**Virus discovered in computer lab**

By Jeff Blizzard

A computer virus that spreads like a sexually transmitted disease found its way into the hard-disk drive of the Macintosh computer system in the Air Conditioning Building computer lab.

Dwight Heirendt, manager of Academic Computing Services, which supervises the student labs on campus, said a student assistant discovered the virus earlier this month and that now every student is required to test their own computers.

Heirendt said computer consultants had realized there were problems with Macintosh computers but did not realize what had caused the problems until recently.

Anthony Dunn, a natural resources management senior, said he used the Macintosh to write a report on a project. He noticed that disk space was diminishing and ran a type of monitoring program, he said.

Heirendt said Dunn consulted with him before running the program, which is used to determine whether a disk space is diminishing.

Once Dunn ran the program, a copy of the virus began multiplying on his computer and spreading to other computers on campus.

Heirendt said he was surprised to learn that the virus had spread so quickly.

The virus spreads by creating a copy of itself and inserting it into other programs on a computer hard drive.

The virus was found in the Macintosh computer system in the Air Conditioning Building computer lab.

Heirendt said the virus had spread rapidly and that the computer lab was affected first.

The virus has caused problems with Macintosh computers on campus and has caused a major decrease in the rates of infection.

See VIRUS, page 3

**Toxic shipments regulated**

By Laura Fleischer

Assembly Bill 2705 — signed by Gov. George Deukmejian Sept. 26 — opens the door for potentially safer transportation of inhalation hazards and poison gases throughout California.

"Basically ... it establishes a new subcategory of hazardous materials — substances that are highly toxic and spread rapidly," said San Luis Obispo Fire Chief Mike Dolder.

The bill, authored by Assemblyman Richard Katz, follows a wave of concern expressed in the San Luis Obispo area after a truck carrying toxic rocket fuel blew an engine component in the San Luis Obispo Fire Department.

"We were not as strong an academic institution," said Tom Schell, radiation safety officer and head of the radioactivity lab.

At that point, a temporary moratorium was obtained to postpone shipments of the fuel in the Vandenberg Air Force Base until a risk assessment study defined Route 166 between Bakersfield and Santa Maria as the alternate transportation roadway.

The issue of safe hazardous materials transportation was of concern prior to the accident, Dolder said, but he believes that last December's event exacerbated the situation.

Explosives were limited to specified routes before AB 2705, but transportation of the majority of inhalation hazards and poison gases regressed.

Now smaller quantities of these three materials will be regulated in addition to all other previously-unregulated members of the inhalation hazards and poison gases subcategory.

According to the bill analysis for AB 2705, this bill:

Establishes a new subcategory of hazardous materials

See BILL, page 3

**Poly lab tests for radioactivity**

By Ron Crawford

Radioactive material can be found all over Cal Poly's campus. The substance is used in dozens of experiments and processes ranging from film development to cancer research.

But does this controversial material pose any threat to the droves of students who pass it daily?

Tom Schell, radiation safety officer and head of the radioactivity lab, said he doesn't think so.

The lab has been monitoring everyone, students and professors who have worked with or near any radioactive material since 1963, and has yet to find a trace of exposure, Schell said, gesturing toward a library of past records and files.

Any student or professor working near an area with radioactive substance is required to wear a finger ring containing thermal luminous dosimeters (T.L.D.)

"A T.L.D. is a small chip that will absorb any radiation it encounters," Schell said. "We then take the chips back to the lab to analyze and determine the amount of exposure. The readings are constantly zero," Schell said.

An elaborate radiation monitoring system is also used by the laboratory's staff to check exposures in the environment where the material is present.

See WASTE, page 9

**UCSB boasts finer students, denies party label**

By Stewart McKenzie

Part three of five in a series on the University of California, Santa Barbara, how it operates and compares to Cal Poly.

The UC Santa Barbara party image is dying rapidly.

So says Leslie Lawson, dean of students at UCSB, echoing the number-one sentiment of students and staff that the university should be taken seriously as an academic institution.

"We were not as strong academically as Berkeley or UCLA," said Chris Van Glines, associate director of relations with schools at UCSB. "We're definitely attracting a stronger student population.

The most current statistics agree with Van Glines. Over 50 percent of entering freshmen were in the top 10 percent of their high school graduating class. Not only are the SAT scores consistently higher than Poly's in both verbal and math, over half will eventually seek a higher degree.

In many ways, the university had no choice but to accept "better" students. With the University of California system's rising popularity for providing top-notch education in a public school system, plus a change in application procedures in 1983, enrollment has zoomed up to 20,000 applications for fall 1988. This has impacted many programs, notably engineering — one of the most impacted programs at Cal Poly.

