamia nuts. Another is what I call a harvest mix with toasty pecans and dried cranberries and golden raisins. Any way, this granola recipe is amazing. You can eat it with milk, and fresh fruit, as a snack, or on top of yogurt. Granola is a healthy alternative to those tasty cardboard cereal boxes I remember begging for as a kid (and never getting). Nut are one of the highest sources of vegetables and are rich in fiber and antioxidants. Also, they're full of "good fats" that your body doesn't produce on its own. The insoluble fibers in oats are also great for you. A bowl with milk or yogurt will keep you full all morning.

So don't skip breakfast! There are just too many delicious and fast staples that will help keep you up, alert and focused during those early morning classes!

Sinead Brennan is an agribusiness senior and Mustang Daily food columnist.

An existential musing on The Unbearable Lightness of Being

It could be argued that any novelist who puts the word "unbearable" in a book's title is almost tempting a reader to put it down. Indeed, a copy of Milan Kundera's "The Unbearable Lightness of Being," which I bought for a buck in a used bookstore, sat on my shelf for more than a year before I finally decided to give it a chance. Three-hundred and fourteen pages later, I had not only been given a window into the 1980s, but also felt as though I had gained a deeper, more poignant perspective from which to view the world around me. I have saved Kundera's work for my last column on the publishing of the book for the last, as it is one of the finest, most moving and thought-provoking works I've ever read.

It was an instant hit; sweet and moist, it's my current favorite bakery recipe. I think Contessa certainly knows her stuff. And it's perfect with a fruit salad!

Published in 1984, when Communism still ruled Eastern Europe, "Unbearable" is ostensibly the story of four lovers, two men and two women, who drift in and out of each other's lives as their Soviet homeland is invaded by the Romans. Of the four male characters are Tom, a womanizer who is forced by political pressure to abandon his medical career and become a window washer, and Tereza, a photographer who tolerates Tom's affairs while longing only to be the sole see Lust, page 7

Granola

3 cups whole oats
1 cup sliced almonds
1 cup nuts (pecans, macadamia, cashews or whatever you like)
3/4 cup dried shredded coconut
1/2 cup lightly packed brown sugar
1/4 cup pure maple syrup
1/3 cup vegetable oil
Pinch of salt
1 cup dried fruit
Preheat oven to 250 degrees F.
1. In a large mixing bowl, combine oats, nuts and coconut.
2. In a separate bowl, blend sugar, syrup, oil and salt until combined. Drizzle over oat mixture and toss until oats are coated.
3. Divide granola onto two rimmed baking sheets and spread evenly. Bake for 1 hour 15 minutes until golden brown. Mix granola and switch sheets each 15 minutes to ensure it cooks evenly without browning.
4. Allow to cool when done and toss in dried fruit. Enjoy right away or store in an airtight container for about two weeks.

Barefoot Contessa Coffee Cake ( Courtesy of Ina Garten)

12 tablespoons (1 1/2 sticks) unsalted butter at room temperature
1 1/2 cups granulated sugar
3 extra-large eggs at room temperature
1 1/2 teaspoons pure vanilla extract
1 1/4 cups sour cream
2 1/2 cups cake flour (not self-rising)
2 teaspoons baking powder
1 1/2 teaspoons baking soda
1 1/2 teaspoons kosher salt
For the streusel:
1 1/4 cup light brown sugar, packed
1/2 cup all-purpose flour
1 1/2 teaspoons ground cinnamon
1/4 teaspoon kosher salt
3 tablespoons cold unsalted butter, cut into pieces
3/4 cup chopped walnuts, optional
For the glaze:
2 cups confectioners' sugar
2 tablespoons real maple syrup
Preheat the oven to 350 degrees F.
Grease and flour a 10-inch tube pan.
Cream the butter and sugar in the bowl of an electric mixer fitted with the paddle attachment for 4 to 5 minutes until light. Add all the eggs one at a time, then add the vanilla and sour cream. In a separate bowl, mix together the flour, baking powder, baking soda and salt. With the mixer on low, add the flour mixture to the butter until just combined. Finish stirring with a spatula to see the batter is completely mixed.

