Sleepy? Take a hint and a nap

By Amie Stoff Writer

With finals just around the corner, students may want to think twice about pulling those infamous "all-nighters." Aristotle once wrote, "It is inevitable that every creature which wakes must also be capable of sleeping since it is impossible that it should continue actualizing its powers perpetually." Every quarter, however, hoards of students put this ancient theory to the test by trying to "actualize" their academic powers while ignoring their biological needs.

The all-night cram session has proven itself an open invitation to sleep deprivation. This condition can lead to increased anxiety, impaired memory and reduced levels of concentration — not exactly a recipe for success when taking an exam. Fatigued subjects have also shown difficulty in carrying out normal tasks and precise mental work.

Sleep deprivation decreases a person's positive subjective mood and increases his or her negative ones. Unfortunately, non-sleepers do a lot more than just yawn, complain and fail finals.

Internet access at Cal Poly, that is

By Tim Bregg

Daily Staff Writer

"It is inevitable that every creature which wakes must also be capable of sleeping since it is impossible that it should continue actualizing its powers perpetually." —Aristotle

Afer sitting through more than 50 busy signals when he tried to log on, Chris Collins decided to find a better way to get into the Cal Poly computer system.

Instead of using a regular modem, Collins obtained a type of digital connection that supports speeds faster than a regular modem.

"The free modem system is horrible," said Collins, a computer science senior. "It will prevent a lot of people who are not (computer science) majors from exploring (the Internet) on their own."

While Collins’ solution may have been extreme, many students have been frustrated with access to the Cal Poly system.

During the peak hours of usage, students sometimes wait through many busy signals to log onto the university’s computer system and the campus modem pool, which connects computers to phone lines.

Difficulties with the modem pool and delays in the delivery of electronic mail have been problems that experts in the university’s computer services department have attempted to fix through equipment upgrades and changes in the computer system.

George Westlund, instructional computing consultant in instructional applications support, said shortcomings in the old IBM computer mainframe system became apparent in fall 1995.

Cal Poly’s Internet computer system was composed of a set of IBM computers, which are currently being replaced by six faster, more sophisticated Hewlett-Packard machines.

The new machines will gradually come online over the next year. However, the new mail server, which was only about half of the demand, handled about 45,000 messages a day, which was only about half of the demand. With the complaints rolling in, something needed to be done.

Cal Poly needed faster, better modems, but there was a problem. There was no money available to buy them.

So the Communications Services department took out a loan from the university to buy new modems and upgrade the existing ones to support higher speeds.

Difficulties with the modem pool and a pay pool at the same time does nothing needed to be done.

"The free modem system is horrible."

—Chris Collins, computer science senior

Internet functions will be handled by the new units.

Westlund said the new machines can handle an average of 75,000 to 90,000 messages a day, depending on how many come in at the same time. It can be upgraded if needed.

Westlund said the old system was handling about 45,000 messages an hour. With the complaints rolling in, something needed to be done.

Norman Johnson, director of communications services, said people logging on to the modem pool were encountering an average of 20,000 busy signals an hour.

The free modem system is horrible, "Westlund said the new machines can handle an average of 75,000 to 90,000 messages a day, depending on how many come in at the same time. It can be upgraded if needed.

Unfortunately, non-sleepers do a lot more than just yawn, complain and fail finals.

Tight races in election decided

As of Nov. 15, 1996

5th District

County Supervisor

Mike Ryan 51.1%

David Blakely 48.5%

City Measure O

No 51.2%

Yes 48.8%

SLO City Council

Dave Romero 32.3%

Kathy Smith 29.7%

Pat Veesart 28.6%
MUSTANG DAILY

Wednesday
November 20
20
TOP
OF
THE
AGENDA

16 days left in fall quarter

Today's weather: partly cloudy, but they're pretty clouds.

Today's high/low: 68/55

TODAY

KCPR, Cal Poly's radio station at 91.3 FM, is conducting its annual fund-raising pledge drive now until Nov. 25 at 7 a.m. Listeners who call the station to pledge will receive packages of donated items and services, and those who donate $2 or more receive a discount card for use at local businesses. Higher donations receive other benefits.

UPCOMING

The Physics Colloquium will feature Dr. Estelle Bazor of the Math Department with a presentation called "Distribution of Eigenvalues for Random Matrices" on Thursday, Nov. 21 at 11 a.m. in Building 52, Room E-45.

Student Community Services Beyond Shelter project is sponsoring a chicken and tri-tip barbecue on Thursday, Nov. 21 from 11 a.m. to 1 p.m. in the University Union plaza. If you bring a canned food item, you will receive a free canned soft drink. Please contact Season Conlan, Beyond Shelter project coordinator, at 756-5834 if you would like additional information about this, and other Student Community Services projects.