"The pressure is clearly on to choose the best and the brightest," said Edward Vich, vice chancellor for institutional advancement. "We are a relatively young campus in the UC system. Our job is to continue to strengthen our program.

"I don't think it's ever been the party school it is perceived to be," he said. "We're coming of age.

While UCSB may be admiring student success now, images of crashing bikes, noisy dorms and vocal student opposition persists.

See UCSB, back page
**A proud liberal Democrat**

By Gordon Curzon

To hear Republican campaign rhetoric one would think that the famous "I," word stands for Lyndon B. Johnson. "Let us not be afraid. Since I am a teetotaller, I get upset when demagogues fool around with language on the radio," (Far Right Weblog). It devotes a column and a half to the various meanings, uses and nuances to the word "liberal." It comes from the Latin word liber, meaning free. It connotes the mark of a free person, one who is noble and generous. Among its many synonyms are: broad-minded, open-minded, liberal, bountiful, bounteous, munificent, open-handed, and tolerant. There are no negative connotations.

One of the liberal suggestions is a commendable pragmaticism, a toleration of the degree of "liberalism" and an emancipation of ideas which are not cast in stone, but which may be freely debated in an open society. Dictators hate liberals.

On the minus side a liberal must counter critics who hold that the word connotes questionable unorthodoxy, experimentalism or irresponsibility. In any event, "liberal" conjures up more favorable definitions than the word "right wing."

Check your history books. The Puritans rejected the "liberal" views of their day and fled to the New World. Our founding Fathers rejected the prevailing conservative views with "liberal" thinking. In this country were all views were freely and openly debated. George Washington, the "Father of our Country" was a "king. How liberal, how radical, how liberal!"

Among the most important, whom most Republicans consider to be the founder of their party, was a liberal. He flew in the face of the conservative thinking that America is a place where people are either rich, or very poor. It is no wonder that Washington is considered the "Father of the Liberal Revolution."

Any man or woman who challenges accepted modes of behavior and their attendant injustices...has been an American liberal...

What is the most appealing and most commendable characteristic of a person imbued with a liberal philosophy is an open-minded fairness and tolerance...by its very nature this kind of liberalism.

What is the most appealing and most commendable characteristic of a person imbued with a liberal philosophy is an open-minded fairness and tolerance...by its very nature...a personal characteristic of a person imbued with a liberal philosophy is an open-minded fairness and tolerance...by its very nature this kind of liberalism.

It is hard to understand why, when liberals believe in freedom of speech and press, and democratic conservations would deny such freedom and attempt to legislate restrictions on such free expression. How easy it is for conservatives to claim that such liberties were never held in the political left, and consequently, communists. It is easy to claim in our leaders' infallibility...

I do not suggest that political scandal is the mark of the beast on the forehead of the conservative. I do maintain, however, that a certain mark of the beast on the forehead of the conservative.

It is no small coincidence that this current Reagan Revolution with the political and unremitting fear of communism has led them...the ever-increasing sense of futility about the corruption evidenced daily in our political, economic and social system.

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It is no small coincidence that this current Reagan Revolution with the political and unremitting fear of communism has led them...the ever-increasing sense of futility about the corruption evidenced daily in our political, economic and social system.

I am proud of being a Democrat, as well as a liberal.

**Mustang Curzon** is a professor emeritus of English at Cal Poly.
From page 1
tion of the hard disks since the random checks and the virus-detection programs were started, Heirendt said.

The lab has also posted a sign warning Macintosh users that their floppy disks could be inspected.

The sign reads: "Attention, Macintosh users: We have been infested with a computer virus which we are attempting to eradicate. As such, all Macintosh diskettes will be subject to inspection.

Epstein said there should be no spread of the virus if students do not borrow or return infested floppy disks. "As a group, we can get it under control," he said.

According to Combs, the CHP defines roadblocks by conducting surveys based on factors such as population density of nearby communities and how heavily a particular roadway is trafficked.

"Sometimes we hold public hearings as to the feasibility of the road," he said. "The people through their representatives have a direct impact (on the choice of routes)."

Dolder noted that the roadway selected for inhalation hazards and poisonous gases transportation may or may not be the same as the explosives routes already defined.

Due to the complexity of assessing optimum transportation routes, their designation is not required to be completed until Jan. 1, 1992, as stated in AB 2705. However, the other points of the bill are to be implemented as soon as possible, Dolder said.

He predicts the bill's statement regarding a shipper-supplied escort vehicle will take some of the responsibility away from the local emergency service agencies.

"The person transporting it is responsible," he said.

Attention Macintosh Users!

We have been infected with a computer virus which we are attempting to eradicate.

As such, all Macintosh disks will be subject to inspection.

A sign in the air conditioning computer lab against losing computer files because of viruses or other reasons.