For the streusel, place the brown sugar, cinnamon, salt and butter in a bowl and pinch together with your fingers until it forms a crumble. Mix in the walnuts, if desired.

Spoon half the batter into the pan and spread it out with a knife. Sprinkle with 3/4 cup streusel. Spoon the rest of the batter in the pan, spread it out, and scatter the remaining streusel on top. Bake for 50 to 60 minutes until a cake tester comes out clean.

Let cool on a wire rack for at least 30 minutes. Carefully transfer the cake, streusel side up, onto a serving plate. Whisk the confectioners' sugar and maple syrup together, adding a few drops of water if necessary, to make the glaze runny. Drizzle as much as you like over the cake with a fork or spoon.

Best Ever Eggs Benny

4 English muffins, toasted
8 slices Canadian bacon
8 eggs, poached
For the hollandaise
3 egg yolks
1 tablespoon cold water
1/2 cup melted unsalted butter
Lemon juice from one lemon
Salt and pepper to taste

1. Crack egg yolks in metal bowl. Add tablespoons of cold water and beat with wire whisk.
2. Heat over a saucepan of barely simmering water, like a double boiler, until the egg looses its raw egg texture but before it scrambles. Remove bowl from heat at a moment's notice, and stir in the lemon juice with a fork or spoon. The sauce will begin to thicken. When it is the consistency of sour cream, season with salt and pepper to taste.
3. To serve the eggs, place the sauce on top and drizzle with hollandaise sauce. Serve warm.

"Morning munches"

"the whole shebang"
by Sinead Brennan

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1 tablespoon cold water
1/2 cup melted unsalted butter
Lemon juice from one lemon
Salt and pepper to taste

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Brittney Clyde

I got my first tattoo when I was 13 years old, and I'm 32 now," said Matt Byrge, a Traditional Tattoo customer who was in for a session to add to his vast collection of tattoos, which includes such things as skulls, a marijuana leaf, the name "Kim" and a clown on his wrist.

"Yeah, they're addicting," he added.

"The clown is my favorite tattoo, mostly because it can make its mouth move," Byrge said, demonstrating this by wiggling his wrist up and down to make the clown look as though it was opening and closing its mouth.

When asked how many tattoos he's accumulated over his 19 years of getting them, he said, "It's classified as a multiple amount... I stopped counting!"

Walking into Traditional Tattoo may be a bit intimidating for those who have never been inside before, but once you step through the doorway it's definitely an interesting and eclectic place.

The walls are adorned with hundreds of tattoo samples, ranging from fairies to Aztec princesses to the cliched astrology signs, gay animals bleeding and extremely realistic looking religious tattoos. There's also a charred wooden cross with numerus nails hammered into it, and in the back, where all the tattoos and piercings take place, is a large "Welcome to Fabulous Las Vegas Nevada" sign that hangs at the room's focal point.

The color scheme for the business is red, black and white, which is complemented by a zebra-themed sofa situated at the front of the store for customers to relax on and decide which tattoo they will be getting.

Staff members are eager to help with any questions one might have about piercings or tattoos.

Byrge, who was ready for another installment on his tattooed arm, said getting a tattoo doesn't hurt too terribly, but "it really depends on where you get it," he said.

Johnny Winstead, the artist tattooing Byrge, added that many clients have said that across the chest on the sternum was most painful.

"You can feel the vibrations actually in your chest," Winstead said. He added that getting "the elbow done was bad because it gives a strange sensation because of the funny bone.

Winstead has been a professional tattoo artist for 11 years. "I got my first tattoo, and then six months later I was a professional myself," he said.

