Art and Design class project yields winner

By Karen Kendzor
Staff Writer

The winner of the 1990 Poly Royal Poster contest discovered his class assignment can bring a lot more than just a good grade.

"It's every design student's dream to get something printed at school," said graphic design senior David Dykzeul last week. Although he wanted to enter the contest in past years, he said he did not have the time.

But when Cal Poly art professor Mary LaPorte had her illustration art and design class make the posters for a project, Dykzeul came up with his winning design, which portrays the 1990 Poly Royal theme "The Innovative Edge."

"I (the idea) kind of came to me and I went with it," he said. He then made his preliminary poster in one week.

"I chose to create something to represent Cal Poly as a unit," Dykzeul said. He also wanted a dynamic design to represent the playfulness and upbeat mood of Poly Royal by using eye-catching colors.

Over 23 students participated in the contest, based on a 60-page proposal submitted by the Solar Powered Vehicle Club, sixty-two universities from California — including Cal Poly — were chosen: Stanford University, Cal State Northridge, Cal Tech and Cal Poly Pomona.

The competition, sponsored by General Motors, was created to promote the young scientists of America and spur on technology. Each university chosen to compete received $5,000 from GM and $2,000 from the Department of Energy.

From January to December Cal Poly worked through the design process, and were chosen by GM in April. The proposal submitted to compete received $5,000 from GM and $2,000 from the Department of Energy.

"The R eagan-ap pointed us toward the 17th anniversary of the Supreme Court decision, Roe vs. Wade," said Renshaw. "We stand together to form a voice for Women and men must stand together to form a voice that will be heard all the way to the Supreme Court," said Pat Renshaw, co-coordinator of the local NOW chapter. "We will not go back to the days of back-alley butchers and deaths from botched abortions."

"The Reagan-appointed Supreme Court is setting the same way the King of England did when the colonies were being formed," said Renshaw. "They were imposing laws that are denying basic human rights to the citizens of the United States."

It is that same fear of the Supreme Court that motivated Carolyn Colbert, minister of the Unitarian Universalists Fellowship, to speak. "We respect the rights of those who differ from us and we believe that abortion is never comfortable," said Kolberg. "But we are unutterably opposed to the decision legalizing abortion."

Locals commemorate abortion decision with candlelight vigil

By Karen Kendzor
Staff Writer

Candles lit the streets of San Luis Obispo Sunday night in commemoration of the 17th anniversary of the Supreme Court decision, Roe vs. Wade, which legalized abortion.

About 75 people gathered in Mission Plaza for a candlelight vigil and Walk for Women's Lives held by the SLO chapter of the National Organization for Women.

"Women and men must stand together to form a voice that will be heard all the way to the Supreme Court," said Pat Renshaw, co-coordinator of the local NOW chapter. "We will not go back to the days of back-alley butchers and deaths from botched abortions."

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Admissions eases eligibility policy for out-of-state students at Poly

By Karen Kendzor
Staff Writer

Out-of-state students may be only a mailbox away from an acceptance letter into Cal Poly thanks to revisions made in the admissions policy by Interim Dean of Admissions Officer Helen Linstrum.

"Previously, if a major was impacted, we would let in all eligible California residents," said Linstrum. "Because most of our majors are impacted, California residents account for 99 percent of the students."

"This is not to say, however, that the 2,770 spaces available for incoming students next fall already have names of out-of-state students written on them. The new admissions policy makes it easier for out-of-state students to compete with California residents."

The old policy subtracted 8,000 points from a student's total admissions scores if they were not a native California resident. Linstrum said. The revised policy reduced that number to 500, she added.

"Five hundred points can still be an awful barrier to climb in a highly impacted major because all of the successful applicants may be within those 500 points of each other," said Linstrum. "Now in a less-impacted major where the point spread between the top applicants and the lowest may be quite high, why not give an opportunity to out-of-state students?"

The change of policy came about as people on this campus, including President Baker, began looking beyond Webster's definition of school solely as a "teaching and learning institution." They are beginning to see it as a place to broaden their exposure to different kinds of people, said Linstrum.