Students should have two or three copies of important files if they are working on important term papers and senior projects.
Wednesday, October 12

meet with Hughes

Student Union-Room 220

bring 5 resumes

Interview Sign-Up and Information Day

Make a date to get to know us on October 12th. Drop by between 9:00am and 3:00pm and we’ll tell you what’s on the horizon at Hughes Aircraft Company, and we’ll answer any questions you may have.

Meet representatives from our different organizations and present your resume to those that interest you.

Interviews will be scheduled for October 13th.

We’re seeking qualified graduates in:

- Electrical Engineering
- Mechanical Engineering
- Computer Science
- Industrial Engineering
- Applied Math
- Physics
- Engineering Technology

We want you to have all the information you need to make one of the most important decisions of your life.

Hughes Aircraft Company is an equal opportunity employer. Proof of U.S. citizenship required for most positions.

Creativity America depends on.
Mustang Daily  Wednesday, October 12, 1988  5

Acid (LSD) — This drug is lysergic acid diethylamide. It is a synthetic drug derived from a plantlike fungus called Ergot. It comes in tablets, oracles, and is a hallucinogen. The drug has a potential for psychological dependence.

Mushrooms — The active ingredient for this drug is a tertiary amine called psilocybin. Psilocybin is a natural derivative of a mushroom fungus. This drug is generally swallowed and acts as an hallucinogen. There are two types of Mushroom psychotomimetics:

Psilocybin — The active ingredient is psilocybin. This drug is a hallucinogen and causes perceptual distortions.

Psilocin — The active ingredient is psilocin. It is similar to psilocybin, but is said to be less potent.

Marijuana — The active ingredient is tetrahydrocannabinol (THC) and comes from the plant cannabis sativa. It functions as a hallucinogen, and the usual method of use is smoking. Marijuana comes in the form of brown or green plant particles. May cause both physical and psychological dependence.

Cocaine — The active ingredient of this drug is a methylether of benzoylphenacine which is found on the sea kelp. The usual form of the drug is in a powder form, and it may be sniffed, insufflated, or swallowed. Cocaine acts as a stimulant and does not have a high risk for psychological dependence.

MUSHROOMS: Steve is a 23-year-old graduating business senior who said that "...you take a couple of mushrooms and then spend the evening drinking on the weekends, he used to enjoy taking mushrooms."

"Oh, I'm not like that," Steve said as he kicked his legs up over a table and sipped a beer. "They're pretty cheap and they're organic."

"You simply get high on the drug. Your eyes dilate, and you laugh. The walls can start to move, and you see black circles, things like that happen. It's something to do to have a good time."

Steve has had a bad experience while "drooping" which caused him to re-evaluate his use of the drug.

"One time, I was stoned," Steve paused, chewed his upper lip, briefly relived the memory of eating one. "I guess I got tired of it and grew out of it."

However, Steve does not advocate its use and no longer takes mushrooms.

"I just don't like the idea of growing it or doing it," his tone became weary, no longer generally the same, yet Steve stands firm in his belief that if someone is considering trying one it should be mushrooms.

"Shrooms are organic and you can control the experience when you're on it." Steve ran through the drug's "assets" as if he was selling a used car. "There's less non-productive and it costs money."

"...I come from an average family and am a realist in life."

Steve said that last spring quarter was "...after that time at the concert, it really did happen."

"Then you want more. You must keep that high," she said, tone stressing the importance of the words. "Sometimes my heart beats so fast it's scary, but the desire for more is hard to resist."

Barb is now living with girlfriends and insists she is "getting better."

"Sometimes when I haven't done it for a while I get this feeling," she varied her voice as if settling into bedtime story. "This summer I was driving and out of the blue I turned loose in the back of my mouth. The thing is, I hadn't done it in a long time. I say 'that's weird' and I get this surge."

Barb said she did not succumb to her desire at that time because she is trying to cut down her use of cocaine.

Barb is a 22-year-old English major at Cal Poly, spends about $40 to $60 a week on drugs, and she claims that the money he earned "helped put me through school."

"I barely went to school and I wasn't studying..."

ACID: After licking a small scrap of paper and waiting over an hour, you become "awake and dizzy" and it seems as if everything is happening at once — though nothing has happened at all. You may begin to see music rather than listen to it.

This is what might happen if you are experimenting acid, according to "Bwana," a 23-year-old Cal Poly architecture major.

"The walls can start to move, and you see black circles, things like that happen. It's something to do to have a good time."

Barb said she did not succumb to her desire at that time because she is trying to cut down her use of cocaine.

"I'm not going to blame it on my family or childhood, because I'm a happy person. I do it because I like it. I'm not hurting anybody... maybe myself — it's my decision."