Since he began, Winstead said he has seen numerous changes in what customers request. "Trendy" in tattooing such as tribal bands and astrology signs, for example, aren't requested all too often anymore.

"What has killed trends, really, is the openness people have to getting whatever they can possibly think of," Winstead said.

"Mentally, there's really no limit if you're going for a decent size; there are so many possibilities."

Johnny Winstead of Traditional Tattoo adds another tattoo to Matt Byrge's vast, ever-growing collection. Byrge, a self-proclaimed tattoo addict, got his first tattoo at the age of 13.

What Winstead has noticed here in San Luis Obispo is that many have been getting tattoos across their ribcage.

"I've done up to 15 in the last year," he said. "I don't know if it's because it's (easy) to hide, or if it is because it's in a cool spot?"

After shaving Byrge's arm, cleaning it with disinfectant, putting on rubber gloves and getting out his sanitized tools, Winstead was ready to begin the tattooing process on Byrge. "I can tell you one thing," Byrge said. "I'm gonna feel a lot more than he's gonna feel."

Just doing the intricate outline of the tattoo took well over an hour. Shading was the next step in the process.

Winstead said that most tend to come back for multiple sessions for large tattoos.

Byrge added, "Yeah, go big or go home."

Tattoos can run from $500, which is the minimum for the shop, to $700 and higher depending on the size, the time it takes to do the tattoo and how detailed it is.

Though Byrge's newest tattoo is now complete, his total tattoo count will inevitably continue to rise.

When asked if Byrge was going to keep getting more tattoos after this he answered with a simple, "Oh yeah."
Very well, you might say, but what's stopping the book from becoming a platform for a gifted, possibly flashy, writer to show off his woman in his life, his philosophical prowess at the expense of emotional engagement? It's a fair question, and the answer is Kundera's underly­ing warmth not just for his characters and their struggles but, by implication, us and ours as well. Kundera can see the writing on the wall that his characters are often blind to, but this leads to compassion for them, not condescension toward them. For the unbearable lightness of being is that each of us can make our choices only once in this lifetime, with no guarantee of the outcome, therefore, our choices are not heavy, but light as a feather, and Kundera writes of this existential dilemma with such grace, beauty and conviction you may never see the world in quite the same way again.

Quinton Dunn is a psychology graduate student and Mustang Daily book columnist.
**WINGMEN:**
The Goose to your Maverick
(without the dying)

It's 1 a.m. on a Friday night. You are down $40 in drinks and for some reason none of those good-looking girls are talking to you beyond saying "thank you" for the free drink. Even the Uggos' sporting their cherry blossom bumper sticker are not going to let you inside them. If this sounds familiar, and the tips you've gleaned from articles such as the Gonzos' edition of "Clouds explains purdy" aren't helping, then it's time you get yourself a wingman.

A wingman is your one-way ticket to Virginia Country. Now, before you grab your best friend and run downtown, you need to know the facts about wingmaning.

First of all, we need to cover the three possible wingman formations: guy/guy, guy/girl, and girl/girl. Guy/guy is the most common in the wingman scene; an oldie but goodie for sure. Guy/girl is the least common, though easily the most potent and successful. Finally, girl/girl is either the perfect match for a guy/guy formation, or its most vicious enemy.

In order to have a successful guy/guy team, you really need to set some rules. First of all, "wingmaning" is a gentleman's title and should be treated as such. That means following a strict code of ethics — a bro code. Never take attention away from your wingman; never make yourself look better than your wingman, never leave your wingman unless doing so will seal the deal, and never, ever cock block your wingman.

Always laugh at his jokes, always go along with his stories even if they never happened, and provide strong moral support if a strikeout occurs — which will happen.

