

THE DAILY AZTEC



San Diego State University's Independent Student Newspaper since 1913

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STATE OF MIND



QUESTIONS REMAIN

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HELLO HAWAII!

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FOOD & DRINK



COLOR ME HEALTHY

Fruits and vegetables are always good for your health, but which colors benefit which part of your body?

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THIS WEEK @ SDSU

Cultural Festival

10 p.m. to 2 a.m. tomorrow

Celebrate diversity and have a great time doing it with actor Mark Christopher Lawrence at Aztec Center tomorrow. See page 2.

For more of today's headlines, visit: www.thedailyaztec.com

TODAY'S WEATHER

AM Clouds/ PM Sun
High: 82°F
Low: 67°F

TOMORROW

AM Clouds/PM Sun
High: 81°F
Low: 66°F

FRIDAY

Partly Cloudy
High: 81°F
Low: 64°F

TODAY'S SURF

2-3 ft., Occasional 4 ft.; Fair conditions

TIDES 4:36 a.m., 0.76 ft. low
10:44 a.m., 5.89 ft. high
5:25 p.m., 0.07 ft. low
11:25 p.m., 4.45 ft. high

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Free legal aid offers answers

DAVID J. OLENDER
CONTRIBUTOR

Though he was facing very complicated legal and financial questions, psychology junior Andrew Steinberg wasn't sure if he needed a lawyer or not.

But, he was positive that he couldn't afford one.

That is until he heard about Aztec Legal and Financial Services, a new program initiated by Associated Students this fall that provides students with free and discounted services.

Now, San Diego State students who suffer various types of legal or financial trouble are able to access an alternative outlet for their legal and financial needs.

"I wasn't exactly in a legal situation. I was just looking ahead and trying to get answers to questions I had about financial issues," Steinberg said. "It was a tremendous comfort to talk to someone who actually knew what was going on and could just give me the facts."

After last spring's Student Body Association Fee referendum passed, A.S. decided to contact its legal services and financial resource organization, CLC Inc., in an effort to provide legal and financial services to SDSU students for free or at a reduced rate.

As of this fall, the new Aztec Legal and Financial Services program has been implemented at SDSU, and enables students to obtain 30 minutes of free legal advising and counseling through a telephone call.

Students are encouraged to call a toll-free number, where they will receive free counseling from a certified, CLC Inc. attorney. If students need additional assistance, legally or financially, CLC Inc. can then further represent clients for a reduced fee: a 25 percent discount off customary fees, after consultation.

Furthermore, CLC Inc. offers packages for people with specific

legal and/or financial dilemmas varying from assistance with a residential real estate closing for a reduced charge of \$199, to defense of moving traffic violation for only \$139.

"I think this is really going to benefit students a lot in the housing side, especially," Vice President of External Affairs Daniel Osztreicher said. "A lot of landlords take advantage of students because they think we are naive or because we don't know any better; or because we've never lived away from home."

Osztreicher added that he encourages students to take advantage of the program and to utilize all the services available only to SDSU students.