Further changes in the admissions process include the two separate multi-criteria applications for freshmen and transfers, said Linstrum. "The new forms are much more concise, making it easier for applicants to handle," she said. Linstrum said the changes were in response to revisions in the admission process. "Previously, if a major was impacted, we would let in all eligible California residents," said Linstrum. "Because most of our majors are impacted, California residents account for 99 percent of the students."

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Second Opinion

Death penalty issue of morality

When the U.S. Supreme Court rejected an appeal by convicted murderer Richard Glossip, it reinforced what a lot of people knew — that the death penalty is a barbaric punishment.

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Robert O'Hara, Camera/Story Editor

By Cyndi Smith

Learn to understand disabled

The handicapped are often difficult to understand. People are intimidated by scared of, so overcome with pity for the handicapped that they have trouble even close to the American who much less understanding them.

I have a special understanding of handicapped people because my mom is one. She is the victim of a disease called Lupus Erythematosus. Although I can barely pronounce this disease, it has changed the lives of my family and our friends. Lupus affects every one of my mother's organs and renders her unable to stand for time.

Sometimes she can barely walk.

People who first hear of her disease say, "Well at least you're not in a wheelchair!" or "At least you have legs at all." True, this is lucky she has the use of her legs, but in a way, having a hidden disability is almost worse than being in a wheelchair or having only one leg. People think if you can't see the handicap, there must not be one.

For instance, when my mom uses her handicapped parking permit, she often gets rude looks and comments. "Those spaces are for the handicapped!" people yell. Once, we returned to the car to find a note that read "You're not handicapped."

Some concern. And my mom, instead of being angry, felt guilty and stopped parking in a handicapped space. People naturally assume if you're not elderly or in a wheelchair.

I think like this until I see a handicapped person

Before doing that, stop and think about your 1968 United Nations study of capital punishment worldwide concluded that "the evidence as a whole still gives no positive support to the deterrent hypothesis."

The death penalty has executed 107 prisoners since 1977, and at present there are more than 2,000 individuals under sentence of death in 34 states. None of this has had any demonstrable impact on the homicide rate in the particular states or in the nation as a whole.

What of the view that execution serves the utilitarian interests of public safety and justice? Does the death penalty deter others from murder? Does its deterrent effect outweigh the cost of maintaining killers in prison at public expense? Does it further justice by providing a penalty proportionate to the criminal act?

On these questions, there are facts and not just views: A 1968

United Nations study of capital punishment worldwide concluded that "the evidence as a whole still gives no positive support to the deterrent hypothesis."
Students unsure of what to do in case of Diablo accident

Poly turnover rate hurts education efforts of PG&E

By Larre Sterling

If a siren sounded for a steady three to five minutes, chances are many Cal Poly students wouldn’t know what to do.

Located 10 miles from Cal Poly is Diablo Nuclear Power Plant, one of the nation’s nuclear power plants. Yet, the only time many students remember Diablo Canyon exists is after an earthquake or when nuclear trespassers march.

Sandra Willett, a home economics freshman, said she would leave her car and drive north if she heard a siren. When asked what a long siren means she said, “I have no idea, but three minutes is too long!”

In response to saying the students didn’t know what to do, said Chris Besse, a human development junior. “People look at us as if we were an invisible group, and then practice and then they blow it off. For all we know, this could have been the real thing.”

“The majority of students really don’t understand the particular religious doctrine about abortion in our county,” said Don Van, a Cal Poly’s environmental health and occupational safety officer. “However, I don’t think they understand the processes and procedures.”

According to Richard Brug, director of Public Safety, it’s near impossible to keep all students informed about Diablo Canyon and its safety procedures necessary in an emergency situation.

“Our biggest problem is that 4,000 students leave and 4,000 students enter annually,” said Brug. “That makes it hard to educate everyone.”

PG&E distributes to incoming students and city residents a booklet entitled “Nuclear Power Plant Emergency Information” which addresses Diablo Canyon and toward Cal Poly and has all nuclear disaster procedures explained in detail.

According to PG&E spokespeople in case of the Diablo emergency people should go to the safety center, a resource center with all the necessary safety procedures and information.

