Three to run for Chair of the Board

By Andy Castagnolo
Daily Staff Writer

For the first time in three years, students will have a choice when electing ASI Chair of the Board. Candidates Travis Hagen, Matthew Lardy and Amy Luker will vie for an office that has had only one candidate in recent years.

With official campaigning starting in less than two weeks, candidates are stockpiling their armories with goals, platforms and leadership qualities.

All three candidates agree on one point: The communication gap between students and directors must be bridged to put students at the root of Board decisions.

The candidates, however, differ on how to use their authority. The Chair's role is to moderate, oversee and provide resources for the directors that sit on the ASI Board, Elections Committee Adviser Bob Walters said. The Chair creates and works with committees, but can only vote on Board issues to upset a tie.

The candidates are vying for an office that has had only one candidate in recent years. Hagen said he will use his authority to set policies rather than micromanage. In other words, the Board needs to set, not postpone decisions, he said.

The actions Hagen has in mind include, "a better balance in the academic quarter." This means making course syllabi available on-line and in the library reserve room and posting teacher evaluations on Poly's home page.

His "better balance" would also mean implementing a rating system in the class schedule to denote the reading and writing load for each course.

"This gives a simplistic view of class demands before you CAPTURE," Hagen said.

Outside of academics, Hagen believes Cal Poly needs a cornerstone tradition to set it apart from other universities. Hagen said when he asks students, "What's your favorite Cal Poly tradition?" most have no response.

"I want to set up a tradition that takes force to investigate 50 universities across the country," he said.

The Board would then put ideas for a Cal Poly tradition to a student vote.

Hagen wants to use Cal Poly's industry connections to attract influential speakers to campus. The speakers' forum would "give us exposure to new ideas and success," he said.

In regard to Board operations, Hagen said he wants meetings that work and summer training sessions that prepare directors for their individual roles.

He brings to the campaign the skills he gained as national secretary for Future Farmers of America (FFA) in 1996. Speaking to more than 400,000 students in 40 states and meeting with top business leaders, Hagen has knowledge of public speaking and management.

With this expertise, Hagen now offers consultation to four state departments of education in leadership seminars for students. He believes these experiences, in addition to his commitment to serving students rather than to politics, are assets for the student body and the school.

By RyoiledMr

Minimum wage increase skips student employees

Foundation employees did see pay raise

More than 400 students employed by Cal Poly are missing out on California's new $5.75 minimum wage.

"The increase doesn't apply to employees of the State of California," said Carol Clifford, Cal Poly's assistant director of payroll services. Clifford said Cal Poly employed 2,092 students in March, and only about 20 percent of Cal Poly's student employees are paid at minimum wage.

"Supervisors can give pay raises when they want to," Clifford said. "In my office, I give student employees a raise after they have worked a certain number of hours. Other departments go through performance evaluations to determine pay raises for students."

Although some non-student employees are paid minimum wage, the bulk of Cal Poly's minimum-wage workers are students, Clifford said.

Sarah Smith, an English junior, works in the Kennedy Library. She is upset that students and other state workers are being excluded from the minimum-wage increase.

"If it is a state-mandated law, everyone should have to follow it," Smith said. "Let's be consistent. It is hypocritical to make laws that other people have to follow if you don't have to follow the laws yourself."

Smith started working in the library for $5.15 an hour in September. After working 200 hours, her pay was raised to $5.25, still below the state minimum wage.

"I feel kind of powerless," Smith said. "I was thinking of getting another job. I'm moving off campus.

By RyoiledMr

Open House just around corner

This year's 'Poly Classic' looking more like Poly Royal

By Samantha Negley
Daily Staff Writer

Cal Poly's fifth annual Open House has some new and old attractions this year, becoming more like Poly Royal than it has been in previous years.

Open House became an unofficial replacement of Poly Royal since the celebration was canceled in 1990 by President Baker after violent riots broke out on campus and in San Luis Obispo.

In 1993 a small Open House became an unoffi­ cial event with attractions as big as a carnival, a tractor pull, perfor­ mances by local bands and 'The Gong Show,' all remnants from the days of Poly Royal.

This year, Open House will be held Friday and Saturday, April 17 and 18. "The main purpose of Open House is to showcase Cal Poly and its campus," said Open House Chair Jenny Justus.

Students who have been accepted to the university may attend the two-day event designed to encourage them to enroll.

Open House is not limited to new students and parents, however. Although Friday is set aside primarily for potential newcomers, Saturday is designed to educate and entertain them as well as cur­ rent students, faculty, alumni and community members. Saturday's events will last mainly from 10 am to 6 pm.