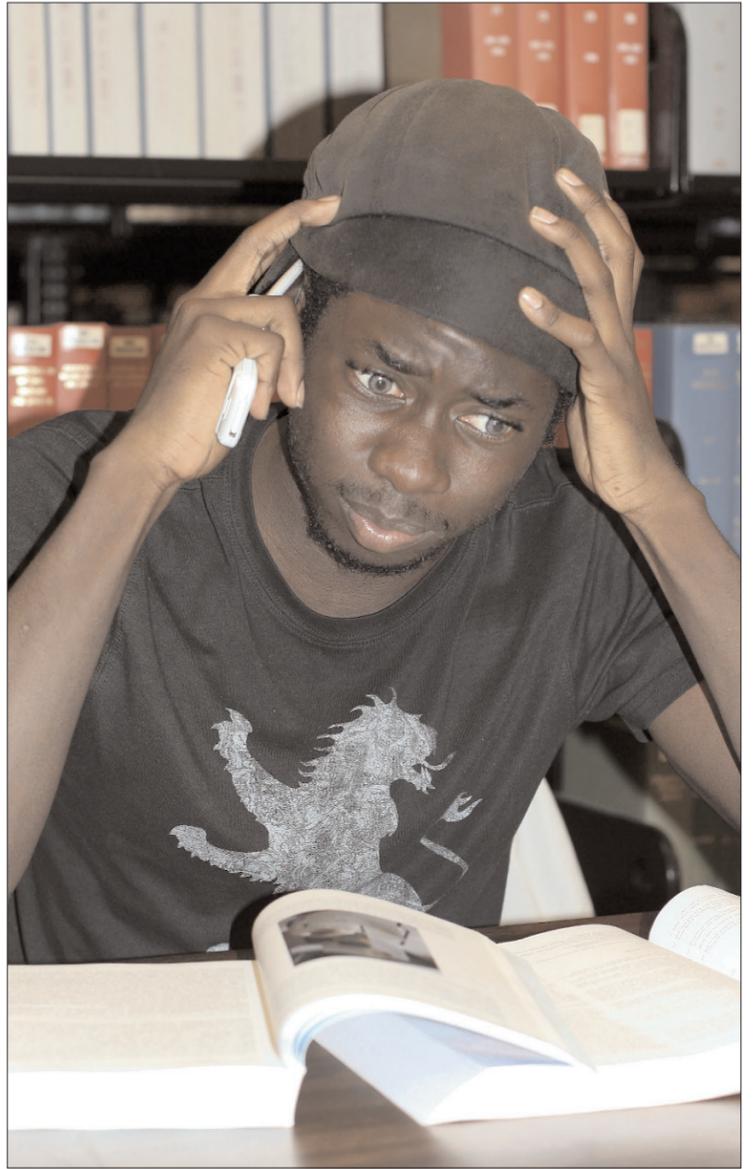
Steinberg, who used the services about three weeks ago, said the service lawyers he talked to were friendly, knowledgeable and easy to work with.

"There is nothing wrong ever with getting free legal advice from a professional who knows what they're talking about," Steinberg said.

The Student Body Association Fee referendum has established the legal and financial services by increasing each student's general activities fee by \$20, which generated approximately \$1.38 million. About \$105,000 will be distributed to legal consultation and financial services in order to keep the program running.

"I hope everybody who needs this takes advantage of it," Osztreicher said. "I'm really glad we are fulfilling our promise of the referendum and this is actually happening. Your money is at work. These are tangible results."

The remaining revenue gained from the referendum will be allocated to other propositions included in the referendum, including International Study Abroad scholarship activities, programming, the Major Spring "Green" Festival



Karli Cadel / Staff Photographer

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

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

The Aztec Legal and Financial

Services hotline is (800) 541-9701 and additional information can be viewed at www.as.sdsu.edu/azteclgal/index.html.

Give trash and save some cash

DANIEL IGLESIAS
CONTRIBUTOR

It may not be easy being green, but the Success Enabled Pilots club hopes to make recycling effortless for San Diego State students.

Last semester, the group started a free pickup service for bottles and cans to encourage students to recycle and began passing out free energy-saving fluorescent light bulbs to help cut energy costs.

Members of the club will come pick up recyclable material from individual residents as well as houses on Fraternity Row and apartment buildings in the College Area.

Global warming and other environmental concerns are issues that affect everyone. SEP President Adam Beller views the new recycling program as the club "just doing its part."

"Everybody has to do their part to save (the world)," Beller said.

Last weekend, the group made its first pickup of the fall semester, though the program was active all summer long. The group will continue to collect recyclables throughout the semester. Pickups will be made every Sunday, and student groups

are able to schedule them by e-mailing SEP at sdsusep@hotmail.com. The service is only available to houses and apartments within one mile of SDSU.

Additionally, the SEP will be handing out packages of energy-saving light bulbs after every pickup that could save up to \$92 in energy bills during a lifetime.

SEP is a student club for people interested in aviation and community service. The group participates in many activities including the restoration of old planes, learning how to fly and actually taking flights. Last semester, it began placing recycle bins around Piedra del Sol apartments and some Greek houses because it found that there are not enough recycling cans around campus, Beller said.

"Recycling is something people always learn about and talk about, but never actually do," SEP member Arthur Sabat said.

Sabat collects recyclables for the group.

"It is just something you have to condition yourself to do. It's just one extra step but you have to train yourself to do it."

SEP began working with Associated Students last semester



Patricia Dwyer / Staff Photographer

Success Enabled Pilots encourages recycling by offering free pickups every Sunday.

to make recycling easier around campus.