NATION

Martin Luther King Jr.'s estate sues CBS News

By David Bueler
Associated Press

NEW YORK -- The estate of Martin Luther King Jr. sued CBS News on Tuesday, charging the network with copyright infringement for using part of King's famed "I Have A Dream" speech in a television documentary.

King's estate claims CBS is trying to profit from copyrighted work, while the network said the slain civil rights leader's heirs have no right to claim ownership of footage from one of the most pivotal speeches of the century.

The lawsuit, filed in federal court in Atlanta, seeks to enjoin the network from using part of King's speech in stories since then, he said. CBS said part of its responsibility is to convey the significance of events to later generations.

"You don't own that speech and you can't sell it," said Phillip Jones, president of Intellectual Properties Management, the Atlanta firm that manages King's estate.

King delivered the speech during the civil rights march on Washington on Aug. 28, 1963, and five days later, according to his estate, registered it with the U.S. Copyright office shortly thereafter. King himself filed a lawsuit to prevent people from selling recorded copies, Jones said.

The speech at the Lincoln Memorial was given before an audience of 250,000 people and is one of the most widely quoted from King's career.

CBS covered the event live and broadcast King's entire speech, said Andrew Heyward, president of CBS News. The network has frequently used excerpts of the speech in stories since then, he said.

"The suggestion that a news organization must receive permission to use its own footage of one of the most pivotal speeches of the century cannot be squared with our central responsibility to preserve the free flow of vital political, social and historical information to the American public," Heyward said.

Along with covering the news, CBS said part of its responsibility is to convey the significance of events to later generations.

King's estate recently sold rights to market the speech to Time Warner, which is producing books, CD-ROMs and audio books on King, he said. The estate allows use of King's material for research work, but charges a fee when the material is used for a commercial purpose.

CBS's documentary on the civil rights movement is essentially a profile of King and includes 11 minutes of the 1963 speech, Jones said.

"King's estate doesn't dispute CBS's right to use its own footage of the event on news programs, but it does object to its use in a for-profit enterprise.

Local celebration honors family

By Leslie Woyentro
Daily Staff Writer

Numerous local families showed up with anticipation at Pacheco Elementary School Monday night, but it was the Pearson family of San Luis Obispo who returned home as San Luis Obispo's 1997 Family of the Year.

CITY

The Family of the Year program was founded 12 years ago, and since then 59 families have been nominated for the award.

Board member and coordinator of the program, Joan Miles, said the program was founded to publicly acknowledge families and encourage strong family environments in the San Luis Obispo area.

"We felt that with all of the negativism in society that the families needed to be featured and honored and those that are doing well may be able to give ideas to others that are struggling a little more," she said.

Five families were nominated this year through either essays written by children about their families or friends who have written to nominate a special family.

"This year we have five families, four of whom were nominated by virtue of the essay written by the children, and one by an adult-written application form, which were available throughout the community," said Capt. Robert Christiansen, master of ceremonies for the evening.

The four children who wrote essays read them to the audience expressing why their family should be chosen as San Luis Obispo's Family of the Year. They were to include in the essay how the family supports one another, determine their value system, identify how the family addresses neighborhood concerns, discuss their community involvement and how the family expresses patriotism.

Mayor Allen Settle announced the winning family and presented the award, emphasizing the importance of the program.

"It represents to me the basic foundation of our future, our culture, our country and future political leaders," he said.

The Pearson family was named San Luis Obispo's 1997 Family of the Year at Pacheco Elementary School Monday night.

The Pearson family, nominated by Dr. Steve Sainsbury, a family friend, was chosen as the winner by the Family of the Year Committee.

The Pearson family consists of five children ranging in age from two to 17. The father, Charles Pearson, teaches at Los Osos Middle School while his wife, Kathy Pearson, works as a library clerk at Laguna Middle School.

The Pearsons have a strong religious background and are members of the Church of Jesus Christ of Latter-Day Saints. Each family member takes turns preparing dinner each night and were recognized for their family environments in the San Luis Obispo area.

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Families of Cold War radiation victims to receive $400,000 from government

By Veronica Dobek
Associated Press

NEW YORK — The U.S. govern-
ment will pay $4.8 million for
injecting 12 human guinea pigs
with uranium and plutonium
without their knowledge as part of
a Cold War-era radiation experi-
ment.

"Never again should
with uranium — to see how the
injection experiments to be released
within two months. The panel's
experts have found that it was not
uncommon for doctors to use
patients as test subjects without
their knowledge in the 1940s.