In 1993 a small Open House was allowed to take place to intro­ duce prospective incoming stu­ dents, and their parents, to Cal Poly. It was a one-day event with little publicity and a primary focus on education.

Now, five years later, Open House has expanded into a two­ day event with attractions as big as a carnival, a tractor pull, perfor­ mances by local bands and 'The Gong Show,' all remnants from the days of Poly Royal.
City Council discusses fixing traffic problems

The City Council approved a community development block grant Tuesday that will allocate almost $1.4 million to city programs, housing and organizations.

The council voted unanimously in favor of the grant, approving funding to go toward programs such as affordable housing acquisition and public services like homeless shelter operations and homeless day center operations.

The money will also fund public facilities like street drainage improvements, disabled access to buildings and historic museum improvements, and economic development, planning/capacity building (a multi-family housing study) and program administration for the City of San Luis Obispo.

The council also discussed, but didn't decide on, a neighborhood traf­ffic management report to include guidelines for management and abate­ment. This program would receive funding for 18 months (a trial period) to identify streets in neighborhoods with traffic problems. Some of those streets are in close proximity to Cal Poly.

If the program is approved, residents in improvement areas may have to pay $810 to $200 per household to be included. This criteria has been heavily debated within the council and has yet to be decided.

Mayor Allen Settle said he was concerned about the fee because he didn't want to scare away the public's support.

Supervisor Peg Poind said the council she thought it would be unfair of the city to charge residents of neighborhoods for traffic problems, which she said were the city's fault.

Poind encouraged the council to go out into the neighborhood to get people's opinions rather than have residents come out to the City Council meetings late at night.

The council did not reach a decision on the traffic abatement propos­al, and postponed a vote until a future meeting.

—By Leslie Stevens, Daily Staff Writer

Cal Poly freshman class gets high marks in English, math

It appears Cal Poly has an exceptionally high-achieving freshman class.

The percentages of freshmen entering Cal Poly last fall who were required to take remedial English and mathematics classes were the lowest among the California State University's 22 campuses.

If a student were to need remediation is determined through the CSLU's English Placement Test (EPT) and Entry-Level Mathematics (ELM) exam. Students with high scores on their college entrance exams — approximately 90 per­cent of those attending Cal Poly — are exempt from the systemwide tests.

This means about 400 Cal Poly freshmen needed to take the EPT or the ELM.

Only 17 percent of Cal Poly freshmen needed remediation, compared to a systemwide average of 47 percent, according to the Chancellor's Office. In math, 19 percent of Cal Poly freshmen had to do makeup work, compared with 54 percent systemwide.

ELECTION from page 1

than his own political career, make him a better choice.

What does Hagen envision after a year as Chair of the Board?

"I see Cal Poly with a new trad­ition," he said. "I see students more informed." Hagen encourages students to vote because he believes some of the election depends on what you want."

Matthew Lardy

Candidate Matthew Lardy, a biochemistry and microbiology junior, said he believes students should vote to protect their money.

Lardy has served two years on the Board as a director from the College of Science and Mathematics. He said his service has taught him how to run a fair and balanced meeting. As Chair next year, Lardy would use his authority to guarantee students' right to voice their opinions to an open and active Board.

Also, Lardy plans to streamline Board meeting formats. He wants to push more important issues to the front of meetings and allow for flexibility in meeting struc­ture.

Lardy promotes increased campus housing, parking and safety. He wants the Board to have a louder voice regarding these and other student prob­lems currently handled by uni­versity administration. This means creating joint committees with both administration and student representatives, he said.

Although Lardy favors expanding campus services, he opposes putting the financial burden on students. Instead, he wants to find wasted money in ASI programs and better man­age it, he said.

As Chair, Lardy said his door would always be open. His con­cern would be to protect student interests, he said.

"I'll be the only Chair that has the courage to stand up for students," he added. "I'm not a group thinker. I'll provide a dif­ferent look and a different way." Lardy's intention after serv­ing for a year as Chair is to "see ASI establish a better relation­ship with students."

His ideas include posting Board meeting agendas on-line and through e-mail. Also, he sup­ports purchasing a monthly page of advertising in Mustang Daily to outline Board issues.

In addition to his current Board of Directors position, Lardy is a member of Alpha Chi Sigma fraternity, the American Chemical Society and the Student Health Advisory Committee.

Amy Luker

Luker, an industrial engineer­ring senior, differs from her oppo­nents as to the authority of the Chair.

"The Chair of the Board has to be unbiased," she said.

Her campaign emphasizes student-director communication and Board management rather than specific issues.

