Students seek sustenance from supplements

By Britt Fekete
Mustang Daily

Runny noses, coughs during class, and millions of germs floating around campus signal the cold season is here once again. It's time to swallow that large, foul-smelling multi-vitamin, chew a few dozen vitamin C and down a Jamba Juice for that extra bit of energy ... or is it?

Dietary supplements include everything from vitamins to bottled herbs to amino acids in the boosts that juice establishments add to their smoothies. Hundreds of products have flooded the market in the past few years, promising to detoxify, energize, and basically fix any ailment a person may have.

There are several places to get supplements. Grocers, drug and health food stores sell them, so do national discount chain stores and independent distributors.

People can even buy them from TV through the mail and the Internet.

Although Americans are spending millions every year on these products, some question the benefits, necessity and safety of dietary supplements.

The September/October issue of "Federal Drug Administration Consumer" lists dietary supplements as some of the best-selling items on the market right now, and surveys show that more than half of adults in the United States use these.

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Students pump up with enhancers

New creatine craze has some question-long-term effects

By Jen Stevenson

Everyone's using it, from athletes to body-builders to regular guys who just want to get big fast. Everyone's selling it, from Trader Joe's to athletes, clubs to Internet websites. And everyone's talking about it — creatine, the latest muscle-enhancing craze.

Muscle-enhancing supplements are big news these days, especially following the revelation that Mark McGwire used creatine, as well as the adrenal hormone androstenedione, to bulk up. For many, the benefits of using creatine versus enhancers such as androstenedione, which is banned by the NCAA, are that it seems to give rapid results safely and legally. Supporters say it builds muscle mass, gives users energy, and reduces workout recovery time.

Creatine monohydrate is a synthetic version of a compound the human body naturally produces, which works by recycling the energy-producing enzymes in the muscle cells. Two grams of creatine are produced naturally by the body each day; one gram comes from the liver, kidneys and pancreas, and the other from eating foods that contain creatine, like red meat or fish.

With creative sales expected to exceed $20 million this year, the supplement is definitely increasing in popularity. Jon Green, a personal trainer at the San Luis Obispo Athletic Club, says he has about seven to 10 people who work out at the club who use creatine.

The club sells creatine over the counter, and Green estimates that college-age males who are trying to put on muscle. It's very popular with athletes, especially "strength" athletes such as football players.

Creatine has definitely caught on at Cal Poly. Senior tight end Keith Harter said he estimates that one-half to two-thirds of the Poly baseball team, used creatine for a few months. "Because it accelerates recovery time," he said. "It's very good."

He said in that time, the supplement has helped lower the price.

"A couple of years ago it was a nutrition store supplement," he added. "Now it is so popular they're starting to sell it at the supermarket.

A creative package advises users to take five grams of the supplement (one teaspoon) four times a day for five days, in what is called the "loading" phase. Then the dosage is decreased to a suggested two daily doses of five grams each.

Unlike illegal anabolic steroids (which introduce hormones to the body and have side effects such as heart, liver, and kidney damage and the shrinking of the testes) creatine users have experienced relatively minor short-term side effects. Stomach aches, diarrhea, and muscle cramping, strains, and pulls are among the side effects. Some professional football teams have banned or discouraged the use of creatine after attributing it to injuries, and the NFL has a "cautionary general policy" on it. Like creatine, androstenedione is a legal substance but has been banned by the NCAA.

Head football coach Larry Webb said he doesn't push creatine, but doesn't oppose it either. Head wrestling coach Lennis Cornell said some of his wrestlers use creatine.

"I haven't seen anything negative from it," Cornell said. "I've seen nothing but positive. My own son is on it, and it's really helped him. I'm not on a bandwagon for it, but if the guys are using creative, I'm not saying, 'Hey, get off it.'"

— Lennis Cornell

Cal Poly head wrestling coach

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James Webb, a physical education and kinesiology professor, said he is skeptical of creatine's possible long-term side-effects.