“The best advice we have to offer is to understand the process and procedures, and if there’s a siren, then there is nothing wrong. It is the best advice we have to offer,” said Scott Vrana. The person was released after being placed under the generator at Diablo.

Richard Kranzendorf, a Cal Poly psychology professor, also spoke to the marchers. Kranzendorf said that people can either achieve peace through power politics or through our resources — the people.

“It’s up to us,” said Kranzendorf. “Now we know nuclear power is a dinosaur and is on the way out.”

Brad Thomas, Pacific Gas and Electric spokesperson for Diablo Canyon, said Monday that the plant generates power safely and effectively.

Police said no arrests were made at the mostly quiet protest.

San Francisco police cite ‘Jane Roe’ for unlawfully posting stickers on signs

San Francisco police cite ‘Jane Roe’ for unlawfully posting stickers on signs by AMBER WISOOMI Mustang Daily Tuesday, Jan. 23 1990

ABORTION

From page 1

enactment of laws which would impose on all Americans a particular religious doctrine about the beginning of human life.

Colbert said she signed a petition circulated by a religious coalition for abortion rights after her daughter’s lifesaving experience. Colbert said her daughter had been diagnosed with acute leukemia in 1982. Although her daughter was pregnant three months later, doctors said she was unable to sustain the pregnancy, and she therefore aborted the pregnancy.

“My fears are around young women who don’t have the resources to understand and defend what is happening, and how they will be cared for in times like this,” said Colbert.

This is everyone’s issue, said a woman who would identify herself only as Gall, President of Students for Pro-Choice at Cuesta Community College. She said her fear is that abortion may be made illegal in some states.

“They are convinced that abortion is a form of personal freedom,” said Colbert. “And I think that’s everyone’s concern in a college town," said Colbert.

Erika Schoenhoff, a sophomore art and design major, is trying to start a pro-choice chapter at Cal Poly. Schoenhoff said they are still in the paperwork stage, but have found an advisor and expect to get off the ground with 20 to 50 members.

For pro-choice activist Andy Porctor it is a question of personal freedom.

“The problem is that there’s a few conservative people making decisions for a lot of liberal people,” said Porctor.

Cal Poly is more conservative than other California universities.

Activist Allison Copony said, for her, the issue is not a question of personal freedom. "Whether there’s 250,000 of us marching or 10 of us, I’m going to be here," said Copony. “It’s a question of principles.”

“Marchers take protest to gates of Diablo

By Byena Thompson

About 600 people — including a contingent of Cal Poly professors and students — marched from Avila Pier to the gate of Diablo Canyon Nuclear Power Plant Sunday to protest the plant and its potential hazard to the area.

They carried signs and wore T-shirts that had such slogans as, “Conservation is our Solution,” “Deadly Waste, Deadly Neighbor” and “Think of the Earth." Marchers also sang an original song to the melody of "Three Blind Mice:"

"It was an amazing and inspiring day," said Erika Schoenhoff, a sophomore art and design major, is trying to start a pro-choice chapter at Cal Poly. Schoenhoff said they are still in the paperwork stage, but have found an advisor and expect to get off the ground with 20 to 50 members.

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FILM & DISCUSSION SEMINAR WITH RETURNED PEACE CORPS VOLUNTEERS
Wednesday, Jan. 24—New Ag. Bldg. #11, Room 210, 7 pm-9 pm

OVERSEAS OPPORTUNITIES FOR MATH & SCIENCE MAJORS/MINORS
Thursday, Jan. 25—University Union, Room 219, 7 pm-9 pm

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Sports

Wrestlers split four in Ohio
Mustangs’ dual meet record now sits at 5-8

By Jason Foster

The Cal Poly wrestling team made a quick but tough road trip to Ohio last weekend, splitting four matches to bring its dual meet record to 5-8 on the year.

On Friday, the Mustangs tore into Ashland College (24-10) and Toledo University (25-10) to post two solid wins.

On Saturday, however, Cal Poly dropped its matches against two of the top Division I teams, 15th-ranked Ohio State (8-32) and 5th-ranked Indiana (6-37).