This year, Luker served on the Board of Directors as a repre­sentative from the College of Engineering and as a member of the Budget, Advancement and Internal Review committees.

"I got to discover what ASI can give to the students," she said about her ASI involvement. With the Budget Committee, she learned how and where money flows and how much students benefit from ASI programs.

Luker's goal is to teach direc­tors by example. She said she wants to empower the Board to communicate with students, to leave their circle of government and relate to student issues.

"Directors need to know that they can make a difference," Luker said.

This means teaching Board members how to balance the side business of their jobs with student advocacy, she said.

She plans to train next year's directors in May, rather than let­ting them start fall quarter unprepared. Luker learned the need for early training from the Internal Review Committee's investigation to determine if ASI is accomplishing its mission.

In addition to her work with the Internal Review Committee, Luker wrote a resolution against the Saturday finals proposal and assisted a resolution for more campus lighting. As Chair of the Advancement Committee, she has focused on finding money for ASI from outside sources, espe­cially alumni.

As Chair next year, Luker said she wants every student to know his or her representative. An improved ASI web page, she said, would show directors' pic­tures and their stance on issues.

Changing Board meetings to Tuesdays and Thursdays would allow for more media coverage, and changing the meeting place would invite more students to attend.

Luker said her heart and soul is to change best qualify her for Chair.

"I have the most experience in showing that I can get it done," she added.

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Boston, MA • Nashua, NH • Deerfield, IL • Agoura Hills, CA • San Jose, CA • Walnut Creek, CA • Dublin, Ireland • Kumamoto, Japan
Anytime there's three candidates the probability of a run-off is pretty good.

—Bob Walters
day employ Cal Poly students, to allow for our education to stay progressive with technology.

The goal of CETI is to provide access, support, and training of new technological advancements for all students and faculty. Students stand to benefit with upgrades in technology, new computer software, and telecommunications infrastructure, all without a student fee increase.

Before we take the action step of creating these partnerships, we should hold educational forums so Cal Poly students can raise concerns, receive answers to their questions, and voice their opinions. In fact, if anyone would like to learn more about CETI, check out the web site: www.ceti.calstate.edu. Cal Poly students deserve the best possible preparation for their professional endeavors and partnerships are a means to accomplish this.

Matt Lardy
As we all know, money is hard to come by. Anytime the students can pick up a few dollars from private industry, in the way of grants, research funding, or student aid, we should. As far as I am concerned, ASI should go out of its way to secure these types of dollars for our students. Money with few, or no strings attached, should never be passed up. To students faced with ever increasing tuition costs, these funds provide shelter from the financial storm on the horizon.

As a ADI Director, these new types of funds are exciting. And, as your ASI Chairman, I will push the upcoming board to embrace the private industry partnerships that we have on the table and I will look towards the horizon for new partnerships in our future.

We can all agree, that Cal Poly needs funding. Without aid from both sources, we will suffer. Our students will no longer have the state of the art equipment needed in our respective fields. We will not be able to produce continual student success in our future.

So tomorrow, we must embrace these options.

To read all the stories, profiles and opinion pieces that Mustang Daily has run about the ASI election, or to see a list of candidates for all the ASI positions, check out www.polymail.calpoly.edu.

If you have any issues that you'd like to see the candidates address, please e-mail jmiller@polymail.calpoly.edu.

Call your mom. Tell everyone you're calling your girl.
It's interesting to note the changes. Arizona is a state which has ratified the ratification of the Constitution. The US has produced the largest economy in both land and population size since 1970. One of the reasons: Both countries now note how all 50 states now have a constitutional law that manages to keep such solid connections with Washington, DC over the years. But will it always be that way?

Let's look at our own state for example. So-called "one election one state" has been used by states throughout the nation in regard to creating new laws and legislation. California has a big impact on electoral vote. Proposition 227 is more a proposal than a change influence in Congress.

Within the state of California are some very large municipalities: Los Angeles, the San Francisco Bay Area and San Diego. More than 40% of these municipalities operate like city-states, especially Los Angeles and San Francisco. The LA Times printed a couple front-page articles in its March 19 edition which support and reflect the best of the country by hundreds of miles of open land and Sierra Nevada. California has the world's fourth largest economy, the largest population of any state in the union (110 million people) that is more than twice the country of Canada, and this state acts somewhat of a precedent for the rest of the nation in regard to creating new laws and legislation. California has a big impact on electoral vote. Proposition 227 is more a proposal than a change influence in Congress.

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Robert Reynolds, nationally known and respected watercolor artist and Professor Emeritus at Cal Poly, has an exhibition at the Johnson Gallery and Framing Studio through May 9.