The guy/girl formation is destined from birth to succeed. As if written in the stars by an ancient prophecy, they will lead the army of your seed on a blitzkrieg of vaginal conquest. The girl wingman is obviously the crucial component. Not only will she help you scope potential females who are in your league, but she will provide instant credibility. She may approach any girl and wish a simple, "I love your clutch, where did you get that?"—you're in like Flynn. They know what girls want to hear and can help direct your conversation into realms that you would need a map to traverse otherwise. This may also be a great way to turn that recent "Friend Zone" into a powerful ally in Operation Dick Wet.

Lastly, the most elusive to understand is the girl/girl formation. If you encounter this duo, here are a few things you should keep in mind. There are two different girl/girl formation functions: defense, or slurs. The defense function is pretty straightforward. They are watching each other's backs. Making sure they aren't two seconds away from a rootie-cola, ready to retreat using the bathroom tactic at a moments notice. Also working as each other's eyes, they are keeping a close watch on any guy talking to their friends, waiting like the third base coach to tell them whether they should take it home. Then there are the slurs. This is a perfect match for the guy/guy formation. These girls are out to get wasted and don't have to pay a cent to do so. A few AMFs and a Long Island, and you're one high five away from a job well done.

Wingmen are the Goose to your Maverick, without the dying; they are the "wind beneath your wings." So there you have it, your wingman survival guide. Remember kids, there is no "I" in team, but there is a "U" in pussy.

Disclaimer: Wingman-ing is not a science, it's an art.

Jessica Ford is a journalism senior and Elizabeth Yi is an animal science senior. Ford and Yi are the love, sex and dating columnists and can be contacted at thenakedtruthcolumn@gmail.com. Michael Tappan contributed to this article.
Still waiting for your Prince Charming?

Brittney Clyde
MUSTANG DAILY

The love-stricken, ridiculously good-looking couple rides off into the sunset on a white horse after overcoming a multitude of adversaries with the help of their cute and cuddly animal friends. These troubles include an evil stepmother, gigantic dragon and/or poisonous apple. The prince and maiden, who have yet to know one another for more than a few days, can now fulfill their life-long dreams of finally finding their other half and "living happily ever after." How many times have you seen a version of this picturesque setting? And how many times after watching something like this do you think, "When will that happen to me?"

This type of scenario, and in particular the four words "lived happily ever after," should sound quite familiar to all ages and genders alike. As long as there have been available media to convey a story, whether it be on radio, in movies, in television or in novels, all-too-idealistic love stories have been infiltrating the thoughts of the masses.

Because of these stories, consequently, expectations of life and love for many are hindered and unrealistic. The well-known Disney corporation, which began in the 1930s, has especially been an accomplice to human beings for entertainment. You can see the effect the 1930s, has especially been an accomplice to human beings for entertainment. You can see the effect

"Human relationships are so much more complex and layered than what is spoon-fed to us from the movie industry."

At an early age, girls are given many examples of situations where someday Prince Charming will appear and want to take her away from their hum drum, less-than-magical life, far far away to his grand castle. But it doesn't stop at age 12, because when these girls grow up, they are still waiting for their very own princes. Countless women aged 20 to 50 sigh with a deep longing at the precise moment in the film where the leading man takes the maiden into his arms and kisses her, when instantly two characters fall head-over-heels in love and when lovers are reunited after being kept apart for an extended period of time.

I'm not saying these films are bad; they are called "entertainment" for a reason. Believe me, I've watched my fair share, but I always seem to prefer non-fiction to fiction. Maybe it's because I know more friends with divorced parents than married ones and am aware that some things don't last "forever." Or maybe it's just that I think a person can be complete without a significant other and that "movie-love" is more of a bonus in life.

Perhaps, instead of always getting caught up in the "someday my prince will come" mentality, the avid Disney fan needs to look a little deeper than that.

For the personality traits that make the trademark Disney characters stand out. For example, Ariel from "The Little Mermaid" sings "bright young women, sick of swimming, ready to stand." This could be seen as a female's stand for independence.