"We're academics," Beeson said. "Most of these students haven't
struck before and don't know what to do. We're just trying to get
organized here." University officials, who refer to the graduate student workers as "academic appointees," said the strike's impact was minimal at both
UCLA and UCSD. There were no plans to recognize the union, they
said.

"It's the position of the university that unification of student
academic appointees would interfere with the student-faculty rela-
tionship," said Michael Melman, director of employee and labor rela-
tions at UCSD. Melman also said courts have sided with the administration,
although UCLA is currently appealing a September ruling by an
administrative law judge in San Francisco that graduate assistants
have the right to unionize.

Graduate assistants, who work a maximum of 20 hours a week
and know what they were doing,
said O'Leary, who made
the issue a centerpiece of her
tenure.

In addition to the 12 cases,
another plutonium claim was set-
ted last summer and a few other
such claims are still being negoti-
ated.

O'Leary said $400,000 apiece
will go to the families of the 11
victims who are now dead, and
a woman still living in upstate New
York. Doctors are not sure
whether any of the 11 deaths were
directly related to the experi-
ments.

"This settlement goes to
the very heart of the moral account-
ability the government owes its
citizens," the outgoing energy sec-
tary said at a meeting of the
American Public Health
Association.

Lawyers for the plaintiffs said
the government has yet to com-
penstate about 20,000 other people
used for biochemical experiments
in the 1940s, '50s and '60s.

The 12 victims in the settle-
ment were injected during the
1940s — 11 with plutonium, one
with uranium — to see how the
human body would react to an
atomic bombing. The tests sprang
from efforts to develop atomic
weapons.

At the time, scientists claimed
the people were terminally ill
anyway and would not survive 10
years. A number of them lived
longer, and the plutonium is said
to have caused urinary tract
infections and painful osteo­
porosis, or thinning of the bones.

Autopsies on the patients
injected with plutonium revealed
tissues "that looked like Swiss
cheese," said Raymond Heelin, a
lawyer for the plaintiffs.

Nine of the victims received
the injections at Strong Memorial
Hospital in Rochester as part of a
research project conducted by the
University of Rochester and the
U.S. government. The three oth-
er victims were injected in Illinois,
California and Tennessee.

The scientists performing the
experiments "had a code word for
plutonium in medical records, so
people couldn't figure out that
these people were injected," said a
lawyer for the plaintiffs, Leonard
Marks.

"It was a rotten thing to do," said Luther Schultz, whose moth-
er, Eda Schultz Charlton, was
injected in 1945 at Strong Memorial.
Mrs. Charlton received a dose of radiation 43 times the
amount an average person absorbs in a lifetime, but she lived
another 38 years to age 85.

"If people had been notified and
knew what they were doing, it
would be a different thing,"
Schultz said. "But this was just
picking people out and shooting
poison into them — I'm pretty bit-
ter about that."

The only survivor among the
12 is Mary Jean Connell, who is
now in her 70s and lives near
Buffalo. Her lawyer said she had
no comment.

The 12 were among thousands
of people used in experiments by
the U.S. government between
1944 and 1974.

Last year, President Clinton
appointed a panel that is now
drafting a report on human radia-
tion experiments to be released
within two months. The panel's
experts have found that it was not
uncommon for doctors to use
patients as test subjects without
their knowledge in the 1940s.

"We're academics," Beeson said. "Most of these students haven't
struck before and don't know what to do. We're just trying to get
organized here."

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although UCLA is currently appealing a September ruling by an
administrative law judge in San Francisco that graduate assistants
have the right to unionize.

Graduate assistants, who work a maximum of 20 hours a week
and know what they were doing,
said O'Leary, who made
the issue a centerpiece of her
heritage.

In addition to the 12 cases,
another plutonium claim was set-
ted last summer and a few other
such claims are still being negoti-
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OUT THE WINDOW

By Fooad Khosmood

The other day I briefly overheard two of my friends talking to each other about me. What was really interesting and revealing about what I overheard wasn't the content of the conversation but the manner in which they spoke. They way they spoke, as in the tone of voice, the speed of the conversation, and the hand and facial gestures weren't altogether like the ones I experienced when I had spoken to them before. It was as though, they were different people with different personalities.

Thinking about this made me realize how different we sometimes act, depending on who we're around. When you consider people with different personalities, work-place ethics, for example, it's quite obvious that there is a ship, they subconsciously learn to note and expect each other's presences, like school versus home, to 'personal' differences.

We never behave quite the same way towards everyone we notice that someone with whom we've shared something valuable in the past, stops using the shell and starts behaving in a way not compatible to our personality.

Fooad Khosmood is a computer engineering senior.

Mickey and Minnie aren't the only couple

By Kevin Bourzac

At again a group of people is declaring war on homosexuality in the name of God.

