SDSU students now have an opportunity to receive free legal advice on campus.

Event, support for Aztec Culture Project and A.S. facilities sustainabilty upgrades.

The Aztec Legal and Financial Services hotline is (800) 548-0700 and additional information can be viewed at www.as.sdsu.edu/aztecle-gal/index.html.
The San Diego State Cultural Festival will be held from 10 p.m. to 2 a.m. tomorrow in Aztec Center. This event is free for all SDSU students.

Coordinated by the Office of Intercultural Relations, the event will feature Mark Christopher Lawrence of NBC’s hit TV show, “Chuck,” who will host an evening of live dance, music and comedy performances. Also, Malcolm Jamal-Warner (otherwise known as Theo) from “The Cosby Show” will attend.

“The aim of the Cultural Festival is to help students get involved while meeting fellow Aztecs in an alcohol and drug-free environment,” Dr. Tanis Starck, the director of Intercultural Relations, said.

The event will showcase the diverse aspects of student life and culture at SDSU.

“This is an opportunity for students to enjoy some wonderful entertainment of all kinds,” Starck said. “We'll have folk, rock, hip-hop, poetry, comedy... all forms of entertainment.”

Starck said she was thrilled that the Aztec Nights committee supported this activity.

“It’s time to get involved and it’s time to make some changes; this is an opportunity for the student organizations to not only get involved but also enjoy themselves,” Starck said. “We are trying to support activities that allow students to grow and celebrate diversity.”

–Compiled by City Editor Wendy Fry
FAIR AND BALANCED

Obama's slip could cost him

Tucker Winicke
Assistant state of mind editor

Obama was the first chairman of the Chicago Annenberg Challenge, an organization Ayers helped found in order to reform local schools. Ayers was also a co-founder of the Weather Underground, a home-grown terrorist group in the 1960s and 70s who set bombs in Washington, D.C. and the Pentagon. The worst part is, Ayers has never apologized or denounced his actions. On Sept. 11, 2001, he was quoted by the New York Times saying, “I didn’t regret setting those bombs” and felt he “didn’t do enough.” I don’t regret setting terrorist bombs and have never been convicted of a crime, his statements are certainly a cause for concern.

I don’t think Obama is a Muslim or a terrorist, but his shaky choice of friends and murky background are not helping his cause.

Why doesn’t the media talk about these disturbing connections more? Because of their stunningly oblivious preference for Obama, which therefore has tained their coverage of this election. The problem with journalism and their lack of objectivity has come up again. This is not the case with the McCain campaign. The polls show Obama and McCain even or with a McCain lead.

For Obama, convincing voters that he is who he claims to be is the ultimate challenge. They’re the voters who should be defining how they view him as a person, not by his party affiliation. Obama needs to take responsibility for his actions. What once was shaping up to be a fun and exciting campaign has been brought down to a level of detail. Candidates are the ones with the attention span of a goldfish, 30-second soundbites are the order of the day. Most voters spend perhaps five to seven minutes reading their news from television commercials and a few more reading newspaper articles. The candidates, most have already decided who to vote for. So now the candidates are forced to pursue the voters of the people who’d rather be watching “American Idol,” the ones who get their news from newsmen commercialize or whatever’s above the fold while they wait for the bus. The public, with the attention span of a third-grader who says, “I don’t really know anything about politics.”

You know, the ones who will decide this election. The coveted swing voters.

The biggest impediment to this process is that Americans — again, including myself — are too self-absorbed. For the most part that translates into voter ignorance and apathy. The letters and comments I get e-mailed to me in response to the columns in this section are proof enough of that. Several individuals complain that they still “don’t know where Obama stands on the issues.” To them I respond the same way I did to those annoying leeches in large classes who use Blackboard to mass e-mail everyone the night before the test asking for the answers to the study guide. The information is all out there, on PowerPoint, in textbooks and in the case of Obama, on his Web site, to an almost obscene level of detail. If you actually care, don’t be so incredibly lazy and expect him to review a bulleted list of his platform every time he goes shown on TV. Do the homework yourself. Personally, I think that the inability of Obama to nail down all his positions into a 30-second spot for the evening news is a good thing. If your plans for the future of the nation can be summarized in less than it takes to microwave Top Ramen, that’s an indication that your plans aren’t particularly deep, and we need plans that are deep and well thought out to fix the mess that the country is in — the mess that’s growing exponentially by the day.