COCAINE: "I think it's the miracle drug," Barb said. "I mean, you can take it and while you are feeling high, you can have a handle on it no-body knows you on it."

Barb, a 22-year-old English major at Cal Poly, spends about $40 to $60 a week supporting her cocaine habit.

"I come from an average family and am like the star," she smiled. "I'm the good kid with the good grades. I also snort coke. A lot of people do."

Barb said she brown hair and a quick smile, most people would never suspect Barb as being a chronic cocaine user — apart from her constant sniffing.

"It take a lot so I don't eat," she said. "You know, a line here and there; then I'm not hungry."

Sitting in her bedroom, Barb's surroundings show a young woman who has many comforts. There are old ski-lift tickets stuck to the wall which boasts of resorts in Utah and Colorado, a disk player and a computer with printer. But the room is not homey, it is like normal wild mushrooms do, and they taste really bad," he said and laughed at the thought and said, "It's fun if you try a little of it."

Ann explained that most people who experience this drug will have the same responses. "You laugh a lot," she giggled at the thought and said, "It's fun if you try a little of it."

Ann said her dad used to sell marijuana, and she claims that the money he earned "helped put me through school."

"I take it a lot so I don't eat," she said. "You know, a line here and there; then I'm not hungry."

BROWN SUGAR: Barbara is 22-year-old English major at Cal Poly, spends about $40 to $60 a week on drugs, and she claims that the money he earned "helped put me through school."

Ann might know, for she has been "...after that time at the concert, it really did happen."

"They're a lot of fun," Steve said as he spoke. "I come from an average family and am a realist in life."

"Sometimes when I haven't done it for a while I get this feeling," she varied her voice as if settling into bedtime story. "This summer I was driving and out of the blue I turned loose in the back of my mouth. The thing is, I hadn't done it in a long time. I say 'that's weird' and I get this surge."

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ACID: After licking a small scrap of paper and waiting over an hour, you become "awake and dizzy" and it seems as if everything is happening at once — though nothing has happened at all. You may begin to see music rather than listen to it.
In quest of the perfect body, or at least one that can fit into a bathing suit without too much embarrassment, many people in this health-conscious society search out gyms as the most convenient means to work out.

They flock to these fitness centers in great numbers. There are about 15,000 health clubs nationwide with 10.5 million members, according to the July 18 issue of U.S. News and World Report.

Each club offers different advantages and a unique atmosphere, so the variety should allow everyone to find their own perfect gym. San Luis Obispo has its own range of health clubs varying in the types of clients and programs offered.

San Luis Obispo County YMCA

1020 Southwood Dr., next to Sinshiemer Pool

Variety is the word at the YMCA. Over 50 fitness classes are offered every week with 14 different types of classes to choose from. One of the options is “Prenatal Fitness,” a class designed for pregnant women. Another, called “Especially for You,” a low-impact aerobic program for overweight and out-of-shape people taught by an instructor who used to be overweight.

In addition to the exercise classes, the YMCA has racquetball courts and two rooms of weights and machines. It has a Nautilus circuit, free weights, Universal machines, stationary machines, hydraulic machines, and four Lifecycles. Because the YMCA is a non-profit organization it offers a program much different than other gyms. Many donations of time, advice, and equipment keep the center going, said Rene Ennulat, associate director of health and physical education.

Members give the gym equipment that has been sitting in their garages unused, and doctors who work out here share their knowledge on the safety of different machines, Ennulat said. The result is an atmosphere similar to home.

Many people work out at the YMCA because they are recognized, Ennulat said. “It’s not a matter of they are here to pick up on people, but you are here to meet a lot of people.”

Many staff members are volunteers.

Ennulat said, “We have a real mixture of everything from college-aged instructors through senior-citizens that are teaching. There are a lot of professionals and also a lot of homemakers that are teaching here.”

Forty people make up the fitness staff, with approximately 2000 members, Ennulat said. Many of the staff have had outside training, and all of them have gone through training at this gym and through a standard YMCA fitness leader course.

In regards to training Ennulat said, “We really stress with our Nautilus and aerobics people that the purpose is not just to train people and to teach, but to be there. We work with the whole person.”

The age range of members is completely mixed but most are here for general fitness and toning, Ennulat said.

All facilities are wheelchair-accessible except the hardwood-floor aerobic room upstairs. The gym also offers a sauna and whirlpool spa in both locker rooms. Fitness testing with constant individual counseling and child care are available too.

Ennulat said floor managers route people if there is crowding on the Nautilus machines and aerobics classes close after a lot of homemakers that are teaching here.

Prices for a year membership range are $70 for people between the ages of 18 and 23 and $240 for those between 24 and 61. There is also a $25 registration fee. Access to the racquetball courts adds an additional cost.