Recently, California Southern Baptists have urged a boycott of the Disney company, because Disney, like many large corporations, has developed a policy of supporting same-sex partners. The Southern Baptists, excuse me, Barbara and Michael accusing Disney of "promoting" the homosexual lifestyle and conflicting with "Christian" values.

Last time I checked, my sexuality was not a choice. No one chooses to be part of a despised minority. The fact that I am gay has nothing to do with the Disney corporation. The Southern Baptists are plainly wrong to think that anyone can "promote" homosexuality. Disney is simply recognizing that gay and lesbian people exist and is offering us the same benefits as "normal" couples. It is not special treatment and it does not make being a homosexual any more attractive; it simply promotes equality.

Also, the last time I checked, TRUE Christian values were based on the idea of treating others as you would want them to treat you, and an appreciation and love for all people, no matter who they are.

The Bible says that God is the only judge, and those who judge will be dealt with accordingly by God. Therefore, Disney does promote TRUE Christian values. They are treating gay people like normal human beings and promoting the real family values: love, acceptance, and tolerance.

Shame on the Southern Baptists for promoting such evil. And cheers to Disney for promoting equality!

Kevin Bourzac is a biology freshman.

The orange fences are your friends!

By Fooad Khosmood

We here at Utilidor just wanted to take a moment to thank all of you for your continued patience in the face of our construction.

While the vast majority of you out there have been impacted in some way by our digging, many of you still may not know exactly what was doing or why were here. An even greater number of you out there may not care, but be forewarned; when there's a backhoe in your favorite parking space, you will care.

So here's the scoop; the Utilidor project is named after the mile-long accessible utility corridor that will loop around campus. The majority of the route will be along sidewalks adjacent to Perimeter Road. Located in this corridor will be improved heating and cooling systems as well as domestic water.

Another important facet of the project will be the upgrading of the electrical system on campus. In short, the project's aim is to upgrade the utilities on campus. For those of you interested in the specifics, we encourage you to visit our website, which you can access through Cal Poly's home page by clicking on "What's New." This website is a valuable resource containing maps outlining the project, parking information, as well as dates and times of scheduled shutdowns.

Many of your questions about Utilidor can be answered by visiting this site. Additional questions can be directed to Debby Ryan, at 756-6806. Again, we would like to thank you for the great amount of patience that you, the campus community, have had in light of the disruption to your normal routines. It has been much appreciated.

Debby Ryan,
Utilidor Public Information Coordinator
Stage set for diplomatic battle as U.S. vetoes Boutros-Ghali re-election

By Robert H. Reid
Associated Press

UNITED NATIONS — Alone among Security Council members, the United States vetoed Secretary-General Boutros Boutros-Ghali for a second term Tuesday, appealing to African states to offer other candidates to avoid a diplomatic deadlock.

WORLD

The 74-year-old Egyptian immediately indicated he would remain a candidate, as U.N. rules permit, and African ambassadors urged the United States to change its mind.

Security Council members have agreed to seek an African for the job, to ensure that the region remains a candidate Africa and the candidate Africa choose, which is the current secretary-general.

The council must agree on a candidate and forward the name to the 18-member General Assembly before Boutros-Ghali's five-year term expires Dec. 31.

There was little indication the Africans were ready to back him, and the United States offered no alternative candidate.

China, which also holds veto power as one of five permanent council members, was expected to reject any candidate unacceptable to the Africans. Other permanent members — Russia, France and Britain — were also arrayed against the United States.

Clinton's first stop in Canberra, the capital city, was at the Tomb of the Unknown Soldier. Other permanent council members — Russia, France and Britain — were also arrayed against the United States.

Cal Poly Theatre

Three More Performances

LOOK HOMEWARD, ANGEL

by Ketti Frings

Based on the novel by Thomas Wolfe

 Pulitzer Prize for Best Play

N.Y. Drama Critics Award Best Play

"A truly magnificent play of stirring beauty and wild, luscious beauty." — N.Y. Daily News

"A drama moving play with something for everyone." — M. Schopp, director

8 p.m. Nov. 15 • 15 • 16 • 24 • 25
Tickets $5.50 Stds. $6.60 Public

Reservations call: 765-1778 • Performing Arts Center Ticket Office

Sponsored by The College of Liberal Arts

What's Happening at Cal Poly Theatre?

Work faster with it.

Simplify your life with it.

Communicate to the world with it.

Have fun with it.

Get $150 back with it.
FAMILY: The Pearson family consists of five children ranging in age from two to 17 years old

From page 2

Finding solutions to challenges they face. They also gather every Monday night for a “Family Home Evening” to discuss the week’s activities and teach values.