So as funny as the exchange manually was, I don’t think Palin should be called a skank. I think she should be defined by her viewpoints and political history: anti-abortion, regulation-free, pro-Big Oil, scandal-prone, environmental nightmare. But no matter what you call her, be it skank, hockey mom or sign of the coming apocalypse, for the love of America, don’t just take me, or anyone, at his or her word. Do your homework. Decide for yourself. Or do a favor to those of us who actually care. Stay home.

—Ruthie Kelly is a journalism and women’s studies senior. —Ruthie Kelly’s column appears every Wednesday.
Seven runners to represent SDSU in Hawaii

The forward moves Nanista was talking about were the three personal-best finishes accomplished at the Aztec Invitational by senior Kristin Glen, junior Rachel Williams and sophomore Michelle Marinari. SDSU is attempting to build off of those runs and not focus on the negatives facing this week.

"This is one of our shortest runs of the season and it’s on an astonishing course," Nanista said. "While there will be great competition, I do expect our girls to reengage the girls and compete in the main land with a solid finish and momentum.

Nanista is looking for a better outcome and believes the course may be the difference that can draw energy from her team. But the main difference between this event and the last is that the Aztecs will only be bringing a seven-girl lineup.

"The talent on the team, its very close and everyone is very strong," Nanista said. "We’re very deep and very young with improvements being made every day. It was a tough decision choosing the seven, but I do think this team represents to the best. The lineup can hopefully give us a boost and a good standing after Hawaii.”

Vieira also has similar beliefs and knows that getting experience for some younger SDSU runners early in the season will pay off later in the season.

"I think the lineup is a good one and it can give us a good showing while also giving our runners some more time out on different courses," Vieira said. "With getting some girls out there it will improve our depth later in the season.”

Gyms and fields are where most athletes compete, and they can sometimes seem bland and lackluster. Hardwood floors, blades of grass and even rubber particles from field turf can all seem to blend into one big mess of boredom after a period of time.

For the San Diego State cross country team, though, the runners have a distinct pleasure enjoying one of the most beautiful sights Hawaii has to offer all while competing in a 4K run.

SDSU will compete in this Saturday’s Big Wave Invitational in Honolulu. The course is on the Kane’ohe Klipper Golf Course, where runners will trek across magnificent ocean front cliffs.

"The course is so beautiful,” senior co-captain Anne Vieira said. “It’s probably my favorite event because of how amazing it is.”

There is this one point where you run above a hill that you look out across the ocean, it makes you want to stop and just stare. I always have to keep running.”

But the beauty of the course will not be the only thing the Aztecs are looking forward to as they try to bounce back from a dismal 14th place finish at the Aztec Invitational.

"This is one of our shorter runs of the season and it’s on an astonishing course," Vieira said.

The SDSU faithful have come to games with a brown grocery bag just yet, there is plenty to be proud of.

"This is one of our shorter runs of the season and it’s on an astonishing course," Vieira said. "While there will be great competition, I do expect our girls to reengage the girls and compete in the mainland with a solid finish and momentum.

POPE’S DOCTRINE

Being an Aztec fan is harder than it appears

A ztec football: It’s agonizing.

San Diego State football head coach Chuck Long symbolized hope and change when he arrived to SDSU in 2005. But since he took over the reigns a little fewer than three years ago, the Aztecs are just 7-20, including a miserable 0-3 record this year.

"Chuck Long has made a lot of improvements to the foundation of the program recruiting, academics, off-season program, training table, commitment by the players," said Andy Cohen, who has been an Aztec fan supporter since he attended SDSU in the late 80’s. "We were all pleased and encouraged to hear some of the reports coming from various sources.”

But even the most upbeat of personalities couldn’t spin the current team into a positive light.

"The problem now is the results on the field – and not necessarily just wins and losses," Cohen said. "The team has seemed so unprepared and unmotivated for two out of the three games so far this season that it makes you question the methodology of the coaching staff. We just want to see progress, but what’s happened thus far is anything but progress.”

There’s no doubt that things look bleak, and the growing calls for Long’s release are gaining popularity, but before you burn your Marshall Faulk jersey, think about a few of these facts.