His paintings of local scenery and other areas constitute his first exhibition in nearly four years.

Formerly the department head of Cal Poly’s art and design department, Reynolds has published books and has been featured in many watercolor magazines including The Artists Magazine and Watercolor Magic. His book, "Painting Nature’s Peaceful Places" has been one of North Light Publications best-selling art-education books.

For the past 10 years Reynolds, who has been selected to be the commemorating artist for the 1998 KCBS Wine Classic, has been concentrating on capturing the particular essence of a place. He shows the natural beauty of a place, where nature predominates, then reveals something more. He reaches the soul of the place and touches the peacefulness, the harmony, the glimmer the qualities that endure in our memories but can not be described in words.

In an artist’s statement, Reynolds explained what makes art a success.

"California is blessed with an abundance of great natural beauty. Ultimately it is not the subject matter that determines successful painting; it is the manner in which one envisions and interprets the subject," he said.

Reynolds, who graduated with honors from California’s Art Center College of Design, portrays unique scenes from San Luis Obispo but communicates humanity’s connection to the earth. Scene of
By Andy Castognola

Not often do Gen-Xers get advice on slack ing off, drug etiquette and satisfying their mates from 50-year-old hippies. Douglas De Bias, however, boldly tackles such touchy issues in his new book, "Coming of Age in Babylon." He has no fear of opening subjects people often keep closed.

"Everybody's afraid to write this book," he said. "I took a shot."

His intention is to shake 18- to 25-year-olds out of their comfortable circles and off their straight and narrow paths. He said the key for people of this generation is to unlearn what parents, teachers and preachers have ingrained in them.

Once young people have shaken their foundations, they can start expanding their knowledge. If you're white, learn about other cultures, he writes. If you're heterosexual, learn about homosexuals. If you're wealthy, find out about lower economic classes.

Leave the comfort of "The Bubble" and observe yourself in the context of all other humans, he stated. "It is no sin to be a knowing resident of The Bubble, the shame is in being unknowing and uncaring." De Bias wrote. As he encourages youth to widen their perspectives, De Bias often slips into his hippie mindset. "Strive toward harmony," he said in his chapter on comparisons and contrasts. "Be a part of the music."

His peaceful, 1960s feeling emerges again when discussing the value of humility. "Humbility," he writes, "enables ever yone to communicate and understanding.

Through his occasional hippie lingo, however, readers will find a wealth of wisdom. In his frank discussion of sexu ality, De Bias explained differences between the sexes and what young people can do with those differences. "What women want is love, sweet love," he writes. "I think kids get screwed up by their parents more than anybody else," he said. "It's natural to get caught in the male-female clash. Men compete to find a mate, women send mixed messages, men impress their mates in all the wrong ways, and women feel disappointed."

Understanding gender differences will free young people from the cycle, he believes. Knowing how to enjoy life will also free young people. In fact, slack ing is encouraged.

"Don't let the shoulders ruin it for you," he wrote. "I mean, what the hell is the rush?" He wants young people to seek balance and never get locked into a busy life. De Bias is just as blunt in his advice on drugs. The best drug law, he wrote, is for you to decide what to put in your body. He admitted, "Nothing is more fun than dancin', drinkin', jokin' and tokin.'" His advice: "Don't get hurt, don't get diseased and don't get caught."

The flip side of freedom and opportu nity is responsibility, he warns. Although Gen-Xers are finally in charge, they should not expect themselves to handle it alone.

De Bias hopes parents of this generation can learn from his words as well. "What women want is love, sweet love, and SATISFACTION," he writes. But satisfaction is no easy task for men to give. They would rather conquer nations and build huge monuments than face their inadequacies, he proposes.

De Bias reassures that the mess of sexuality is no one's fault. It's natural to get caught in the male-female clash. Men compete to find a mate, women send mixed messages, men impress their mates in all the wrong ways, and women feel disappointed.

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As punk rock exploded in the underground and disco dominated pop radio, Fleetwood Mac's hippie studio rock united a diverse audience. Many artists contributed including Elton John, matchbox20, Tonic and Sister Hazel.

"We got sick and tired of being disappointed by all our favorite bands' new albums. So we decided we should form our own band. Then at least we'd know there'd be something coming out we could look forward to," said Jeff Darien, singer, songwriter and guitarist.

Marc Cohn: Burning the Daze

Mark Cohn won a Grammy for "Best New Artist" in 1991 for his single "Walking in Memphis." After taking four years off, Burning The Daze is his third album and represents his most self-revealing effort. The album covers underground, indie, techno, gritty and glamorous, straightforward and the densely multi-layered.