The YMCA is open from 6 a.m. to 10 p.m. Monday through Thursday, 6 a.m. to 9 p.m. on Friday, 8 a.m. to 7 p.m. on Saturday, and 12 a.m. to 5 p.m. on Sunday.

Calendar Girl Health Club

964 Foothill Blvd

The closest gym to Cal Poly, Calendar Girl is the only exclusively female club in town. Although it has exercise machines and free weights, the high-energy aerobic classes are its most popular feature said owner-manager Julie Gale.

Fifty-three work out sessions a week are held including three levels of aerobics and a power walking class. Classes held between 5 p.m. and 7:30 p.m. tend to be crowded, Gale said. The aerobics area, which is mirrored on two sides and has a spring-based wooden floor, has a 40-person capacity.

In another section of the air-conditioned room is the weight area containing Universal machines, free weights, Aerobicycles, and two Stairmasters. A weight trainer is available for personal help and advice.

Gale said most of the 23 instructors and weight trainers were trained before they started at Calendar Girl, but all of them go through training at the club. Aerobic instructors are also certified by an outside agency.

The highest percentage of members is in the 18 to 25 age group, but a lot of older people are members, Gale said. “We cater to mainly Cal Poly students.”

There are some body builders that work out here, but most of the members are interested in fat loss, Gale said. The atmosphere is “very energetic, yet everyone is encouraged to work at their own pace.”

Gale said much of the nine years of Calendar Girl’s success is due to it being for women only. A member “can work out here then meet the guys later—after she looks good.”

Cal Poly Girl is wheelchair accessible and offers a Jacuzzi, a sauna, a Wolff tanning bed, and nutrition counseling. Membership costs $195 for a year and $140 for six months in addition to a $20 sign-up fee. Membership includes one to a personal fitness program evaluation and use of all facilities except the tanning bed and nutrition counseling. The tanning bed regularly costs $5 a sitting, and the nutrition counseling is a specialized program that varies in cost with each individual.

Calendar Girl is open Monday through Wednesday from 6:45 a.m. to 8:30 p.m. Thursdays and Fridays from 6:45 a.m. to 8 p.m., and Saturdays and Sundays from 8 a.m. to 1 p.m.

Maloney’s Gym

3545 S. Higuera ‘90

Rather than pinpointing a specific crowd, Maloney’s tries to cater to the majority. Depending on the time of day there can be families or body builders working out.

Manager Geoff Helm said that after eight years Maloney’s has established a following because there isn’t a fear of it closing.

Maloney’s has Icarion machines, Olympic free-weights, and a complete Nautilus circuit. There are also six Lifecycles, two stairmasters, and a life tower.

“We have the best equipment you can buy for training,” Helm said. Maloney’s stays progressive by constantly changing and keeping up with the newest equipment, he said.

Helm said there is no overcrowding because “this is the biggest work-out gym in the area.”

Certified instructors lead thirty-eight exercise classes a week. Five levels of classes are offered including a 75-minute aerobics class called “The Maloney’s Workout.”

Maloney’s has about 1200 members with 12 aerobics teachers and six trainers. Helm said the staff works with members putting them on a program and showing them around when they sign up.

The goal is to start people off slowly to avoid the possibility of injury, Helm said. But once someone knows what to do, they can take it as far as they want with the equipment here.

Maloney’s also has child care, Wolff tanning beds and a big screen TV.

Helm said there aren’t any brats to scare people away, but the atmosphere is conducive to working out.

Prices, staff qualifications, and aerobic free-weights were not made available.

Maloney’s members can use the gym Monday through Friday from 5 a.m. to 10 p.m., Saturday from 7 a.m. to 8 p.m. and Sunday from 10 a.m. to 7 p.m.
Kennedy Nautilus Center

570 Higuera St., right behind Spike's.

Unlike the other health clubs, this one caters to a specific crowd. The average Kennedy Nautilus member is over 32 and doesn't have a lot of time to work out, said general manager Brett Weaver.

Completing the full circuit of Nautilus machines gives a person a complete workout, and takes only 30 to 45 minutes, Weaver said. This allows someone with a busy schedule to maximize their exercise time. It also combats crowding because no machine is used for an extensive period of time.

Kennedy also has life cycles, Stairmasters, and rowing machines. The selection of free weights is scarce.

Twenty exercise classes are offered everyday, but no classes meet on Sundays. One of the classes is a Walking Club with people out breathing the fresh morning air three days a week.

The aerobics classes are taught upstairs in a room with one mirror. The padded and carpeted wood floor holds 25 people.

There are also a co-ed sauna, Jacuzzi and a Wolff tanning bed. Kennedy staff offer massage, fitness testing, rehabilitation, nutrition and weight loss programs.