“This is a kind and gentle family, one of the finest families I know,” Sainsbury wrote.

Charles Pearson, who graduated from Cal Poly in 1983, was happy his family was selected but he said being awarded the title is very humbling.

“We all play an important role in the upbringing of the Gall family. We learn important qualities from each other and support each other," she said.

Twelve-year-old Brian Calcogna’s family was nominated and he wrote about how his parents have taught him the importance to get involved;" the seventh grader said. "If you are there for someone today there will be someone there for you.”

Calcogna also mentioned that if his family didn’t win the award, he still thought his family was the best.

"We all play an important role in the upbringing of the Gall family. We learn important qualities from each other and support each other,” she said.

Twelve-year-old Brian Calcogna’s family was nominated and he wrote about how his parents have served as role models. "We enjoy helping our community and truly enjoy making a difference. Our parents have tried to teach us that if you have the means to do it, it is your responsibility to get involved;" the seventh grader said. "If you are there for someone today there will be someone there for you.”

The last student-written essay was read by eighth grader Nick Gall, who described how his family is special, because everyone has a role.

"We all play an important role in the upbringing of the Gall family. We learn important qualities from each other and support each other in many special ways,” he said.

Michael and Jayne Kaney, the parents of last year’s winning family, attended the award ceremony and said they have enjoyed learning just how friendly people are in San Luis Obispo.

"One of the greatest things you’ll find out really quickly is that San Luis Obispo is probably one of the greatest communities you’ll ever live in,” Michael Kaney said.

Kaney said strangers, friends and neighbors acknowledged their award as if it were their own.

From page 5

nent members in initial voting rounds.

The 14-1 vote was unusual in an organization where the United States wields enormous influence. Western diplomats cited several factors, including discontent over Washington’s refusal to pay its bills and the decision to announce operations in Kosovo-Ghali in the U.S. media before advising fellow U.N. members.

U.S. officials are hoping that after an initial show of support, Western diplomats will seek other candidates or convince him to step aside for the good of the United Nations.

"At the end of the day, the U.N. needs the U.S. more than, with all due respect, it needs to retain its current leadership," State Department spokesman Glyn Davies said.

Davies said the United States would like to see attention shift to possible successors "capable of bringing serious reform to the international structure, an able diplomat.”

During the U.N.’s 50-year history, the council has been deadlocked only once, when the Soviet Union voted the re-election of the first secretary-general, Trygve Lie of Norway.

The United States pushed the General Assembly into extending his term for three years. He resigned two years later because of the lack of Soviet support for the organization.

Boutros-Ghali’s supporters maintain that he has pursued reform, albeit under U.S. pressure. They cite reductions in the U.N. bureaucracy, a zero-growth budget and the appointment of Americans to key U.N. posts.

Supporters claim the Americans resent his independence at a time when the United States is the world’s only superpower. They also accuse the United States of making him a scapegoat for policy failures by the major powers in Somalia, Rwanda and the former Yugoslavia.

VETO

From page 3

A state vice president Greg Field. "It’s quite an issue when you’re paying your way through.

There are only a handful of such unions in the country, most dating back to the early 1970s. UC graduate students have been trying to organize since 1993.

Although the current demand is for recognition, graduate students say they are also worried about growing class sizes, increasing workloads and simple respect.

“We want to show how valuable our services are to the university,” said Beeson of the Association of Student Employees, an affiliate of the United Auto Workers. "Strikes are something we don’t want to do."

WEDNESDAYS

COLLEGE NIGHT

18 & OLDER

• DISCO • HOUSE • ALTERNATIVE

Well, Wine, & Drafts

9-11pm

$1 Well, Wine, & Drafts

1/2 Liter Teas & Sex on the Beach

All Night!

$3

COUNTDOWN

COUNTRY TOP 40 COUNTDOWN

18 & OLDER

• THE HOTTEST COUNTRY HITS UNTIL 11PM, FOLLOWED BY THE BEST TOP 40 DANCE MIX UNTIL WE CLOSE

Late Night Happy Hour

$1 Domestic Drafts & $1 Well Drinks

11pm – 2am

$1.50 Domestic Bottles & $2.50 Monster Beers

ALL NIGHT!

the GRADUATE

990 INDUSTRIAL WAY SLO 541 - 0969

6 WEDNESDAY, NOVEMBER 20, 1996

MUSTANG DAILY
Muddy Dirt Classic at Lopez

By Brandy Ferguson
Daily Staff Writer

Ninety-two collegiate mountain bike racers experienced mud, sweat and gears Sunday at the second annual Cal Poly Dirt Classic mountain bike race at Lopez Lake.