A.S. has its own environmental initiative called Green Love. A.S. Green Commissioner Erica Johnson said the committee is working toward making the campus sustainable and more environmentally friendly.

"We are now working with the physical plant to make 50 percent of all trash bins on campus into recycle bins," Johnson said. "That is, for every trash can there will be a recycle

bin next to it. We expect this to be done by the end of the semester."

As well as working with A.S., SEP has received help from Home Depot and Lowe's in Mission Valley, which donated recycling bins to assist the organization.

"If everyone works together, we can change the world," Sabat said. "We're hoping that other groups will view what SEP is doing as a positive example of how to give back to the community."



AZTEC NIGHTS

Thursday, September 18

SDSU Cultural Festival, 10:00pm, Aztec Center
 Open House at the ARC, 10:00pm, Aztec Recreation Center
 Aztec Nights Midnight Bowling, 10:00pm, Aztec Center Bowling & Games

Friday, September 19

Common Experience Film: "Charlie Wilson's War," 9:30pm, Aztec Green
 Club Aztec, 10:00pm, Aztec Center Courtyard
 Aztec Nights Midnight Bowling, 10:00pm, Aztec Center Bowling & Games

Saturday, September 20

Sex Under the Stars with Ducky Dolittle, 10:00pm, Aztec Green
 Aztec Nights Midnight Bowling, 10:00pm, Aztec Center Bowling & Games



aztecnights.com

FREE* Events for SDSU Students

* With valid Red ID card. Other restrictions may apply, check website for details.

Students celebrate diversity

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.

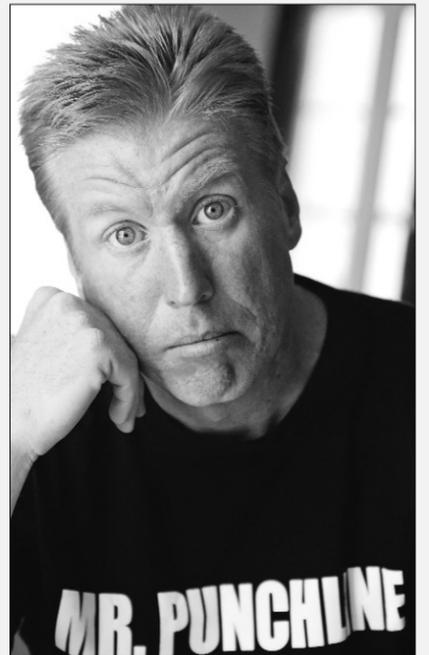
"The aim of the Cultural Festival is to help students to get involved while meeting fellow Aztecs in an alcohol and drug-free environment," Dr. Tanis Starck, the director of Intercultural Relations, said.

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



Courtesy of the Office of Intercultural Relations

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

The Daily Aztec is looking for writers!

The City section of The Daily Aztec is looking for motivated, news-minded writers. It's a great opportunity for journalism and English majors looking for newspaper experience.

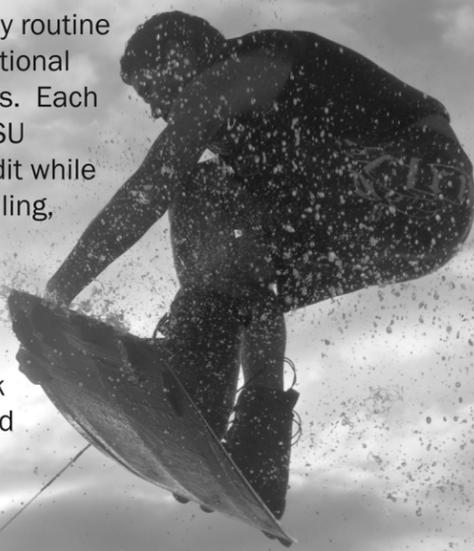
To apply, pick up an application at our office in the basement of the Business Administration building. Contact City Editor Wendy Fry at (619) 594-7782 for more information.

SOME SUBJECTS SHOULDN'T BE LEARNED IN A CLASSROOM

Earn college credit in SDSU ENS Watersports Classes at Associated Students' Mission Bay Aquatic Center!

Take a break from the daily routine with an Exercise and Nutritional Sciences watersports class. Each semester about 1000 SDSU students earn college credit while wakeboarding, surfing, sailing, kayaking, rowing or windsurfing their way through the semester.