Weaver said there are six aerobic teachers and two Nautilus instructors available to work with the approximately 600 active members. Most of the instructors have a physical education degree or are in the midst of getting one. All the aerobics teachers are certified.

The focus here is on overall fitness for the average person, Weaver said. "A non-intimidating atmosphere has been the key to our (six-year) success."

"We have few body builders. We go after the person who would be intimidated by taking Gold's Gym."

Membership runs $265 a year and can be frozen for a period of time or transferred to another person. First-time members must also pay a $25 programming fee.

Kennedy is open 6 a.m. to 9 p.m. Monday through Friday, 8 a.m. to 7 p.m. Saturday, and 9 a.m. to 4 p.m. Sunday.

The Club

3563 Suedito St., by the intersection of Granada Avenue and South Higuera.

Now in its second year, this gym offers a focused fitness in a non-intimidating atmosphere according to general manager Kristi Duvall.

"We have an atmosphere where everybody feels comfortable whether they are new to building or they're just an average person who just wants to do something for their body," Duvall said.

The right room contains a full line of Atlas free weights and machines. The air-conditioned gym with ceiling fans overhead also has a Stairmaster, a Lifeflower, an Aerobicycle and Precor bicycles. In the evening, a staff member stays in the weight room to answer questions and make sure people are using the equipment correctly.

The Club holds 35 aerobic classes every week in a separate room. The room, which is mirrored on two and one-half sides has a suspended wood floor. There is a 50-person capacity. Ten certified instructors teach the three levels of classes.

Crowding is not a problem, Duvall said. In the weight room there are several different stations for the machines that become crowded, and for aerobics a new class will be opened up if one time slot is overcrowded.

There are 23 staff members in all to serve the approximately 1300 to 1400 member gym, Duvall said. They have all completed a re-training program at The Club and received CPR certification.

The members are a variety of ages, but The Club attracts a lot more business and family people than other clubs because of the comfortable atmosphere, Duvall said.

The facilities also include a co-ed sauna and a Wolff tanning bed. In addition they offer massage, child care and private nutrition and fitness counseling.

"It's a very clean, well-fit and air-conditioned facility... and we offer a very friendly atmosphere," Duvall said.

The Club runs different membership specials from week to week.

The hours are from 5 a.m. to 10 p.m. Monday through Wednesday, 5 a.m. to 9 p.m. Thursday and Friday, 9 a.m. to 7 p.m. on Saturday, and 1 p.m. to 7 p.m. on Sunday.

Gold's Gym

3318 Duncan St., off of Orcutt Road.

In addition to a weight room and aerobic classes, this gym is unique in that it offers the only boxing ring from Los Angeles to Carmel, said owner Dale Smith. For an extra fee, members can take boxing lessons from a pro boxer.

Gold's weight room carries Techno equipment with over 12,000 pounds of free weights and multiple stations to work each area of the body. The gym, which is not air-conditioned, also has Lifecycles.

The aerobics room, with a padded and carpeted wood floor, can hold up to 19 people. Six certified instructors teach a total of 30 classes a week. There are five types of classes including special sessions to work abdominals, hips and thighs.

Although the five-year-old gym has a membership of about 3,000 people, about 400 walk through the door each day, Smith said. It is run by a seven-person staff, who are informed on the proper use of the weight room, how to handle injuries, and nutritional information. Prior training is required.

Gold's gives a lot of personal training, Smith said. When someone starts, a staff member goes through the different stations with him or her to show how to work on endurance and tendon and ligament strength.

Three to four weeks later a new personal program is set up so the member can work on muscular strength or whatever goal they have. The trainer walks through the first workout with the member and updates the program every six to eight weeks.

Child care, nutrition counseling, and rehabilitation programs are also available.

Gold's, which is wheelchair accessible, has done a lot of work with multiple sclerosis patients. Smith personally set up a program for one 67-year-old patient confined to a walker. After three and one-half months, she could trade the walker in for a cane, and the last time Smith saw her she was walking across the gym unsaddled.

Smith said only about one-tenth of one percent of Gold's members are body builders. Most people are just interested in staying toned and in shape.

Sixty percent of the members are male and the ages range from 14 to 60. Most members are from 27 to 30 years old.

Gold's "is not a social club," Smith said.

"The people out there really don't care too much how they look or... how weak the next person is. They're all out there to do the same thing."

Smith said "cocky people or those with bad attitudes kind of weed themselves out because they don't fit in with the rest of the people here."

Membership usually runs $280 a year. This includes membership in the International Physical Fitness Association which allows a transfer of membership to any other IPFA-affiliated gym.