Daze was co-produced by John Leventhal.

Mother God Moviestar Everything: Super Natural

Self-titled debut album unfolds in three phases: nine hard 'n' heavy guitar songs, four experimental interludes and four electronic remixes. The album covers underground, indie, techno, gritty and glamorous, straightforward and the densely multi-layered.

New rock, funk and R&B. Combined with modern electronic sounds with natural guitar rhythms. Super Natural captures Everything's music, creating a panorama of sound that is both cutting-edge and sweet as honey.

Listen to guitars, bass, drums, horns and keyboards.

Ultra enhanced

By Mark Hortz
Arts Weekly Staff Writer

Oh no, not another Beatles emulation.

Ultrahorse's debut album, "The Pleasure and Pain of an Automobile," sounds an awful lot like a techno Oasis. But the Los Angeles-based band does have an advantage over their English mates.

Their record company, 911 Records, decided to make the CD "enhanced." Anyone who's never had the opportunity to get an enhanced CD should, by all means, do so.

You put it in your computer and, if you so desire, you can watch a video by the band or get access to the band's or the record company's website.

The band is basically two songwriters who share vocal duties and some studio musicians from the LA area. They also propositioned the San Francisco Symphony to provide the string arrangements, augmenting their Beatles influence.

The enhanced CD requires you to install QuickTime which comes in handy for downloading off the Internet. When you click on the icon for the album, you get a computer-animation commercial for 911 Records (that's expected, they did put it together) then you get a picture of Jesus and the Devil driving in a car.

There are different links that feature a help function, an interview with two short films, the band's music and an on-line service.

Kudos to 911 Records for making an okay album into a pretty stimulating album, if not sonically, then at least visually.

"In a world obsessed with material wealth and physical beauty, the musical group Ultrahorse dares to peel back the society's glossy veneer and expose the human frailties that both empower and cripple us," the band's biography said.

The two short films emphasize Los Angeles band Ultrahorse's new album, "The Pleasure and Pain of an Automobile," has a multi-media enhancement.

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April 21–24
(Tuesday - Friday)
9AM-4PM
Grad Center opens May 4th for cap, gown, tassel, and grad tickets

ULTRA

from page A3
size Ultrahorse’s view on “plasticity.” The first film, “Natural’s Not In,” is an infomercial featuring a scientist who claims to be able to do any surgery ranging from penis enlargement to elbow smoothing to “anti-oxidizing epidermal treatments.”

The second film, “Prison,” shows a woman extremely unhappy with her body, due to the body images she’s force-fed from her television. “Prison” had some really cool computer graphics that nailed home Ultrahorse’s point.

The album had some catchy tunes, such as the horn-filled opening track “Telecom” or “Immune.” Immune’s intro and vocals sound like an old, mid-80s Love and Rockets song, and its chorus sounds like Weezer with an extremely distorted guitar strumming about four chords. “Landfill” had a cool groove, but the laid-back drum beat that was kicking never really changed, even when the song was obviously tightening up. But everyone can bob their head to a laid-back drumbeat, so the song worked.

The song writing was very good, but at some points it seemed like there was just too much going on. For instance, in “Moonshine,” there is a distorted guitar, some whacked-out electronic noises, an acoustic guitar strumming in the background and an organ. It gets to be a little cluttered.

If Beatles-inspired song arrangements (I can handle that), mostly electronic drum beats (I hate that) and feigned British accents (I really hate that) are your cup of tea, then by all means make sure you pick up “The Pleasure and Pain of an Automobile.” And make sure it’s the enhanced version, so it won’t wind up in the used section within a week.

WATERCOLOR

from page A1
Morro Bay, the Los Osos Estuary, our indigenous wildlife and California’s sensational landscape have all been captured in watercolor by Reynolds’ ability.

In 1986 he was commissioned by the U.S. Postal Service to illustrate Hearst Castle for use on a postal card stamp. Every year, Reynolds holds summer painting workshops in the High Sierra at Bear Valley.

The Johnson Gallery and Framing Studio is located at 547 Marsh St. Viewing the art is free.

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THURSDAY, APRIL 9, 1998

MUSTANG DAILY
OPEN HOUSE from page 1

a.m. to 4 p.m., with opening cere­
mony on Friday at 7:30 a.m. to 4 p.m., with opening cere­

More than 6,000 mailers were sent out to admitted students and 1,500 of those are expected to attend, according to Justus. Justus said she expects high attendance this year since Open House falls on the last weekend of a traditional spring break.

The Open House Board of Directors decided on "Poly Classic" as the theme this year—a name curiously similar to another past event. Justus said the difference is: "Open House is smaller than Poly Royal, and there's more of an educational focus to avoid rioting and keep it contained."