Classes meet once a week for the entire semester and are graded on attendance and on a midterm and final. Studying has never been this much fun!



PICK UP YOUR ADDCODE IN AZTEC CENTER THROUGH SEPTEMBER 12 or call (858) 488-1000



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FACETIOUS FEMINIST

The sad state of American politics today

Last week, I was blending a frappuccino for a mother-daughter pair of customers who were each absorbed in their magazines. The daughter was flipping through her copy of People, which had Republican vice presidential candidate and Gov. Sarah Palin on the cover.

"Sarah Palin is a skank," the daughter commented. Her mom responded in that sweet, borderline clueless demurring tone that moms have when their offspring say something inappropriate.

"Really? I've heard people say she's really pretty."

"Yeah," her daughter replied. "That's because she's a skank."

I couldn't decide whether to break into hysterical laughter or just be depressed. On the one hand, it's highly amusing to me that Palin merits the same level of consideration as Paris Hilton or Lindsay Lohan. At the very least, it proves that most women aren't being fooled by the sudden shift in tactics by the Republican Party. It went from accusing women of being despicable for supporting Hillary Clinton just because she's a

RUTHIE KELLY
STATE OF MIND EDITOR

woman, to trying to convince women that they would be totally justified in voting for Palin just because she's a woman. She certainly doesn't have much else to justify being the understudy of one of the most powerful and influential positions in the world.

On the other hand, because this kind of conversation is what passes for an informed political discussion it's so pathetic it drives me insane.

No matter how much the columnists and critics in the media, including me, analyze every move, speech and policy of the candidates and their opponents, the vast majority of the American public does not care to go to that level of detail. Candidates are the black guy, the old guy, the other old guy, the veteran, the token chick or the skank. If someone is registered as a Democrat, he or she will vote for Sen. Barack Obama; if someone is registered as a Republican, he or she will vote for Sen. John McCain.

Most citizens are either too busy or too lazy to do the level of research and consideration necessary to make an informed choice about who they want in the highest office in the nation next year. They're the voters who should not be voting because they are ignorant of what's at stake and what their choices really are. They're the people who believe what they see on TV is real.

Of those who are willing to put time and effort into researching the candidates, most have already decided who to vote for. So now the candidates are forced to pursue the votes of the people who'd rather be watching "American Idol"; the ones who get their news from television commercials or whatever's above the fold while they wait for the bus. The ones with the attention span of a third-grader who say, "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 do 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 PowerPoints, 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 gets shown on TV. Do the homework yourself.

Personally, I think that the inability of Obama to boil 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 time 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 initially 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.

—This column does not necessarily reflect the opinion of The Daily Aztec. Send e-mail to letters@thedailyaztec.com. Anonymous letters will not be printed — include your full name, major and year in school.

FAIR AND BALANCED

Obama's slip could cost him

For voters in a presidential campaign, trustworthiness is probably the most important factor in selecting a candidate. More important than endorsements, campaign promises or even catchy slogans, the peace of mind granted by electing a seemingly honest and straightforward president is a high priority.

So what are we to make of Sen. Barack Obama's dubious background, in which he was registered as a Muslim and learned Islam in his religion class in primary school, attended a local mosque, has ties to a terrorist living in his Chicago neighborhood and spent 20 years attending a church with a controversial pastor quoted as preaching "God damn America" from the pulpit?

On Sept. 7, during an interview with ABC's George Stephanopoulos in which he discussed his religion, Obama referred to his "Muslim faith" which was immediately corrected by Stephanopoulos as a "Christian faith" — the discussion then continued without a hitch. The problems raised by this nationally broadcasted exchange are twofold: How well does America know Obama? And, why isn't the media digging deeper into his past?

Obama has vehemently denied ever adhering to Islam and his campaign has asserted, "Obama has never been a practicing Muslim." Yet Obama cannot deny that Islam was a factor in his life growing up. At age two, his mom's second marriage was to a Muslim and as a result, the family moved to Indonesia. Although Obama downplays the importance of Islam in his childhood and highlights his mother's Christianity, according to his Christian and Muslim teachers, he was registered as a Muslim in school. He attended weekly Islamic classes to learn about the faith and the local mosque for community events.