Gold's is open Monday through Friday 5 a.m. to 11 p.m., Saturday 9 a.m. to 6 p.m. and Sunday 12 a.m. to 5 p.m.
AIDS demonstrators shut down FDA headquarters in Maryland

ROCKVILLE, Md. (AP) - Hundreds of demonstrators angry with the federal government's response to the AIDS crisis effectively shut down the Food and Drug Administration's headquarters Tuesday.

Authorities had arrested at least 50 protesters by midmorning. Demonstration leaders said they were aiming for 300 arrests by early afternoon.

Scores of employees were stranded outside the sprawling 17-story building when Montgomery County police stopped letting workers inside at 7:30 a.m.

The FDA had planned for its 5,000 employees to arrive early and use a rear entrance. But a small band of demonstrators broke off from the main body of protesters at the building's main entrance and blocked the other three entrances.

Rather than trying to separate demonstrators from employees, police told the workers the building was closed. Two hours later, police officers at intersections near the building approached workers and told them the building was closed.

The arrest procedure was simple. Groups of a half-dozen or so protesters would sit down outside the main entrance at the feet of a line of police officers. When the officers actually handling the arrests completed processing one batch of arrestees, they would return to the entrance and make more arrests.

Others of the demonstrators circled in front of the building's entrances, chanting, "Act up; fight back; fight AIDS" and "Test drugs, not people." Leaders of the protest describe the FDA's response to the AIDS crisis as criminally inadequate.

On Monday, a small contingent of police watched as a series of speakers at the FDA's response to the AIDS crisis as criminally inadequate.

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Three arrested for stun gun robberies

VILLA PARK, Calif. (AP) — Two men and a teenage boy were arrested for investigation of a string of robberies in which residents were zapped during the robberies that began Sept. 21 and continued to Oct. 2, said Orange County Sheriff's Lt. Richard Olson.

All three were held for investigation of armed robbery, kidnapping, and possession of stolen property, Olson said.

During the arrests, deputies recovered specific property including jewelry, clothing, videotape players and handguns allegedly taken during the robberies in upscale Orange County neighborhoods of Lemon Heights and Villa Park, about 35 miles southeast of downtown Los Angeles, Olson said.

WASTE

From page 1

According to Schell, radiation surveys in laboratories with X-ray machines or radioactive materials are conducted each month.

"We physically go into each exposed area with our survey instruments to see if there are any abnormalities," he said.

In addition to the monthly checks, Schell said leak tests are performed on the sealed radioactive sources quarterly.

"For example," he said, "if a piece of machinery contains some radioactive material, we will check to see if any of the radiation is leaking from it."

To ensure that the monitoring and regulation of radioactive material is conducted properly, a five-man radiation safety committee has been appointed by Cal Poly President Warren Baker.

Among top concerns of the committee is the storage of radioactive materials.

"Each of the three types of radiation — alpha, beta and gamma — can penetrate certain materials," Schell said. "For instance, alpha and beta can be safely stored in steel containers while gamma must be encased in lead."

A sign warning of radioactive materials is located at the entrance of each building housing the substance. Schell explains that the signs warn firefighters that a radioactive material is in the room and to ward off any unauthorized personnel.

On campus, a small brick structure near the aeronautical engineering building houses some of the penetrable gamma radiation, while the less penetrating alpha and gamma types can simply be stored in a safe container on a shelf.

"Although gamma radiation can penetrate nearly everything but lead, it does not mean it is any more harmful than any other source," Schell said. "In fact, the kind of radiation used on campus has a very low activity resulting in a half-life of about a third of a year. It's not very harmful."

According to the radiation safety committee's annual report, three 55-gallon drums of radioactive waste was packaged and shipped for disposal from Cal Poly last year without incident.

"The primary goal of the radioactive materials lab is divided between safety and educating the students who work with it," Schell said.

Radioactive materials storage shed

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Discrimination, capital punishment among court rulings

WASHINGTON (AP) — The Supreme Court today declined to decide the deadlines for filing a civil rights discrimination case.

The case involves Patricia A. Lorance, Janice M. King and Carol S. Bueschen, employees in 1982 because of a restructured seniority system. Carol S. Bueschen, employees in Aurora, Ill., who were demoted in 1982 because of a restructured seniority system.

The women claim that the seniority system incorporated into a contract between AT&T and the Communications Workers of America violated the National Labor Relations Act, which forbids discrimination on the basis of race, color, sex, national origin, or religion.

In 1986, a federal magistrate determined that the three had "stepped on" their rights because they did not file charges within 300 days of when the new seniority system was adopted in August 1980. A group called Fairness in Media appealed, asking the commission to review the decision.

The justices ruled that Edgar Hendricks and James Parmer and Charleston Williams were convicted of the murders in San Francisco of a man and woman who were killed in Oakland.