The Aztecs went on the road to face Notre Dame, one week removed from a home loss to Cal Poly, and were 20-plus-point underdogs.

But SDSU didn’t get run out of South Bend, and in fact, it gave Fighting Irish an hour of extremely competitive football; three hours of exceptional exposure for the university on national network television and were a goal lineumble away from winning the game.

"This column does not necessarily reflect the opinion of The Daily Aztec.

Still, a couple of wins would be nice …"
The toasted bagel overflowing with cream cheese and a strawberry-banana smoothie from Juice It Up! is the perfect morning boost, and those warm, crispy chicken strips from Sunset Strips hold you over until your 2 p.m. class.

Aztec Shops, responsible for all the food service on San Diego State’s campus, is dedicated to providing a variety of options that can satisfy student stomachs at all times of the day. For that reason, the Shops have made some changes to the East Commons dining hall in order to better serve customers.

The interior of East Commons now features a more modern floor design, and the restaurants have been revamped with several changes in equipment and menu boards. There is also carpet in one of the main dining areas which Debbie Burchianti, associate director of SDSU Dining Services said was done so students don’t feel bombarded with the loud sound that was echoing off the floors before.

“We wanted to make sure that each of the restaurants would command attention from customers,” Burchianti said. “Overall, we needed to upgrade the look of the dining hall.”

The majority of the changes took place at Vinnie’s and Sub Connection where Burchianti said the menu boards and overall look was outdated. Diners will notice a more readable menu and specific to Sub Connection, a glass window over the condiments so the toppings and options are more visible to the customer when ordering.

“The changes at Sub Connection were definitely student driven,” Burchianti said. “We are always trying to respond to the ideas and needs of the students.”

Students can also enjoy a new $5 MEAL DEAL menu that many of the on-campus restaurants are participating in. At the end of the month, Burchianti said Aztec Dining will also be offering Gourmet Pizzas of the Week at Vinnie’s, and new sandwiches will be introduced at Sub Connection by the end of the semester.

“The MEAL DEALs have been extremely popular,” Burchianti said. “They are a reflection of our times and we felt our customers warranted something of value.”

Aztec Dining is considering changing out Starbucks and Salad Sensations deals because students have not been as responsive to those places. Different value meals will continue to be available throughout the semester, according to Burchianti.

The West Commons Sub Connection will also be undergoing the same renovations in the coming year.

Aztec Dining encourages students to be proactive and inform it of any ideas, suggestions or complaints in regard to the restaurants, buildings and service.

SDSU Dining Services can be reached Monday through Friday from 8 a.m. to 4 p.m. at (619) 594-7640, or you can visit the Web site www.eatatsdsu.com for more information.

“We have comment cards in all the dining rooms,” Burchianti said. “We have gotten some great ideas and feedback from student responses.”

Recent upgrades to East Commons have added new seating arrangements and deals

Natalia Van Stralen
COPY CHIEF

San Diego State spent last summer remaking East Commons to appeal to customers and students alike. A new $5 MEAL DEAL menu is also available which offers bargains for many on-campus restaurants.

New renovations put the East on the map

### $5 MEAL DEALS

**Juice It Up**
- Any 24-ounce Smoothie and a Slice of Health Bread

**Salad Bistro**
- Small Salad and a Regular Soda

**Salad Sensations**
- Cobb Salad and a Regular Soda

**Sub Connection**
- Any 6-inch Classic Sandwich and a Regular Soda

**Sunset Strips**
- Two Chicken Strip Snackers and a Regular Soda

**Taco Bell Express**
- “Volcano Taco Combo” includes: Volcano Taco, Crunchwrap Supreme, Beef Burrito Supreme and a Large Drink

**Vinnie’s**
- Two Slices of Pizza and a Regular Soda

**Starbucks**
- New Corned Beef Sandwich and Tall Ice Tea or Coffee

**Steak Escape**
- 7-inch Fire Escape Sandwich and a Regular Soda
Nutrition can get complicated. There are all kinds of fad diets telling us things such as don't eat any carbohydrates, sugar will go to your gut and describing good fat versus bad fat. Fruits and vegetables are good for carotenoid lycopene, anthocyanin, cryptothecamin — unless you're an exercise and nutritional sciences major, all of this information can be hard to distinguish.