SPORTS

The hosting Cal Poly Wheelmen took advantage of the home course and dominated the Western Collegiate Cycling Conference (WCCC), scoring 236 points to San Diego State's 124. UCLA came in third with 119.

"Everybody had a great time, even though they had mud coming out of their nose," said Cal Poly race director Aaron Roller.

Due to the rain, race organizers and park officials reduced the 31-mile course to 12 miles.

"Considering the conditions, sending racers on a lot of the course would cause too much damage and wouldn't be fun considering the mud," Roller said.

Achieving top honors for the Wheelmen was civil engineering junior Brian Chapman who dominated the event. Young smokes and nonsmokers at a word game that required rapid memory and quick recall. Both groups of 12 had electrodes attached to their heads that recorded brain waves while the word game was under way.

"It is clear that there was a lot more processing going on in the brains of smokers, when compared to nonsmokers," said Jaime Pineda, lead author of a study presented Tuesday at a meeting of the Society for Neuroscience. "A smoker's brain is busier at the memory task than were the others."

Smokers were quicker and more accurate in specifying whether or not a word was part of a set of five words that had been flashed on the screen shortly before. That is a powerful test of working memory. "Working memory also has been called 'scratch pad memory' because it is when the brain only holds information for a short period of time and then wipes it out," he said.

The enhanced performance of the smokers was evident even after they abstained from cigarettes for 24 hours, Pineda said. The researcher, a nonsmoker himself, emphasized however that the slight advantage does not justify the severe additional health risks of smoking cigarettes.

"This in no way supports an argument that people should go out and smoke," said Pineda.

Smoking is the major cause of lung cancer and has been linked to cancers of the pancreas, stomach, breast, ovary and throat. Smoking also causes emphysema, an often lethal breathing disorder. And it has been identified as a major contributor to cardiovascular disease, impotence, stroke, heart attack and even dental disease.

Despite all these known health effects, scientists are still uncertain about nicotine's precise effects on the brain. Pineda said. Understanding how cigarettes affect the brain may help find ways of breaking the addiction, he said.

"This is no way supports an argument that people should go out and smoke," said Dr. Mark S. Molnar of the Institute of Psychology of the Hungarian Academy of Sciences.

"This research is looking into ways of breaking the addiction," Molnar said. "This is important work.

"Neural scientists worldwide are trying to learn how smoking affects the brain so that new drugs or techniques can be found to combat the addiction, Molnar said.

Pineda said nicotine from cigarettes appears to mimic a brain chemical called acetylcholine, one of the neurotransmitter molecules that carry messages between brain cells.

When people smoke, Pineda said, the nicotine acts on the same parts of the brain as acetylcholine and may thus boost brain activity.

Whether that effect continues through a lifetime of smoking, however, is still uncertain.

"All of the people in this study were young, an average of about 21," he said. "We plan to conduct this same test on older smokers to see if the positive effects are maintained. It could well be that the effects are reversed and that continued smoking actually diminishes thinking ability."

Pineda also plans to conduct research using some nicotine-replacement systems, such as patches, that don't have the same health risk as cigarettes.

A spokesman at the University of California, San Diego, said the Pineda study was funded entirely by the university and was not supported financially in any way by tobacco companies.

Cigarettes sharpen learning - study shows
ACCESS: The state does not provide funds to pay for student modems

CLINTON: Spending a four-day trip to Australia

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just like buying textbooks," paid for by the state. The modem hired. He said this connection is yes."

But Johnson disagreed.

"I'm very sensitive to the needs of kids that cannot pay," Johnson said. "I see (the monthly charge) as another cost of school, providing free modem access to the Internet for students. Most students at those universities rely on outside vendors for access.

Johnson said Cal Poly's $11 monthly charge is a good deal when compared to most other universities and commercial providers. He said that unlike most providers, Cal Poly does not charge a start-up fee for connecting to the service.

Dan Malone, a network administrator, said many students were confused when they encountered busy signals when they attempted to log onto the free line. He said this occurred when the new modems for the pay pool came on-line.

The new modems were put into the free pool at the beginning of spring 1996 so they could be tested. These modems are now in the pay pool and only 64 are left in the free pool. Despite all the features of the pay pool, Collins said the school should still provide free access, since more and more instructors collect homework through e-mail.

"The system was working great when there was 200 modems in the free pool," said Collins. "They could have kept the free pool going just fine."

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in Sydney Tuesday evening on their first visit to Australia after a 10-hour flight from Honolulu, where they spent the weekend. They were greeted by Governor General Sir William Deane, Australian Prime Minister John Howard and other dignitaries. After the formalities, Clinton shook hands campaign-style with well-wishers.