Williams was convicted of killing three people on Oct. 8, 1979.

Wrongful birth barred

The court barred a Missouri couple whose child has Down Syndrome from suing their doctors for failing to tell them a test was abnormal.

The justices ruled that Edgar Hendricks, an alias that is not a practice today, the mere existence of the practice is an insufficient basis for a cause of action.

Fairness in Media appealed, asking the commission to review the decision.

The justices, without comment, let stand rulings that stressed clean air regulations will not amount to a transfer of control requiring prior approval by the Environmental Protection Agency.

The ruling, without comment, left intact a ruling that strengthens air regulations by making the U.S. Circuit Court of Appeals the last word in cases challenging EPA regulations in court.

The justices refused to review a "wrongful birth" claim by parents who said they would have chosen abortion if they knew the child had the disorder.

Win for environment

WASHINGTON (AP) — The Supreme Court today rejected industry challenges to federal environmental rules governing air pollution.

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UCSB

Vista are a sea of bicycles. "I can't cross the street three times a day, five minutes to the hour," said Diana Haliburton, administrative assistant Isla Vista Foot Patrol. This seems to be the biggest complaint of both students and police on a campus that made a point of segregating bike paths and pedestrian paths.

"It's crazy. I probably see a bike accident every day," said sophomore Michelle Liles, calling the situation "impossible."

Her estimate is not far off. According to Jeff Chung, spokesperson for environmental health and safety, 154 reported bike accidents took place on campus between September 1987 and March 1988. With 203 days in this period, this averages out to .75 accidents per day. This does not include unreported accidents.

UCSB public safety Sgt. Jeff Benner, "antiquated and poorly engineered," recently took a photograph at one busy intersection. He counted 200 people—half biking, half walking.

It's unlikely bike habits will change, as car parking is $2 and unavailable for those who live one mile from campus.

Transfer student Mike Baranski, now at Poly, thought the biking was great when he left UCSB in March. "It's a little bit more intimidating to ride a bike here," he said, as the bike pathways are not well defined here.

Dorm dirt

Santa Cruz dormitories are the most popular, agreed both current students and Lisa Bernbach's College Book. They are closest to the beach and are two stories tall. Also popular are Storke Campus and off-campus residence halls such as Santa Ynez (apartments), Francisco Torres (highrise dorms), and the university-owned Isla Vista apartments Fountainbleu and Tropicana, according to Joan Mortell, UCSB's community housing director.

Alcohol, a banned favorite at Cal Poly, can be drank behind closed dorm doors. "It didn't matter how old you were and only if you were noisy did you get written up," said Liles, a dorm resident last year.

Besides, she said, Isla Vista is "within walking distance, so you don't have to worry about drunken driving."

UCSB students will get kicked out if a keg is found in a dorm room. It is no different at UCSB.

"The people here that are politically active are loud," said UCSB student Wade Daniels.

Daniels, new director at UCSB's Daily Nexus, the student newspaper, said for the most part the student body is pretty quiet, save the 200 or so that will take a stand on left-wing issues.

"No one likes to see an angry Deadhead," he said.

Still, the school that brought America the burning down of the Isla Vista Bank of America in the 1960s has had its vocal moments.

Visiting lecturer George A. Christon Jr. was accused of being a CIA plant last year, as part of the agency's college recruiting efforts. Three hundred protested his presence, with the arrest of 38. The trial of those arrested ended in a deadlock last May.

Student Profile

From page 6

Bikes on the warpath

When the bells chime five minutes to the hour at Storke Tower on a normal school day, the incoming paths from Isla Vista are a sea of bicycles. "I can't cross the street three times a day, five minutes to the hour," said Diana Haliburton, administrative assistant for Isla Vista Foot Patrol. This seems to be the biggest complaint of both students and police on a campus that made a point of segregating bike paths and pedestrian paths.

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Student Profile

From California

UCSB 95%
Cal Poly 98%

Blacks

UCSB 3%
Cal Poly 1%

Indians

UCSB 1%
Cal Poly 1%

Hispanics

UCSB 7%
Cal Poly 7%

Asians

UCSB 8%
Cal Poly 6%

Average age, full-time student

UCSB 21
Cal Poly 22.1

Over 25 years of age

UCSB 7%
Cal Poly 19%

Incoming freshman SAT avg.

UCSB 499 V
Cal Poly 461 V

College G.P.A. avg.

UCSB 2.82
Cal Poly 2.69

Eventually get higher degree

UCSB 55%
Cal Poly 11%

Male/Female percentages

UCSB 58%/42%
Cal Poly 57%/43%

Commute to school

UCSB 50%
Cal Poly 42%

Average per-quarter load, units

UCSB 14.5
Cal Poly 14