When people are busy with school and work, there isn't enough time to pull out "The Optimum Nutrition Bible" during a lunch break. But it turns out that when all of this nutrition jumble is zoomed out into one big picture, it's as easy as coloring.

Everyone has heard his or her mother say, "Eat your greens." But how come she never said, "Eat your greens, and reds, oranges, blues, yellows and whites"? Fruits and vegetables are full of color, but what does each color mean?

Reds
The main thing to remember about reds is that they're good for the heart. It's also possible that they can help prevent prostate cancer and respiratory problems. Besides tomatoes, good red foods are cherries, strawberries and red peppers.

Oranges
Oranges are often linked with vitamin C, but really it's not limited to just oranges. All kinds of orange foods such as carrots, pumpkins, peaches and tangerines are full of vitamin C and beta-carotene, which is an antioxidant. So the key thing to remember with oranges is the immune system. These foods help you stay alert and avoid getting sick.

Yellows
Those bright tropical-like fruits such as pineapple benefit your vision and skin. The beta-carotene that is found in foods such as lemons, corn and squash converges to vitamin A, which is what helps improve vision and keep skin looking fresh.

Whites
White foods can be a little tougher, because garlic and onion aren't usually as easy to just grab and go (compared to a banana). But they definitely add flavor to meals and are said to be good for the brain. Other whites include asparagus, cauliflower and potatoes, which are great for fiber.

Blues and purples
Don't forget that blueberries, blackberries, grapes and plums are all blue and purple foods that help your memory. Eating these are good at any time, but it probably wouldn't hurt to have a few extra berries during midterms or finals week.

Greens
Finally, the infamous greens. No one can forget how healthy and strong Popeye looked after eating his spinach. Although green foods have many benefits, an important one is digestion. Foods such as broccoli, spinach and other leafy greens help keep the bad bacteria out of the stomach. They also have potassium, which is great for bone strength.

A few other handy tricks
No one knows if it is a coincidence or not, but sometimes the shapes and features of food can also help people remember what they're good for.

An easy way to remember what tomatoes are good for is to cut one in half. When sliced in half, the four chambers highly resemble a human heart.

Also, celery is rich in vitamin K and silicon which help the skeletal system. Many fresh, strong pieces of celery resemble bones with the wide edges and narrow centers.

This one is for women. When you cut an avocado, eggplant or pear in half, they look very similar to a woman's womb and cervix. Coincidentally, these foods help balance hormones and improve the functions of these organs.

All of these tricks should be easier and a little more interesting than trying to keep up with all the names of chemicals that most people can't even pronounce, let alone distinguish.

A very simple way to stay balanced and make sure to get all the proper nutrients is to fill your plate with every color of the rainbow.

Great Web site, which is intended for kids and has all of the information laid out colorfully and easy to understand, is http://vickids.tamu.edu/nutrition/.

Coordinate your nutrition like a Crayola box
HELP WANTED

Double Down in San Diego! Bartenders, security servers, and kitchen staff needed. Apply in person Monday-Thursdays 6 pm.

FOR CLASSIFIEDS

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IF YOU'RE NOT WEIRD, YOU'RE WEIRD

Party like it’s 1967

be genius duo of Steven Jobs and Steven Wozniak has caused expecting mothers to put aside the classical music and baby name books. Whether they’re expecting a boy or girl, soon to be parents will name their baby Steven. “The Stevens,” a brainy remake of “The Heathers,” will feature an extra scene after the credits where one of the Stevens builds a robot, puts a computer together and pats his head all at the same time.

The Steven tag team has made a dentist friendly fruit famous and introduced the world to a device that can store both the Sex Pistols and “Hairspray” soundtrack without any hollaba-balo. All I ask is before the pair makes a new band called “I, Robot” nonfiction, the two should be philanthropic and build a time machine.

Ever since I butterfly stroked my way through school, I’ve been trying to travel back in time to the ‘60s and ‘70s. My first try was to try to follow Bob Dylan to a concert. After the barefooted blue Rafaelis shouted, “Back in 19, two and seven I could take my shoes off.”

When we left the concert, I missed observing the odd, amusing audience members that magically managed to place their blankets next to ours. We were entertained by them the entire night and hope to always be in such good company. Oh, and Bob Dylan was great too.

—Sarah Atallah is an English senior.