Wednesday is the main business day of Clinton's four-day trip to Australia. It was devoted to meetings in Canberra and the address to a joint session of Parliament. Clinton is only the second foreign head of state to speak before Parliament: George Bush was the first in 1992.

Just hours before Clinton's arrival, Howard said he would complain about U.S. trade practices and global trade rules that Australians believe cost them thousands of jobs and millions of export dollars.

The United States has filed a complaint with the World Trade Organization about a Australian leather manufacturer that gets export credits to sell leather car seats to U.S. auto manufacturers.

Australia has undergone a radical transformation over the last dozen or so years with deregulation of the economy and the dismantling of protectionist trade barriers.

Now a leading proponent of free trade, Australia has redirected its economic and diplomatic ties away from Europe and toward Asia and the United States. Australia is America's 20th largest trading partner — $13.4 billion in 1995 — and Washington enjoyed a $7.5 billion trade surplus with Canberra.

CLASSIC: Wheelmen host next race March 1-2

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As far as the future of the event, both the Wheelmen and Tri California hope to work together to make more events possible. The Cal Poly Wheelmen will host the annual Cal Poly Road Classic on March 1 and 2, incorporating an individual time trial and road race with a downtown criterion.
**SLEEP: Lack of sleep contributes to illness**

From page 1

According to Dr. Bruce Adornato, director of the California Pacific Medical Center's Sleep Disorder Center, sleep deprivation contributes to around 200,000 traffic accidents each year. Adornato said that lack of sleep renders drivers less alert and unaware of their surroundings.

It has even contributed to catastrophes such as the Exxon Valdez oil spill and the Three Mile Island nuclear plant disaster.

Everyone varies in the amount of sleep he or she needs, but most require between seven and nine hours each night. Generally speaking, one should sleep enough to feel alert throughout the following day, experts like Adornato say.

People who suspect that sleep deprivation affects their ability to function properly in daily life should ask themselves the following three questions:

1. Do I frequently feel like I need a nap?
2. Do I often fall asleep watching television?
3. Have I ever fallen asleep while waiting for a red light?

If sleeping time is restricted, experts suggest several strategies for making the most of those few precious hours. Various daily routines can help make going to sleep fast and effective.

Regular exercise promotes deeper sleep, but should be completed at least three hours before bedtime. Exercising right before going to bed can make falling asleep difficult.

Caffeine and alcohol intake hinder the sleeping process. People looking to fall asleep more quickly should not drink any alcohol for two hours before bed, and no caffeine for six hours before hand. Nonsmokers also fall asleep more quickly than smokers.

Doctors do not generally recommend napping during the day because it makes falling asleep at night more difficult, but after a sleep-deprived night they do suggest naps under 60 minutes long.

Heather Weiner of the Cal Poly Peer Health Educators Lifestyle Wellness Program said that she encourages students to plan ahead in their studying to avoid having to stay up too late.

"Manage your time well and avoid cramming as much as possible," she said. "Try to eat balanced foods and get lots of vitamins C." Jason Toves, a member of the Peer Health Educators Alcohol and Other Drugs Team, warned students against using chemical stimulants to stay up.

"As the No-Doz," he said. "It throws off the body, and can lead to an intense lack of concentration. You'll get jittery, especially if you have to write or draw, so it's really bad for architecture and art majors."

"It increases your chances of illness by almost 50 percent," he said. "Almost every time I pull an all-nighter I get sick."

Architecture senior Ramon Gomez said that he has spent many a late night working on design projects only to return back to school by 8 a.m.

"I usually have enough energy to get me through the week," he said, "but come Friday I'm pretty burnt out. I feel tired and I have a headache, it's almost like my body knows it's Friday and it's time to rest."

Gomez said that as the quarter draws to a close, he can see the effects of sleep deprivation upon his fellow students.

"It gets even worse when you start drinking coffee," he said. "You get really anxious."

Like Gomez, architecture senior Matt Thackeray said he has found the design labs to be full of drooping eyelids and rising anxiety.

"It hasn't happened yet," he said, "but if you come in here in a few nights, there will probably be people asleep somewhere."
Angels name change becomes official

ANAHEIM, Calif. — The California Angels officially became the Anaheim Angels on Tuesday — complete with a new logo — while their stadium was undergoing a turn-back-the-clock renovation.

"Anytime you have an ownership change, people are going to do things their way, so to speak," said Angels president Tony Tavares, who unveiled the new logo with an assist from general manager Bill Bavasi.

"We didn't take over until May of last year and we had to inherit a few things that you don't necessarily like, but don't have the time to change," Tavares said. "So the first opportunity we really got to make a mark on the team was with new uniforms, a new logo and a new identity."