"The trip was pretty brutal with the (three-hour) time change and everything," said Head Coach Lennis Cowell. "But it was nice to get four hard matches in and win two of them."

Against Ashland seven Poly wrestlers, Gary D’Agostino (118 pounds), Dale Hanover (126 pounds), Robert Tabarez (134 pounds), Terry Watts (150 pounds), Mike Kopf (177 pounds), Aaron Cantrell (190 pounds) and Seth Woodley (heavyweight) came away with victories.

D’Agostino, Hanover, Tabarez, Cordell Baker (142 pounds), Watts, Copp and Cantrell had wins versus Toledo.

We were a little flat against Ashland because of jet lag," Cowell said. "But against Toledo, the tougher of the two teams, we wrestled better.

Watts and Cantrell won and Tabarez tied in the match against Ohio State, but the only points Poly got against Indiana was when the Hoosiers forfeited the 126-pound class. Despite the losses, Cowell found an optimistic way to look at them.

"You have to wrestle the tougher teams to improve," he said. "We want to get these kids as much experience as we can while we’re young so they be tough when they’re older.

"We’re progressing and getting better all the time," he said. "So we’ll wrestle better at the end of the season at the NCAA tournament, which is where it all counts."

The Mustangs will go on the road again next weekend, this time to Oklahoma, to wrestle against Oklahoma State University and the University of Oklahoma.

Swimmers impressive in close loss to CSUN

By Rob Lorenz

The Cal Poly swim team hosted Northridge, the top-ranked team in the nation in Division II, this weekend and the women came away with a near-victory.

CSU Northridge, the defending national champion and a team that has not been defeated in five years, needed a win in the final relay to win the dual meet. They got the win and beat the Poly women by four points, but Mustang coach Rich Firman was still elated with the effort.

"WOW!!" he said, when asked for his reaction to the meet. "I think the girls did extremely well for the time of the season. We worked very hard the week before."

According to the Division II coaches poll, CSUN is still the team to beat this week, one, the Matadors are bearable.

"This is the closest we’ve ever been to Northridge," he said. "Northridge is down. We need more of our game," Firman added that the team’s inconsistencies are partly his fault because he hasn’t been able to concentrate on the first team.

"We have 70 players out," Firman said. "We can’t afford to not to concentrate on the first team. We need more attention."

Firman added the team needs to get in better shape, especially if it wants to win the Big West Conference. "The team hasn’t taken the responsibility to be fit — when they get tired, their skill level drops," he said. "With this team, the ultimate responsibility lies with the players."

Rugby club defeats UC San Diego 38-12

By Adrian Hodgson

The Cal Poly Rugby Club continued its dominance of opponents this season Saturday when it beat UC San Diego 38-12.

The win improves the Mustangs record to 2-0 in league play and 8-0 overall.

But Mustang coach Bob Thrussel said his team could have played better Saturday.

"We were inconsistent and we had (laps) in concentration," Thrussel said. "We were acting like it was the middle of the season."

If the Mustangs had not been so inconsistent, their score might have been 20-30 points higher. In the first half and near the end of the second, Poly drove inside the 22-meter line countless times, but errant passes and bad decisions kept the Mustangs out of the end zone.

"We need a little more unselfishness in the back line," Thrussel said.

Through all the scrappy play, Cal Poly’s relentless pressure paid off twice in the first half. Wingr Martin Osman scored in the left corner of the end zone after some quick footwork by fly-half Ian Hunter. And with about 10 minutes left in the first half, Nick Massman scored in the same corner to make the halftime score 10-3.

The Mustangs came out strong in the second half, and put up the game away early, out-muscled San Diego en route to four tries.

The third try of the half was by far the highlight of the game as prop Terry Hellinger sprinted 15 yards from the goal-line. The big forward rammed in and got a standing ovation from the crowd for his effort.

A prop scoring in rugby is roughly equivalent to a center scoring in football. An Australian tourist in the crowd, who has seen hundreds of rugby matches, said the try was just the fourth he had seen by a prop.