It isn't Obama having a Muslim-influenced childhood that

TUCKER WINCELE
ASSISTANT STATE OF MIND EDITOR

hurts him. Such experience will prove useful considering our current war on Muslim extremists. It's his contradictory answers regarding this important part of his life that are such a cause for concern. Obama's major blunder in the interview raises the issue of his record and trustworthiness. After all, Obama is already fighting an uphill battle with the American electorate. Because he has a comparatively minimal record during his time in Congress, voters lack much concrete evidence of his intentions. Sen. John McCain, on the other hand, has decades of service in Congress and a very long paper trail, allowing voters to plainly see who he is and what he stands for.

The faith controversy alone is not enough to make a huge impact on Obama's presidential hopes. After all, he has been attending Trinity United Church of Christ in Chicago for the last 20 years. Anyone seriously running for president in this predominately Christian country should have the religious background to relate to average voters. Unfortunately for Obama's political career, his pastor was Rev. Jeremiah Wright, whose inflammatory and controversial sermons have damaged Obama's campaign and forced a separation between the two after two decades of history together. In addition to the previously mentioned sermons exalting his patrons to cry "God damn America," he refers to the country as the "United States of AmeriKKKa." Wright performed the Obamas' marriage ceremony and baptized their two children. Voters are rightly concerned about Wright's impact on Obama's beliefs.

Obama seems to have a knack for finding extremist connections. While in Illinois, he became linked with William Ayers, who teaches at the University of Illinois-Chicago.

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 '60s 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* as saying "I don't regret setting bombs" and felt he "didn't do enough." While Ayers has 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 chances at winning office.

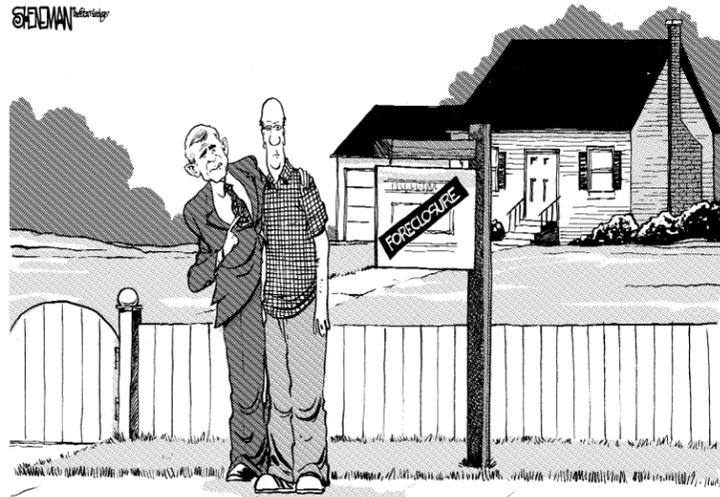
Why doesn't the media talk about these disturbing connections more? Because of their stunningly obvious preference for Obama, which therefore has tainted their coverage of this election. The problem with journalists and their lack of objectivity has come up again and again throughout this election cycle, from the nightly news to the national conventions. What once was shaping up to be a landslide victory for Obama this November is now a different story. The polls show Obama and McCain even or with a McCain lead, and the Democrats are going to have to make some gains if they want to assure victory.

For Obama, convincing voters that he is who he claims to be is the single most critical obstacle standing between him and the White House.

—Tucker Wincele is a political science and economics junior.

—This column does not necessarily reflect the opinion of The Daily Aztec. Send e-mail to letters@thedailyaztec.com. Anonymous letters will not be printed — include your full name, major and year in school.

SEIDMAN



"I KNOW YOU'VE BEEN LAID OFF AND YOU LOST YOUR HOME, BUT IT'S TIMES LIKE THESE WHEN WE CAN ALL TAKE COMFORT IN THE KNOWLEDGE THAT WE'RE NOT TECHNICALLY IN A RECESSION."

Give San Diego State your opinion!

The Daily Aztec is looking for columnists in the State of Mind section. It's a great opportunity for any major to improve your writing skills, add work experience to any résumé and let your voice be heard.

For more information, call State of Mind Editor Ruthie Kelly at (619) 594-0509, or visit the section Web site at <http://dailyaztecstateofmind.googlepages.com>.



CROSS COUNTRY

Seven runners to represent SDSU in Hawaii

DAN PEREZ
STAFF WRITER

Gyms and fields are where most athletes compete, and they can sometimes seem plain and lackluster.