More than 200 clubs participate in Open House.

Another new attraction this year will be the "club preview" night at the "club preview" night at Saturday and are looking for new members, according to Justus. Justus said that night and are looking for new members, according to Justus. Justus said.

The main stage on Dexter Lawn will include performances by Cal Poly Cheer, the Filipino Association Lion Dance and "The Long Show," put on by the Society for the Advancement of Management. New to the Open House tradi­tion, but familiar to the days of Poly Royal, will be the addition of a Hawaiian Luau in the Kennedy Library with poetry read­ings and local band performances.

Another program implemented this year is a kid's club scavenger hunt on Saturday for children ages six to 12. Justus said that rain or shine, Friday's events will take place. The Open House committee is still unsure what the game plan is if it does rain.

According to Justus, the Open House board event costs more than $20,000 to put on. Some grant money includes: $3,000 from Foundation, $1,500 from San Luis Obispo County and $1,500 from Student Affairs. There is also a subsidy of $8,000 from ASI.

Each college is contributing, its own special attractions to Open House.

On Saturday, representing the College of Liberal Arts, there will be a Wind Band Festival Concert in the Performing Arts Center (PAC) put on by the Cal Poly Wind Orchestra and Jazz Bands. The concert begins at 8 p.m. and tickets start at $4. They are available at the PAC ticket office.

The College of Engineering will be hosting a "Night of Business" on Thursday night, according to Jere Ramsey, the college's director of student services. Current business students have been assigned as hosts to potential business majors, and there will be a bonfire at Avila Beach after the Farmers' Market for the newcomers and their hosts. Afterward, the prospective stu­dents will spend the night with their host to get the "real experi­ence of being a Cal Poly student," Ramsey said.

On Friday, the College of Agriculture is having a barbecue lunch in the Ag Circle for all prospective majors, as well as the tractor pull.

There will be a chemistry magic show all day Saturday per­formed by Philip Bailey, dean of the College of Science and Mathematics, in the Fischer Science Building. The chemistry department will also have a glass blowing exhibit on Saturday.

The College of Engineering will host "Robodorobota" on Saturday, a robot contest put on by the Computer Society and the Computer Engineering Program. The contest will be held in the lobby of the Poly Royal Faculty Office Building and will be televised all over campus.

Aeronautical engineering freshmen Clay Jones said he attended Open House before choosing Cal Poly.

"I was impressed with my department because of their prestige and the awards they had won," Jones said.

It wasn't all business for Jones, however. He said he also learned at Open House that, "There's lots of hot chicks here...then this year I learned they all have boyfriends."

Jones advised future Open House attendees to "explore, and see things you don't know.

Adviser of the Open House Committee, Andrew Kawai-Lenting, said he always introduces Poly Royal features.

Kawai-Lenting said she is trying to get the elementary schools involved in Open House, like they were when it was Poly Royal. Groups of children from county schools used to visit Poly Royal and tour campus, participating in games and activities.

While Poly Royal may not carry the same name, its traditions are clearly bouncing back onto the Cal Poly campus.

For more information on Open House, call the Open House hotline at 7.56-CPOH (2764), or 756-7576.

MINIMUM from page 1

next year, and it's going to be really hard to pay rent and everything when I'm making $5.15 an hour!" Smith wants an across-the-board pay raise for all minimum-wage student employees. But Clifford said there are no across-the-board raises. She said a supervisor granted him a raise, but that is unlikely because of budget constraints.

California's Industrial Welfare Commission was responsible for adopting the minimum-wage regulations. The IWC was dissolved in July 1997 because of legislative budget action.

While Cal Poly employees are excluded from the increase, students employed as-wage student employees.

"We pay students who work in our buildings, but that is unlikely because of budget constraints."

California's Industrial Welfare Commission was responsible for adopting the minimum-wage regulations. The IWC was dissolved in July 1997 because of legislative budget action.

While Cal Poly employees are excluded from the increase, student employees are not considered minimum-wage employees.

Consequently, Foundation's minimum-wage workers saw a few extra dollars in their paychecks when the increase went into effect.

Abel Jones, a New York City student who works for Foundation in a variety of venues, said Scottie Ortiz, Foundation's payroll worker, told him the raises.

"We pay students who work in just about every department on campus," Ortiz said.

Employees of University Graphic Systems, the student-run printing company, are paid through a Foundation account, and only UGS employees are the mini­mum-wage worker.

Ryan Bouda, a graphic commu­nication sophomore, started work­ing for UGS in January for $5.15 an "hour. In March, his pay was raised to $5.75 to coincide with the state order.