Other tries came from Dur­well Steinbeck, right-wing Rob Roos, and Osman, who is playing in only his first season. The tall and speedy left-wing sprinted 35 yards with the ball to score the second half’s first try and really bend the game open.

Thrussel said Poly’s first big test will be in two weeks when they travel to Los Angeles to play UCLA.

"Right now, we’re not on top of our game," Thrussel said, adding that the team’s inconsistencies are partly his fault because he hasn’t been able to concentrate on the first team.

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Thrussel added the team needs to get in better shape, especially if it wants to win the Big West Conference. "The team hasn’t taken the responsibility to be fit — when they get tired, their skill level drops," he said. "With this team, the ultimate responsibility lies with the players."

Mustang Daily:
Make it your daily habit
SWIM

From page 5

However, in meets where depth is necessary because of the number of teams competing, Poly has the upper hand.

“We went in fairly low-key, and we responded excellently,” he said. “There is no way they will beat us at conference this year.”

A number of impressive performances contributed to the close score. The 400 medley relay team of Stephanie Kelley, Dana Giacone, Gina Indresano and Liz Scheetz won in a time of 4:04.90, only .9 seconds off of a national qualifying time. Tania Ziegert won the 1,000 meter freestyle and the 500 meter freestyle despite being sick, and Carolyn Bentley won the 200 meter breaststroke in a time that would have been good for fifth place at the national meet a year ago.

"Susie (Giordano), Kim (Salter) and Missy (LaCounte) are all sprinting very fast," Firman added.

On the men's side, the score wasn't as tight (83-131), but Firman was still happy with the results.

“Northridge has a couple of great individuals, but not our depth," he said.

Firman pointed out that the two 400 meter medley relay teams finished within one second of each other, with the team of Scott Gawel, Larry Zubrin, P.J. Madigan and Al McCorkle winning the race by .5 seconds.

Other impressive performances were turned in by freshman Jeremy Brennan, who placed second in the 200 meter freestyle, less than a second behind last year's national champion from Northridge; Chris Bates, who won the 200 meter individual medley and placed second in the 200 meter breaststroke; and PJ Madigan, who placed third in the 200 meter freestyle, 3 seconds faster than his lifetime best.

Overall, Firman was more than satisfied with the performance.

“The athletes have made a tremendous leap because they've changed their belief system," he said. “We have a little more talent (this year), and a team which believes they can accomplish what they set out to do.”

— Cathy Lung contributed to this report.

COLEBROOK

From page 5

U nfortunately, Colebrook won’t be running in the Division I Championships, because Cal Poly is Division II in track.

Harter said he was especially impressed with Colebrook’s win because she has yet to begin speed training, and the 880 is a speed event.

“It's amazing she can run that fast off of strength training," he said.

Colebrook will race against a world-class field on Feb. 16 at Los Angeles Times Indoor Meet held in the Forum.

Colebrook is a five-time NCAA Division II national champion, having captured three 800 meter titles and two 1,500 meter titles. She has been a world-class runner in the 800 meter event of many years, having qualified for the Olympic trials of her native England in the past.

— Cathy Lung contributed to this report.

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January

January 29 6 p.m.-8 p.m. Staff Dining Hall (Hldg. 19) Rm. B
San Luis Obispo

On Campus Interviews:
January 30

Schedules for:

- Production & Operations Management
- Computer Science
- Electrical Engineering
- Mechanical Engineering

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Short Takes

From page 7

Spring HOTLINE to take volunteers

Community members interested in developing communication skills and serving human service needs of San Luis Obispo County residents can do so by registering for the Spring HOTLINE volunteer training program. Individuals who complete a comprehensive HOTLINE volunteer training course will be eligible to donate services to the county's 24-hour, information/referral and support telephone line. Volunteers are asked to work a four-hour weekly shift at HOTLINE, for at least one year. Interested persons should call HOTLINE at 544-6163.

U.U. Craft Center to offer classes

The University Union Craft Center is offering classes in photography, wood working, bike repair, air brushing, dried flower arranging, stained glass, silk screen, jewelry fabrication and repair. The classes have no homework, are non-graded and informal. For more information, call the Craft Center at 756-1266.