Hardwood floors, blades of grass and even rubber particles from field turf can all seem to blend into one big mess of boringness after a period of time.

For the San Diego State cross country team, though, the runners have the distinct pleasure of 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 up a hill and just look out across the ocean, it makes you want to stop and just stare. I always have to remember that I'm competing and 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.

"With Alma (Escobar) still out, we're not where we thought we would be right now," assistant coach Jennifer Nanista said. "But even though our finish wasn't the best at the Aztec (Invitational), we had a lot of surprises and good moves forward."

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 Martinez. SDSU is attempting to build off of those runs and not focus on the negatives facing it this week.

"This is one of our shorter runs of the season and it's on an astonishing course," Nanista said. "While there will be great competition at the meet, I am expecting it to reenergize the girls and come back to the mainland 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 is 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 us 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 some runners some more time out on different courses," Vieira said, "and with getting some girls out there it will improve our depth later in the season."



Glenn Connelly / Assistant Photo Editor

After a disappointing 14th place finish in last weekend's Aztec Invitational, the San Diego State cross country team will hit the road and head to Hawaii for the Big Wave Invitational this weekend. The Aztecs will take just seven runners to the competition.

AT A GLANCE



WHEN: 7:50 a.m. HT, Saturday

WHERE: Kane'ohe Klipper Golf Course in Honolulu

WHY TO WATCH: San Diego State will head to Hawaii, where stunning views and great weather present ideal conditions for an SDSU cross country team coming off a poor performance at the Aztec Invitational last weekend. The Aztecs will have to run without one of their best sprinters again Saturday, as junior Alma Escobar is scheduled to miss yet another week with a foot injury.

POPE'S DOCTRINE

Being an Aztec fan is harder than it appears

"Aztec football: It's agonizing." Visit any San Diego State message board online and

you'll see that mantra just about everywhere you click.

The SDSU faithful have come to expect mediocrity, and although every year the truly devoted fans pay for their season tickets and commit their time to support their team, it's getting harder and harder to be an Aztec fan.

Since entering the Mountain West Conference almost a decade ago, SDSU has failed to earn a berth in a bowl game or even finish the season above .500.

Hopes were raised when Chuck Long was hired as head coach going into the 2006 season, but a 7-17 record in his first two years brought expectations back down to earth.

Now, three games into the 2008 campaign, the Aztecs are 0-3, including a humiliating opening-game loss to FCS Cal Poly, their second defeat by the Broncos in three seasons.

Even for a program that expects mediocrity, the current state of SDSU football is alarmingly bad.

Even still, there are aspects of the program fans can be proud of.

"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 '80s. "We

DAVID POPE
ASSISTANT SPORTS EDITOR

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, Ind. In fact, it gave the Fighting Irish an hour of extremely competitive football, three hours of exceptional exposure for the university on national network television and were a goal line fumble away from winning the game.

On top of that, redshirt freshman quarterback Ryan Lindley has shown moments of greatness and the potential to be one of the best QB's in Aztec history.



Glenn Connelly / Assistant Photo Editor

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.

And Lindley's predecessor, Kevin O'Connell, as well as a host of recent SDSU alumni, including Matt McCoy, Freddy Keiaho and Kabeer Gbaja-Biamila, have gone on to the NFL to have great success and represent Montezuma Mesa in

a way Aztecs fans have to find uplifting.

So in spite of all the on-field ineptitude in recent history, don't come to games with a brown grocery bag just yet; there is plenty to be proud of.

Still, a couple of wins would be nice ...

—David Pope is an English junior.

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



Lauren Swann / Staff Photographer

San Diego State spent last summer revamping 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

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

Natalia Van Stralen
COPY CHIEF

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 these 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."

\$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	Sbarro Two Slices of Cheese 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	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

Coordinate your nutrition like a Crayola box

KRISTINA PELTIN

ASSISTANT FEATURES EDITOR

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, cryptoxanthin – 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 lemon, corn and squash converts 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. A 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/>.



Jason Payne / Staff Photographer

Color coordinating your food can lead to an all around better level of nutrition. Different vitamins can be found in fruits and vegetables based on their color, making it easy to follow a strict regiment.