"Minimum wage" should be even for all students," said Bourda, noting that students frequently work for other student-run companies regardless of whether they are employed by Cal Poly or Foundation.

Bourda said that the increase, although small, was appreciated.

"It makes a difference," Bourda said. "It adds up after a while. If you work 10 hours a day, that's another six­pack of beer."

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Thursday, April 9, 1998
OLESTRA from page 8
summer.

There is a high level of awareness regarding olestra in the food science and nutrition department on campus. Professor Leslie Berner said she tries to tell her students the pros and cons about olestra.

"I tell them what it is," Berner said. "I point out that some or most other approved fat substitutes are primarily carbohydrate-based, this one is not — it is fat based. It looks like fat and tastes like fat and you can fry in it. It is the only one that would replace frying oils now. This is unique so far. It has zero calories. It goes in one end and comes out the other."

This is because studies show olestra is indigestible by the body. Berner also tells students about the side effects and problems with vitamin and nutrient absorption. She said some carotenoids are considered anti-oxidants and some of SUCRALOSE from page 8 available to consumers."

According to the Calorie Control Council, "more than 144 million adult Americans are incorporating low-calorie, sugar-free foods and beverages into their diet as part of a healthy lifestyle."

That means there is a large market for products like sucralose, which tested without side effects even on such characteristically risky groups as people with diabetes and adrenal health benefits are not fully known.

"The FDA has concluded that this effect is insignificant. Many people are interested in the long-term outcome," she said.

Berner is concerned about the possibility of expanded use of olestra in other foods.

"In the limited use that it has been approved for so far, which is basically snack foods, I do not see a big problem," Berner said. "My long-term concern is if it gets approved for more uses, and particularly with kids who need more nutrients. Olestra does not make potato chips nutritious, just as food with fat is not automatically not nutritious. I would like to see people eat balanced meals in moderation, including things like potato chips."

Susana Swadener, registered dietician and beturor, shares many of Berner's concerns. She has also heard from some of her students who have experienced some of the pregnant mothers.

Sucralose products aren't available at Cal Poly yet, but according to Allan Cushman, associate director of Campus Dining, the people who make the decisions about what kinds of foods are available on campus are always willing to consider adding something new.

"We ask ourselves if it's an item that our market would like us to carry. If it's a controversial item, that's not usually one we would bring in," he said.

Cushman said he liked the idea of a table-top sweetener that was tested safe, and asked: "Do we need that many sweeteners?"

Cal Poly students may notice sucralose replacing other sweeteners in their diet soft drinks and low-calorie cakes in the next few years. One student, who has quite a health-conscious diet was pleased to eat it in excess."

"I would totally eat it. I make sure that in everything I eat, there are only three calories from fat for every 100 calories," said math major Lennea Straight.

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http://www.fsf.org/ask.fda.gov seem to confirm Swadener's observations that although Americans have a wide variety of low-fat and fat-free foods to choose from, they are still eating more fat."

In a study of lean non-dieting men, one group ate breakfasts of conventional fat foods, while the other ate olestra-containing foods. Those who ate the olestra-containing foods made up their usual daily calorie intake by eating more carbohydrate-hydrate-containing foods," the website stated.

Nutrition senior Rebecca Chavez is opposed to synthetic products like olestra.

"I am the type of person that is really for natural foods," Chavez said. "Olestra is totally synthetical and fake. I think companies are preying on people that are trying to lose weight. They are not focusing on health. I think when people see things so low in fat, they are going to eat it in excess."

Not all students agree with using substitutes instead of the real thing.

"I wouldn't use it. I use sugar and I prefer whole, natural foods," said English junior Shannon Gillian.

Besides diet soda, sucralose can be used to make other reduced-calorie foods such as cream toppings, fruit and pie fillings, and is also available as a table-top sweetener to use on fruit or in a cup of coffee.
CREATINE from page 8
to person. Folklore or not, many people believe in creatine's power. An article in Baseball Weekly reported that “at least 100 major leaguers—including Brady Anderson, Mark McGuire, Gary Sheffield, Pete Rose and Ken Caminiti—use creatine as part of their weightlifting regimens.”

Still, not everyone believes creatine is all it is cracked up to be. Club officials for the San Diego Padres urged players to discontin­ue the use after what they called an “epidemic” of hamstring pulls. Other reports have surfaced saying creatine is responsible for muscle pulls and tears. None of these reports have been able to directly link creatine to the injuries, and some medical professionals ques­tion the accuracy of the reports.