Students struggle as costs of tuition continue to rise

Architecture senior needs two jobs to pay university fees

By Shanna Phillips
Short Term

It's 1990: a new year, almost a new decade and definitely an old problem - paying for higher education.

The cost of education is rising every year, and students across the country are feeling the impact of higher tuition fees, higher housing costs and the 1986 Tax Reform Law.

The 1986 law has completely overhauled the American higher education system, according to Richard Anderson and Joel Meyerson, authors of "Financing Higher Education: Strategies After Tax Reform."

The heart of the tax reform was the reduction of tax rates and the broadening of the tax base by wiping out tax credits and other forms of tax reduction, Anderson and Meyerson wrote.

This reform or restructuring in the tax system has affected colleges and universities. Universities generate money through tuition and fees, charity contributions, debt financing, government sources and endowment income. The 1986 tax law has had a direct impact in each of these areas.

A lot of students aren't concerned with the issues of finance because their parents take care of their education costs. But many students depend on their own income to pay tuition, transportation, housing and food costs.

One Cal Poly student has had to pay his own way through the five-year architecture program on campus. Scott Holtman, a 23-year-old senior boy on one job and the money from his grants until President Ronald "Raygun" Reagan, as he says, took the money away.

"I don't feel he gave a lot of working students a whole lot of help," said Holt, who lost the $400-a-quarter Pell Grant first.

When Holt reapplied for the federal grant, the criteria for need had been changed and they dropped him. Shortly after, his Cal Grant was taken away, too.

"But they let me down easy," said Holt, "They pumped up my Cal Grant with more money and then cut it off after my Pell Grant."

That's when Holt decided to get two jobs. He works at the computer lab in the Architecture Building and at Wells Beach Liquor and Deli so he won't have to take out a loan.

"I had to get one or two emergency loans," said Holt, who didn't like using credit cards or banks. "I knew I had money coming, but it just wasn't there yet."

Holt said credit cards and banks lend a false sense of security, and it's too easy to take advantage of its resources. Holt does have a checking account, but said he keeps most of his money with him.

After supporting himself for five years, Holt suggested that other students who have to pay their own way get the most from a second job.

"I'm not claiming it's easy," said Holt. "I'm going to make it through the architecture program in 5 years and that's pretty good."

Every year, Holt spends about $4,000 to $5,000 on his education, including food and housing.

He has never spent more than $220 a month for housing and spends less than $250 a month on food.

After graduation in June, Holt plans to get a job.

Thousands of students are like Holt, and many students must struggle to make ends meet. Every year, the Financial Aid office runs out of money, said Susan McCarthy, senior data control clerk.

"Our busiest time of the year is right now," said McCarthy. "The deadline for financial aid for the next school year is March. See Education, page 9"
Barry flies to Florida for treatment

Washington mayor faces cocaine possession charge

WASHINGTON (AP) — Mayor Marion Barry, facing a cocaine possession charge, flew to Florida for treatment Monday while political speculation intensified back home concerning a possible City Hall campaign by Jesse Jackson.

Barry's spokesman, Lurma Rackley, said the mayor had checked into a center in West Palm Beach, Fla., to be treated for alcoholism. She had said the day before that details about his health would be kept private but "the most serious problem is alcoholism."

With Barry gone from City Hall for at least 30 days, talk and maneuvering in connection with the November election picked up speed.

A Jackson associate said of the civil rights leader who moved to Washington last year, "I know he's getting a lot of pressure to run. I don't know if he's going to." Speaking only on condition of anonymity, the source said "a lot of the pressure is coming from Marion's people."

Barry left Washington without speaking to reporters, but several hours later, Rackley said the mayor had entered the Hazelden Treatment Center in Florida. The mayor was arrested Thursday night and charged with possession of crack cocaine. He said on Sunday he would take steps to "heal my body, mind and soul." Barry, who did not specifically refer to a drug or alcohol problem in his Sunday remarks, left his home at dawn Monday accompanied by his wife Efi.

Barry's plans to announce his candidacy Sunday for a fourth term as mayor of the nation's capital were abruptly canceled after his arrest on the misdemeanor cocaine charge.