"I'm not real supportive, because the jury is still out," Webb said. "You don't know if there are bad side effects yet or not. There have been long-term studies done to see if any side effects turn up later.

Nutrition science professor Susan Swadener said she gets a lot of questions from her Nutrition 210 students regarding creatine.

"I try to be as honest as possible," Swadener said. "I tell them how it works, and yes it works. But I don't really promote supplements, in case they're starting to sell it at the supermarket.

A creative package advises users to take five

Ginseng's history makes it the 'King of Herbs'

By Rachel Robertshaw

Ginseng has been a popular herbal supplement for thousands of years. It is rated among the top 10 best-selling herbal supplements.

As one of humanity's most ancient natural remedies, ginseng has been used as an alternative to traditional medicine for centuries. This herb has seemed to gain popularity even with the development of many other herbal remedies.

Ginseng, the "King of Herbs," has been used in the Orient for thousands of years as a strengthening and rejuvenating agent. Since the beginning of written history, ginseng has been considered one of Asia's most prestigious and valuable herbs. During Imperial times, the value of ginseng was higher than gold and silver.

Ginseng is rated among the top 10 best-selling herbal supplements. It is often recommended as a general herbal tonic. Herbalists note how ginseng users should be striving for long-term balance, rather than a short-term pick-me-up.

Ginseng has been recommended for its strengthening effects as a stimulant.

As part of the adaptogenic herb class, ginseng is effective for helping many users adjust to everyday emotional and physical stress.

Atascadero resident Heidi Foote has found the effects of ginseng beneficial.

"I felt better after I tried it," Foote said. "I felt more balanced, and had more energy."

Ginseng claims its success in the treatment of cancer, diabetes, tuberculosis and problems associated with blood pressure, kidneys, liver, immune

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VITAMIN
continued from page 3

According to Enzymedica Inc., a New York City-based market research firm, consumers in 1996 spent more than $6.3 billion on dietary supplements.
If you follow reasonably the food guide pyramid and get a little bit of everything in your diet, you don’t need supplements,” said nutrition science professor Kris Morey.
For most people, eating a well-balanced diet of 1,600 to 2,000 calories a day is sufficient, according to Money. Almost everyone needs to eat about this many calories to get enough nutrients from food.
But there are exceptions. Pregnant women, the elderly, and people who go on Crash diets—limiting their calorie intake—do benefit from taking a multi-vitamin or other specific supplements. For example, pregnant women need to take iron and folic acid supplements to ensure they are getting enough.
Money said people who continually do not follow the food guide pyramid would benefit from adding a multi-vitamin. Some people take supplements because they think supplements are beneficial and sometimes aren’t sure if they are getting enough vitamins and minerals in their diet.
“They feel like it (taking supplements) is a health insurance,” he said. “They aren’t sure about their diets and feel good about taking vitamins.”
When Juice Club, now called Jamba Juice, opened its first store in San Luis Obispo about six years ago, Money said the owner came to him and asked if he would help with the nutritional analysis of the products. Money, who was on the company’s board of directors at the time, said a group of food science and nutrition seniors also helped with the analysis as part of their senior projects.
Although Jamba Juice does provide a nutrition alternative to the area’s surrounding fast food restaurants, Money said the protein brands and other add-ons are not as beneficial as people believe.
“They won’t hurt you, but they really aren’t needed,” Money said.
The Union Street store in San Francisco states on its website that the boosts, which it calls “erna.i.,” aid in its “well-rounded system, menopause, memory and sexual stimulation.”
There have been a number of scientific experiments on the effects of ginseng. Most of the studies confirmed the claim that ginseng has a positive effect on users.
One study involved mice being put into water and being forced to swim for a long time. The mice that were given ginseng were regularly able to swim twice as long, and their recovery was faster.
Another study involved an experiment with Russian soldiers. Some were given ginseng and others were given a placebo before running a 1.8-mile race. Those who were given the ginseng ran an average of 53 seconds faster and showed fewer signs of fatigue.
“Although there are many different kinds of ginseng, the three most commonly used types are American, Asian and Siberian. They are available in many different strengths and amounts, the dosage and the price change with each form.
There are many ginseng products available. Each one has different qualities and the effects of the product may vary for different people.
Some ginseng is weak, some is weak. Some products are meant for short-term use, while others may be used longer periods. Some ginseng costs hundreds or even thousands of dollars. While some may find the effects of ginseng positive, others may not.
Ramah said it is important to consider the personal needs of each individual before taking the herb.
“Although it has been used successfully for a variety of conditions, I would encourage people to first seek a professional opinion — as with any alternative medicine — before self-administering ginseng,” she said.
Wacky wonders