“I think it is more of a situation where the person becomes overzealous with their workout, pushing too hard and too heavy,” said Cochran. “The injuries could be due more to simple human error than anything else.”

In his on-line report, researcher Richard B. Kreider of the University of Memphis attributed an “epidemic” of hamstring pulls. None of these claims of the side­effects to “a few people trying to make excuses for things that happen in practice.”

“There are no data that show any muscle problems,” said Kreider, “the only side-effect is weight gain.”

The list of the suspected side­effects of creatine now include possible muscle pulls and tears, cramping, weight gain, dehydra­tion and possible liver problems. Reports of liver problems have occurred with some athletes using the creatine supplement. A few researchers believe this may be an exacerbation of the liver’s inability to break down the excess amino acid; but no one knows for sure.

It is also not certain whether the weight gain from creatine is a result of actual muscle growth, or just water retention in the muscles. This is where many experts are still confused. If water is retained in the muscles, why is it that people are becoming dehydrated? As of yet, no conclusions have been made, but researchers have begun to recommend that creatine users drink a lot of water.

Cochran said when he first heard of people taking an excess amount of creatine he was con­cerned about the overload it would produce in the kidneys. Studies

See CREATINE page 6

CREATINE from page 8

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See CREATINE page 6
Creatine offers muscles in a powder, Olestra takes the fat out of fat and Sucralose subtracts the calories from sugar. Substitutes allow students to dabble in diagnosing an altered diet... but are substitutes safer than the real thing?

Fake fat adds no calories to food

By Leslie Stevens
Daily Staff Writer

Modern science's latest diet miracle has arrived in local stores in the form of olestra, a new "fake" fat. According to olestra's creator Procter & Gamble Co., the fat substitute looks like, tastes like and cooks like ordinary fat, but adds no fat or calories to foods.

Unfortunately for some consumers, olestra can have some nasty side effects. It can cause stomach cramps and diarrhea. It also interferes with the body's absorption of Vitamins A, D, E and K. Creatine reduces absorption of some carotenoids.

Olestra, which is being marketed by P&G under the trade name "Olean," has been available in San Luis Obispo markets since late February. It was initially available only in limited test markets. P&G began advertising Olestra nationally during this year's Winter Olympics.

The Food and Drug Administration (FDA) has required P&G to add Vitamins A, D, E and K to all its products containing olestra to compensate for the effects of the fat substitute on the body's absorption of the vitamins.

The negative effects of olestra on carotenoid absorption are unclear, and the FDA is requiring further study in this area. Carotenoid nutrients are present in foods like carrots, sweet potatoes and green leafy vegetables. They are believed to aid the immune system and to help prevent some cancer, heart disease and eye problems.

The FDA requires that all products containing olestra carry this consumer warning: "This product contains olestra. Olestra may cause abdominal cramping and loose stools. Olestra inhibits the absorption of some vitamins and other nutrients. Vitamins A, D, E and K have been added."

The FDA approved olestra for limited usage in snack foods in January 1996 and required P&G to monitor its usage by consumers over a 30-month period. The FDA will publicly review the results of the olestra studies this summer.

FDA approves sugar substitute

By Jeremy Roe
Daily Staff Writer

There's now another new calorie-free alternative to sugar. The product, called sucralose, a sucrose-based sweetener, has recently gained approval by the Food and Drug Administration to be marketed in the United States.

Sparose, 600 times sweeter than sucrose, is already being used in countries such as Australia, Canada and Mexico under the brand name SPLENDA. Sparose is manufactured by McNeil Specialty Products, a subsidiary of Johnson & Johnson.

Unlike aspartame and saccharine, other sugar substitutes, sucralose is derived from natural sugar and can be used in baked goods as well as soft drinks. Sparose also has other advantages. It does not cause tooth decay or cancer and scientific tests have shown it tastes remarkably like sucrose.

Sparose won approval April 1 after the FDA tested the product in more than 100 studies, one of the most rigorous set of tests the FDA has ever done on a new food product. The product was tested on humans and animals to identify possible toxic effects including carcinogenic, reproductive and neurological effects.

"No such effects were found, and the FDA's approval is based on its finding that sucrose is safe for human consumption," according to a statement prepared by the FDA.

By the year 2000, many food manufacturers will have added sucralose to the list of sugar alternatives in low-calorie products like diet sodas and low-fat cookies.

However, Carol Martel, a spokeswoman for Coca-Cola, says Coke isn't going to be using the new sweetener in any of its products for a while. "We don't have any plans to use sucralose commercially in the immediate future that doesn't mean we won't keep our options open," she said, adding, "We applauded the FDA's approval of sucralose by the FDA because it makes more products..."