Meanwhile, at the White House Monday, NAACP Executive Director Benjamin L. Hooks met with President Bush and then told reporters he was concerned about "selective enforcement of the law."

Hooks said newspaper accounts of Barry's arrest in an FBI sting operation made it sound like "the search had finally paid off. 'We spent all of these years trying to find him with a grain of cocaine, and by God we did it, didn't we?'"

"We haven't found all the people who've stolen all the money from the savings and loan associations and are driving Rolls Royces and Jaguars, so obviously many of us in the black community will have some peculiar feelings as we go further," said Hooks.

As Barry mulled his future over the weekend, some of his closest political advisers and former assistants were meeting at the home of ex-city administrator Elijah Rogers to organize plans to get Jackson in the mayor's race.

Jackson's move to Washington last April fueled rumors that he would make a bid for the mayor's chair. But the two-time presidential candidate has repeatedly said he would never run against Barry, a friend and former civil rights colleague.

Early surveys of public sentiment in the mayor's race gave Jackson a wide lead over all other potential contenders, including Barry.

Saturday's strategy session included Rogers and former Deputy Mayors Ivanhoe Donaldson and Alphonse Hill.
To Your Health

Vitamin C necessary part of diet

Helps battle cold, cancer, asthma, anemia symptoms

By Heather Ferrell

Vitamin C is famed for aiding the healing process of colds. This vitamin’s role in the immune response enables cells to immobilize and kill bacteria more efficiently. Scientists have seen that the body requires increased amounts of Vitamin C during infection. Patients with defective immune systems have generally responded well to large doses of the vitamin. Although no evidence proves Vitamin C’s effect on the frequency or length of a cold, severity of the cold’s symptoms are decreased. Recommended dosage at the onset of feeling ill is 1,000 mg (1 gram).

Since the body is incapable of synthesizing Vitamin C, we must get it from our food. The RDA (recommended daily dietary allowance) is 60 mg. This can easily be satisfied by one serving of broccoli, strawberries or melon. Other good sources include potatoes, tomatoes, and (of course) oranges.

Vitamin C therapy may be advantageous in conditions such as depression and schizophrenia. The vitamin has an inhibitory effect on dopamine (a hormone of the antipsychotic drug, haloperidol). Researchers have found that Vitamin C may lower serum cholesterol. It is effective only on levels above 200mg/100ml (200 mg/100ml is considered borderline-high). Vitamin C deficiency results in cholesterol increase. Another Vitamin C wonder is its antinutritional activity. There is strong and consistent protective effect of fruits and vegetables against cancer. Oxidation of Vitamin C produces a substance that is somewhat toxic to malignant tumor cells.

Vitamin C aids in the metabolism of iron, which prevents anemia. Recent evidence suggests that boosting C intake can relieve asthma. Therapeutic effect ceases when C intake is halted.

Those who smoke cigarettes or practice oral contraception have an increased need for Vitamin C. Use of these chemicals alters C metabolism which results in lower amounts of it in the blood. The consumer may want to boost Vitamin C intake to prevent disease and ensure overall health. Don’t be hesitant to increase your Vitamin C intake moderately. Vitamin C is water-soluble, therefore unused portions are flushed out by the body. But keep increases moderate, it has been shown that frequent doses above 3,000 mg (3g) daily may cause kidney problems.

Heather Ferrell is a nutritional science junior.

FBI searches three sites in mail bomb case

ENTERPRISE, Ala. (AP) — FBI agents and an Army bomb squad searched a warehouse, a salvage business and a home Monday in the investigation of mail bomb slayings of a judge in Birmingham and a civil rights lawyer in Georgia.

No arrests were made, and the FBI would not disclose the results of the searches, the agency said in a statement issued in Washington.

FBI agents were seen executing a search warrant at one warehouse, and a bomb squad from nearby Fort Rucker Army base went to a second site. The FBI said agents searched a house in New Brockton and a salvage business and abandoned warehouse in Enterprise.

The owner of the home, who also operates the salvage business that owns the warehouse, was being interviewed by FBI agents, according to one source in Washington, who spoke on condition of anonymity.