Another example is Belle from "Beauty and the Beast." She disregards the townpeople's judgments of her, and relishes in the fact that she is her own person. Some may say that as a society we need fairytales like these to allow us to escape by the daily grind of life, but I beg to differ. The little things become what you appreciate most, like waking up to the person you care for the most. Though you may have smudged make-up, morning breath and messy hair, none of it matters when you're with that person. That's real-life, and that's what I call magical.

Human relationships are so much more complex and layered than what is spoon-fed to us from the movie industry. There are ups and downs, arguments and breakups, plus all the time it takes to get to know a person and see past their faults because you love them. When you finally understand that life isn't a fairytale and doesn't have to be "perfect" to be right, then true happiness will ensue.

A world without glass slippers, enchanting pumpkins, and Prince Charming, can be so much more satisfying if you truly will it to be so. Personally, I'll take whatever real-life adaptation of love I get over a fable any day.

Brittney Clyde is a journalism junior and a reporter for the Mustang Daily.
How to play the Daily Dots

1. Find a playing partner.
2. Each person takes a turn drawing one line connecting two dots. Only horizontal and vertical lines can be drawn.
3. The first person to close a square, wins that square. To keep track, place winners initials in the box.
4. Once one square is closed, that player gets to go again. They continue until no more squares can be closed.
5. Player with the most squares wins.

Girls & Sports by Justin Borus and Andrew Feinstein

The New York Times Crossword

Across

Down
1. 1976 film "ode to a" 2. "Rule, Britannia"
3. "The" 4. "No, No, Nanette!"
5. "Spouter" 6. "Dorothy"
7. "The Odd Couple" 8. "Administrator"
11. "Cinderella"

Edited by Will Shortz  No. 0408

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Although the Cure Tour set a world record for most consecu-
tively completed marathons, Bor-
land maintains the event was en-
tirely about calling attention to A-T and not himself. Thus, the
decision was made not to include
Borland's record in the Guinness
Book.

"I'm not doing this for any personal gain," he says. "If you're helping
with a cause, it's got to be all about that." Borland, Borland's not op-
posed to raising the bar on future
events. This year, he expanded
his efforts to include childhood
orphans, and is planning to or-
ganize another tour similar to the
Cure Tour for their benefit.

For Borland and his wife, help-
ing around the world is their "sweet spot" in life, and it's a
job without limits.

"There are 143,000 orphans
around the world, and another
one every 18 seconds, so I might
be doing this for a while," Borland
says.

At what point do the inspired
come inspirational? Some time
down the road, Borland wants to
use his experiences and lessons to
encourage others to make a differ-
ce as well.

For now, the vigorous runner
wants nothing more than to exer-
cise the gifts given to him, while
drawing inspiration from the people
he has dedicated his life to helping.

"When a child in a wheelchair
says how proud and thankful they are and they're resting for you, it's
a very powerful thing," Borland
says. "When you get accolades like
that from a child facing a terminal
illness, it keeps you going."
Cal Poly grad runs for hope, diseased children

Tim Borland ran more than 1,600 miles over the course of about two months

Patrick Barbieri

Childhood disease and orphanhood can be a daunting problem for those looking to make a difference. For one Cal Poly graduate, the solution was simple — run like the wind.

Tim Borland, a former Cal Poly triathlon runner and kinesiology alumnus with a gift for extreme physical endurance and selfless spirit, has touched the lives of thousands of children and families worldwide.

Last winter, he set out to help fight a rare genetic disease affecting children called ataxia telangiectasia (A-T), which combines symptoms of cerebral palsy, muscular dystrophy, cystic fibrosis and cancer.

How did he do it?

By embarking on something previously thought impossible — running 63 marathons (a total of 1,650 miles) in 63 consecutive days.

He started Sept. 3, 2007 in Anaheim and finished Nov. 4 in New York City.

"I loved to run and felt like it was a gift," Borland says. "I knew I could use it for something bigger than myself, to help other people."

Borland, who only started running at age 22, had steadily increased his endurance to an unnatural level.