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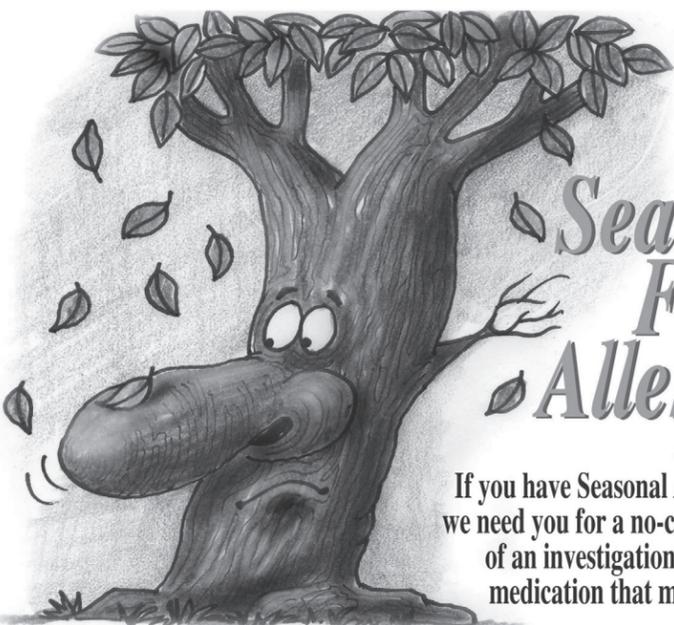
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IF YOU'RE NOT WEIRD, YOU'RE WEIRD

Partying like it's 1967

The 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 hulla-baloo. All I ask is before the pair makes "I, Robot" nonfiction, the two should be philanthropic and build a time machine.

Ever since I butterfly stroked out of my mother's womb, I have been trying to travel back in time to the '60s and '70s. My first duty would be to bring back a dictionary and read protesters the definition of peaceful. After giving my message from the future, I'd strap a record player to my back, put on my hiking boots and join the Yippies on

SARAH ATALLAH
STAFF COLUMNIST

the climb up General Logan.

Until the Stevens are able to meet my needs, I found another way to experience the hippie years of the past, while in the present. After a 20 minute drive, with plenty of rest stops on the way, I arrived at a Bob Dylan concert and sat on the grass in a '60s fantasy land.

I amusingly discovered that I wasn't the only person attempting to be in a past decade. A woman with more than one use of grass shouted, "Back in 19, two and seven I could take my shoes off." A shoe-less woman is an indication of prostitution by today's standards. After the barefooted seductress' remark, a couple said, "She's probably old like us, trying to be young."

Until the concert, I believed that age was just a number. To most degrees, I've supported the cougar and hughgar communities. Hughgar, attributed to Hugh Hefner, is the title I think male cougars should have. Demi Moore and Ashton Kutcher are great additions to cougarville, but not all cougar or hughgar couples age as gracefully.

Sitting on the blanket next to

us was the prime example of a disturbing couple with an obvious age gap. The two made out for most of the show, only stopping when an oxygen tank was needed for one of them to breathe. Toward the end, we watched as they slow danced with cigarettes clamped between their fingers. They hoped to start an avant-garde tango by replacing the classic rose between the teeth with a romantic cigarette.

Another distraction around us was the couple we referred to as Mr. and Mrs. Groperson. They seemed to have started a new version of hand holding. Instead of clasping hands, they cupped each other's buttocks and even as Dylan sang, "The Times They Are A-Changin'," the placements of their hands were a-stayin'.

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.

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

DAILY HOROSCOPE BY LINDA C. BLACK, TRIBUNE MEDIA SERVICES

TODAY'S BIRTHDAY (09-17-08) Sure, there will be difficulties this year. It's like a masters' program. You'll get lots of chances to improve your skills. The good news is, you can do it.

ARIES (March 21 - April 19) - Today is a 7 - Others are eager to run off and do something that's unnecessary. Don't follow the crowd, or even a person you love. Make up your own mind.

TAURUS (April 20 - May 20) - Today is a 7 - There's plenty of confusion and quite a bit of contradiction out there. Frustration is abundant, too. Try not to worry about it. This, too, will pass.

GEMINI (May 21 - June 21) - Today is a 7 - Let the combatants have two minutes each to express their opinions. Your careful listening helps them stay rational and coherent.

CANCER (June 22 - July 22) - Today is a 7 - Your community involvement is good for others as well as yourself. You may not feel like you did much, but every little bit counts.