Opinion Section. I don't know about you, but the
opinion section is my favorite part of Mustang Daily. I'm not trying to self-advertise (I'm only here once a week!), but I think it is the most alive and randome part of the paper.

Let's face it. The news just isn't new anymore. We've seen all the disasters, scandals, and sports stories we need to see. The opinion section on the other hand is rather unpredictable. There is a certain lack of logic which people us opinioned types and the result is often an interesting read.

I think people read it for two reasons: they hope to find some nugget of wisdom and there are hyped-up headlines. We're all excited and excited and excited and excited. Each time we see someone make a racist, homophobic, sexist, or just plain dumb remark we get all excited and know that we see better than they are — well, at least I do. I really wish I could lay into some of the editors submit
ted, but I figure that I've done enough of that now and I don't need any more enemies. I hope that I am fulfilling the nugget of wisdom part of this section, but that decision lies in your hands.

Sick Of It: I just rec-reading one sentence this:
I had all the wack symptoms: headache, dizziness, runny nose, chills, fever, coughing, runny nose, and muscle aches. My favorite part of it all was when my vision switched back and forth from color to black and white (seriously).

As I was fixing my on coach at home in agony, dealing with enough pain to wrack up, I was plagued with worries about my classes. I know this isn't news to anyone, but bear me out. I had to travel to campus a few times to attend certain classes because the teachers had an incredibly strict attendance policy. What is the point of that? Basically I am forced to go to school, unable to comprehend anything, speaking my mind to everyone so that I could have a professor put a check in a box. Does this sound like an intelligent system? I think it was just some random teacher who decided that every class period there would probably be too few people sick at Cal Poly. I just miss the old days when a good light bulb and an unobserved machine would allow me to miss a week of school.

Someone Protect Us: I really want to avoid headlines issues since I seem to respond to them after everyone else does, but this one just seemed too much. I read in the Telegram Tribune that the San Luis Obispo Police pur- chased $14,000 worth of assault rifles. The weapons are military-grade AR-15's with a 20 round magazine capacity.

Who do they need these? This is SLO. Do we just have too much money to spend on our police force? Ask yourself this: Who are you more afraid of, the residents of San Luis Obispo or a highly armed police force? I guess there is one thing we can be semi-comfortable about though: If the police or army decides to impose violent dictator-like control over any large area, there are enough weapons in households to make it a fair fight.

Maybe that's why all these extremist groups exist in rural areas where violent crime is lower. It's easier to be paranoid about people wearing uniforms as opposed to people who live around you.

Jon Wilson is a philosophy senior.

Wendy Vardat

The police

What's the best gift you've ever received?

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Editorial

We need to promote acceptance instead of persecution

Ben Jordan

modern industrial manufacturing

Ben Jordan, business sophomore

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We killed Matthew Shepard. In cases like this, it is so difficult to imagine a kind of bright side. Maybe this aberration crime will make us take a look at our behavior and values, and some kind of change, however small, might occur. If not, then Matt Shepard suffered and died in vain, and we are all guilty.

Craig Metcalf is a psychology senior.