Eventually, he could run for great lengths of time without his heart rate exceeding 130, and still have breath to talk on the phone. Despite running 15 to 20 miles a day during the week, Borland was still improving his weekend race times.

"I said to myself, 'This is ridiculous — how can I channel this ability?'" Borland recalls. "That's when I felt like God was saying, 'I've shown that you can do it, now trust me and use it,' and I said, 'OK.'"

Unsure of where to focus his talents, Borland found inspiration in Catherine Achilles, a friend's daughter in a wheelchair, suffering from A-T. Like all children who suffer from the disease, her mind was vibrantly intact yet trapped within a deteriorating body. (most children with A-T are forced to wheelchairs by age 10, and do not survive past their teens).

After meeting Achilles, Borland had found his life's calling — to help find a cure for A-T by running a successive number of fundraising marathons thought to be physically impossible.

"When Tim told us his plan, we thought he was crazy," says her father and Cal Poly professor emeritus Jim Borland. "We were certainly supportive, but at the same time, we thought, 'This is nuts.'"

Undeterred by skepticism, Borland met with doctors at Stanford and underwent careful testing to ensure his body could handle the stress of such a massive undertaking.

When doctors told him that, at least on paper, it seemed possible his body would endure, there was no going back.

"I feel God gave me a burning passion and desire to help children in need," Borland says. "I believe he has a voice for those who cannot speak for themselves, and I'm trying to fulfill that."

Borland's record-breaking Cure Tour stretched nationwide through 63 towns and cities, raising roughly $750,000.

Throughout, Borland ran pushing a stroller, which often seated a child affected by A-T, or was left empty to symbolize children that had been taken by the disease.

"Tim is truly an incredible person," says Jennifer Thoren, executive director of the A-T Children's Project, which benefited from the tour. "His heart and passion toward helping others are so genuine. Working with him is an amazing experience."

Not without ups and downs, Borland persevered against all odds and finished his final marathon in New York City, proving doubt what many thought was not.

"It's just something I set out to do," Borland says. "I told myself, 'It's just a marathon today,' and took it one step at a time, one day at a time.'"

Borland wasn't alone in his quest. His wife and children traveled with him in their RV, as did Borland's friend and fellow Cal Poly grad Mike Durant, who rode his bike alongside Borland every step of the way with supplies in tow, providing essential foods and liquids at a moment's notice.

"The magnitude of what Tim was doing didn't register until about a week into it," Durant says. "When I saw him finish his last marathon without hurting himself, it was a

Kline makes Olympic trials in 400 I.M.

Cal Poly's Peter Kline qualified for the Olympic trials in the 400-meter individual medley.

In prelims, the freshman from Fresno — who entered ranked 28th with a mark of 4 minutes, 35.77 seconds — touched the wall in 4:30.37 seconds.

Kline, who was seeded ninth in the prelims' fastest heat, came in third, behind sixth-time 2004 Gold Medalist Michael Phelps, but sat out the finals to save himself for the 200 backstroke.

For Kline, competing with Phelps...

see Kline, page 11

Cal Poly triathlon team is largest student-run club sport across campus

Brittney Clyde

Months of grueling training have all built up to this moment, when hearts race and adrenaline pumps. The horn suddenly goes off. After swimming 1.5 kilometers and biking 40 more, competitors finish by running 10 more. This is exactly what the members of the Cal Poly triathlon club team do.

The student-run club is the largest on campus, with around 124 members. Marcie Palla, a public policy senior who holds the positions of social chair, videographer and bike coach, said an extreme personality is needed to really participate in the sport. "You put everything you have to go all the way in anything you do, whether it be racing, working out or having fun with your friends," she said. "No one on our team really does anything half-way."

The team's official practices start in November to allow for adequate time to prepare for the two main races of the season, nationals and Wildflower.

"We have months of intense workouts where we build up a big base and then two months of building off that base," said business administration senior and club president...