The new uniforms won't be revealed for at least another month. The logo depicts a home plate covering crossed bats, with "Angels" splashed diagonally across the front. An angel wing is pitched to the side with the "A," giving it the Disney flair.

More importantly to Anaheim Mayor Tom Daly, his city's name replaces "California" on the uniforms, in the standings, and on every piece of merchandise sold by Disney's marketing machine.

"We're proud and honored to have the name 'Anaheim' on a major league baseball team," Daly said. "We've had major league baseball in Anaheim for 30 years, so it's very meaningful to the people of Anaheim — especially long-time residents who watched the stadium open 30 years ago and have lived and died with the fortunes of the Angels."

Tavares said the cosmetic changes weren't done specifically to make people forget the troubled and sometimes tragic history of a star-crossed franchise still looking for its first World Series berth.

"The only thing that's going to do that is putting a winning baseball team on the field," he said. That's the only thing that's going to dull the senses of people who are trying to forget that the team hasn't consistently won in the past.

We've got to go on a string of three or four years of putting a consistent winner out there before that will happen. And that's a real test, whether or not we can do that."

As Tavares spoke in the Stadium Club, construction workers were busy on the 30-year-old stadium's $100 million makeover. The upper deck is being restored to its original state, part of an two-year undertaking that will reduce the stadium's capacity from 64,593 to approximately 45,000.

"I expected indifference. What I got was a strong reaction, an emotional reaction. That's my main concern right now," Barnett said.

Holtz said he thinks his players will feel differently once a new coach is named. There are fewer than six potential candidates, and Wadsworth and the Rev. William Beauchamp, the university's executive vice president, said they are in the process of seeing if those people are interested.

Barnett released a statement Tuesday saying he isn't sure. "Once I have had time to fully consider my options, I will let them know of my decision as to whether I wish to be considered for the job," the statement read. Holtz won't have any say in the selection, but said he hopes it would be one of his assistants, specifically Dave. The players hope it's Dave, too, Berry said.

While they respect Barnett and what he's done at Northwestern, they know Dave better, he said. "He'd make for a smoother transition," Berry said. "He and coach Holtz have the same type of style."

As for Holtz, announcing his resignation was the easy part. The 10th-ranked Irish still have two games left and probably will get a bid to either the Orange or Fiesta bowls, so he can still focus on his team.

When that ends Holtz doesn't know what he will do. "I miss the relationship with our players already and I'm not even gone," he said. "There will be a depression. This is a sad day for me and there will be other sad days in the future."
WRESTLERS: 3 returning wrestlers reached PAC 10 Tourney last year

By Joe Martin

French, 142-pound junior Bobby Bellamy and senior Jason Pratt wrestling at 138-pounds three wrestlers to watch out for.

All three wrestlers were NCAA qualifiers last year. French and Bellamy both placed fourth in the PAC 10 tournament while Pratt captured third in the tournament.

Cowell boasted of 142-pound freshman recruit Ty Smith. Smith held a record of 101-2 in high school and earned two Washington state high school championships and one second place.

Smith said he chose Cal Poly wrestling because of the competition and prestige a Division I team in the PAC 10 offers. "I'm basically looking forward to seeing how I stand up in the tournament," he said. "We'll see how it goes later in the season."

Lashley assures that this year's wrestlers are going to shock fans this season.

"We are going to surprise a lot of people," he said. "We're not the fans this season.

The wrestling season begins with the Las Vegas Tournament Friday, Dec. 6 and continues throughout March. Cal Poly hosts Purdue, Oklahoma State and the University of Oklahoma at Mott Gym for its first three matches.
Men's tennis signs two freshman recruits

Two student-athletes have signed national letters of intent to play intercollegiate tennis at Cal Poly next year.

David Wermuth, from Fremont High School in Fremont, Calif., is ranked No. 5 in Northern California. He was also ranked No. 1 in singles and No. 8 in doubles in the Ferris Forum of California. Wermuth, along with junior Gail Miller, from Fremont, Calif., will represent Cal Poly at the NCAA Championships this spring.

Nick Bichakis, a senior at Palos Verdes High School in Palos Verdes, Calif., is ranked No. 1 among Southern California high school doubles teams. Wermuth and Bichakis will sign their national letters of intent to play tennis at Cal Poly on Wednesday.

Cowell says three elements are keys in shaping a February team of competitors. Cal Poly Wrestlers eat, sleep and breathe the SPP, an acronym for school, practice and winning the PAC 10. The phrase establishes the priorities for the team to achieve maximum success.

Cal Poly athletes have been improving. It's our goal to be out of season will carry the team to its number one ranking. The Mustangs sent 10 Mustangs hon-

Wrestler Bobby Bellamy tangles with an opponent during pre-season practice.