FBI agents began questioning the man earlier in the day, the source said.

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Sigma Nu pledges host carnival for local kids

By Patty Hayes  
Staff Writer

Members of Sigma Nu fraternity's psi pledge class spent Saturday afternoon entertaining local children at a carnival.

The carnival was put on for children who take part in the Newman Catholic Center's Big Brother and Big Sister program. It was held for the kids and their Cal Poly big brothers and sisters as a community service that fraternity members must perform as part of pledging.

"We wanted to do something with kids, and this really turned out to be a lot of fun," said Mike Giacomino, a Sigma Nu pledge.

The day's events at Santa Rosa Park included carnival games, face-painting, a barbecue lunch and a free raffle of two bicycles. All of the food and decorations, as well as the bicycles, were donated by local merchants, said Pat Clark, also a Sigma Nu pledge.

The carnival also served as the quarterly "growing event" that the Newman Center big brothers and big sisters take part in, said Mary Cichowski, program director at the center.

"It's just delightful," she said, watching the kids and their big brothers and sisters enjoying the sunny day.

The Newman Big Brother and Big Sister program has been in existence for about three years, Cichowski said.

Cal Poly students are matched with local children and spend time with them at least once a week, Cichowski said.

Most big brothers and sisters are Newman Center members, "but you don't have to be involved with Newman to do this," she said.

"We expect a two-quarter (or six month) commitment from students who want to be big brothers or sisters," Cichowski said. "They're not committing to a program, they're committing to a little person."

The Cal Poly students enjoy it as much as the kids do, she said.

"It works both ways," "Some of the relationships last a long time," Cichowski said.

One such relationship is that of big sister Amy Ternbrook, 20, a Cal Poly student and Lydi Swenny, 15, a freshman at Mission College Preparatory. They met in January 1989 and, one year later, seemed like real sisters at Saturday's carnival.

They laughed in unison, recalling memories of the times they have spent together. They go biking, to the movies, to Farmers Market and even went to Disneyland together last summer.

"Every time Lydi goes home, she's soaking wet, covered with mud or hasn't slept all night," Amy laughed as she recalled adventures times with her little sister. "But her mom's really great about it. We have a lot of fun."

Lydi smiled as she recalled how she came to meet Amy. "I have four brothers. I've always wanted a big sister -- that's how I got Amy," she said.

Lydi was one of the older "little" sisters and brothers at the carnival. The kids range in age from five to 15.

"We're pleased to be involved with the fraternity. I hope we can do more things like the carnival," said Cichowski.

POSTER

From page 1 of Cal Poly and did not promote any one school.

"I was up against tough competition," Dykzeul said. "The theme was very difficult." Adding to the challenge, both Dykzeul and his roommate Tom Vineze were among the top three finalists.

"Most difficult (part) was working side by side with my roommate Tom, knowing only one could win," Dykzeul said.

They even stayed up late together to finish their competing projects. Vineze placed second in the contest. "At least we were in the family," he said.

Dykzeul created his poster out of cut paper. Using old advertising signs as icons, he filled the background with images representing Cal Poly's different departments. He added a few extra for fun and to represent other important aspects of college life. For example, he said, he found an embryo from Da Vinci's drawings to represent the human development department. A pair of closing hands at the top symbolize friendship and the coming together of races.

He called the background a window of the past allowing the viewer to get involved. "It feels like every time you look at it you see something new."

An element of the foreground is a crown shape which crosses or rays of the sun.

Dykzeul said the poster will be an extra show of his popular achievement. He will receive a $30 gift certificate from Graham's Art & Picture Frame Store. Recognition and experience, however, are the two things Dykzeul said he will gain that money cannot buy. He is especially excited to learn more about the printing end of design. Dykzeul will have plenty of opportunity to learn. "The contest is just the beginning," he said.

As designer, the award involves him in the whole process of developing not only the posters but products, such as buttons, postcards and the program.

Vineze received a $25 gift certificate from Graham's for second place. Third place winner Rob Empfield won dinner for two at Tortilla Flats. Both Vineze and Empfield are graphic design majors.

Dykzeul said the poster will be released March 1.

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