LEO (July 23 - Aug. 22) - Today is a 9 - Good news from far away, or maybe it's merchandise you ordered that's arriving. Whatever, it justifies a celebration. Whoop it up!

VIRGO (Aug. 23 - Sept. 22) - Today is a 7 - Financial woes fade as you develop another source of income. Your imagination is working well. Use it.

LIBRA (Sept. 23 - Oct. 22) - Today is a 7 - Don't argue with strong authority figures now. Ask questions if you don't understand, and then listen carefully.

SCORPIO (Oct. 23 - Nov. 21) - Today is a 7 - Keep pushing now, while you have the chance to make a few extra bucks. You can relax later, after this opportunity's all used up.

SAGITTARIUS (Nov. 22 - Dec. 21) - Today is a 7 - You are a spiritual person down to your core. The things you feel most passionate about lead to your success. Be pushed by your convictions and you'll make the right choice.

CAPRICORN (Dec. 22 - Jan. 19) - Today is a 6 - A person you don't agree with on anything can still be a mentor. If nothing else, he can teach you where you don't want to go. That's valuable.

AQUARIUS (Jan. 20 - Feb. 18) - Today is an 8 - Keep focusing on the area of study that interests you the most. You're very close to finding the answer that everyone's seeking. You could become a hero.

PISCES (Feb. 19 - March 20) - Today is a 7 - Don't tell anybody what you're up to until it's a done deal. Keep enough in your pocket for expenses and bank the rest.

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SDS-VIEW



AN INFORMATIVE DOME

STAFF PHOTOGRAPHER PETER KLUCH captured this shot of the InfoDome at night. The InfoDome leads students into the Reserved Book Room and the Love Library.

SUDOKU

BY MICHAEL MEPHAM

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Level: **1 2 3 4**
Instructions: Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk.

Solution available online at www.TheDailyAztec.com

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CROSSWORD

EDITED BY WAYNE ROBERT WILLIAMS

ACROSS

- 1 Con jobs
- 6 Ltr. carriers
- 10 Ocean extract
- 14 George or T.S.
- 15 Spiffy
- 16 Tennis great
- Nastase
- 17 Old-time type-script duplicate
- 19 "Sweater Girl" Turner
- 20 6-pointers
- 21 WBA stats
- 22 "Hamlet" Oscar winner
- 24 Precious stone
- 25 Cut back
- 26 Fabled city of gold
- 30 Maroon
- 34 Brunch, e.g.
- 35 Completed
- 37 Lyricist
- Hammerstein
- 38 Rock group
- 39 Soft drinks
- 41 Southern cornbread
- 42 Duck
- 44 Knit
- 45 Killer whale
- 46 Yearn for
- 48 Thought out
- 50 Lytton Strachey's first name
- 52 Put on
- 53 Operating physician
- 56 ISP biggie
- 57 Draft choice
- 60 Oh, yeah
- 61 Determined
- 64 Cordelia's father
- 65 Planted
- 66 Probe
- 67 ___ and ends
- 68 Vogue competitor
- 69 Blotch

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67					68					69		

By Norma Steinberg San Francisco, CA Solution available online at www.TheDailyAztec.com 9/17/08

DOWN

- 1 Religious subdivision
- 2 Dressed (in)
- 3 Affectations
- 4 Throng
- 5 Dracula's creator
- 6 Ltr. extras
- 7 Recent prefix
- 8 Fog or mist
- 9 Engraving tool
- 10 Inherited wealth
- 11 Jai ___
- 12 One's occupation
- 13 Symbol of sadness
- 18 Wanderers
- 23 Toward the center
- 24 Trophy wives, perhaps
- 25 Mulls over
- 26 Implant
- 27 Furlough
- 28 Carvey and Andrews
- 29 Tragic fate
- 31 Oak-to-be
- 32 John ___ Garner
- 33 Trepidation
- 36 Comfort
- 40 Follow secretly
- 43 New York canal
- 47 Plaza Hotel girl of comics
- 49 Some pool balls
- 51 Sign up: var
- 53 Farm building
- 54 Second-hand
- 55 Enjoy some haikus, e.g.
- 56 Bancroft or Archer
- 57 Actress
- 58 Italian writer
- 59 First place?
- 62 Nocturnal bird
- 63 Allow to

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