Letter policy

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Shaq accused of battery by young woman

LAKE BUENA VISTA, Fla. (AP) — Shaquille O'Neal has been accused of grabbing a woman by the neck while outside a night spot on the grounds of the Disney World resort earlier this month.

Kim Grant, a 21-year-old employee at the complex, was not injured but filed a battery complaint against the Los Angeles Lakers star.

O'Neal's agent, Leonard Amato, dismissed the accusations as "completely false and without factual support."

"It is unfortunate that Shaquille has to endure these malicious attacks to his character by individuals simply looking for personal gain or to get their name in the news," he said.

No charges have been filed and the offense would be a misdemeanor, said Deputy Miguel Pagan, a spokeswoman for the Orange County sheriff's office. The complaint was filed Tuesday and Pagan said an investigator has not yet been assigned the case. His office will try to speak with both parties and report to the state attorney, who will decide whether to charge O'Neal.

"The security guard noticed she was upset and he came up to her and asked if she was all right....She didn't characterize what had happened," Ledder said.

Grant said she was standing outside Disney's Pleasure Island when the 7-foot-1 player asked her name and informed her she had friends.

The woman said she tried to end the conversation after O'Neal and the man told her they were "going to look for girls," according to the complaint.

Grant told authorities that she told O'Neal, "He's my guy." At that point, O'Neal grabbed her by the neck, pulled her to him and said, "I was just playing. Can't you take a joke?" according to the complaint. O'Neal, she added, then held her by the arm and wouldn't let go until she threatened to file charges.

O'Neal, who used to play for the Orlando Magic, owns a 27,000-square-foot home in Islamorada, a gated community outside Orlando.

Jury finds in favor of Michael Jordan in lawsuit

CHICAGO (AP) — A jury ruled in favor of Michael Jordan on Thursday in breach-of-contract lawsuit that accused him of breaking a deal to star in a 1991 basketball movie that ended up flpping without him.

The Cook County jury, also ruling on a counterclaim Jordan filed, found the producers of "Heaven is a Playground," falsely informed the Bulls superstar that they had obtained sufficient financing for the film.

The jury awarded Jordan $50,000 in compensatory damages for the fee Jordan was paid which he gave back to Heaven Corp. He was awarded no punitive damages.

The jury deliberated about seven hours.

Jordan, who sat in the courtroom nearly every day, testified that he didn't refuse to appear in the movie and that both sides had agreed to postpone filming, which was to have started in 1989.

Filmmakers Randy Fried and Keith Bank alleged that Jordan, assured by agent David Falk, was holding out for a better opportunity than the $325,000 he was to have received.

The movie received no national distribution and went almost straight to video after earning just $5 million.

With Series win, would these Yankees be the greatest?

NEW YORK (AP) — The greatest? By winning the World Series, the '88 New York Yankees think they'd be just that.

"Since everything is based on the bottom line, I guess so," Yankees manager Joe Torre said Thursday, two days before the opener against San Diego.

"It's tough to look back at the '27 Yankees and say we're better than position, but everything is based on bottom line," Torre said. "If we get to four more wins — now 121 wins is pretty mind-boggling. 125 would be the ultimate."

After going 114-48 during the regular season, sweeping Texas 3-0 in the first round and beating Cleveland 4-2 for the AL pennant, the Yankees are a heavy favorite against the Padres, who at 98-64 had the worst record of the three NL division winners.

Yet, the Padres beat Houston 3-1, defeating Randy Johnson twice, then upset Atlanta 4-2, with two wins over Tom Glavine and one over Greg Maddux.

"Not many people gave us a chance against Houston, or against Atlanta," said Tony Gwynn, back in the World Series for the first time in 14 years. "There are guys on our clubhouse that believe that we've got a shot. As long as we believe we have a shot and we go play like we think we're going to be fine."

New York has 23 Series championships, San Diego has none.

The Yankees have won 113 Series games. The Padres have won one.

"I've never been to Yankee Stadium," Gwynn said. "You're probably going to hear some stuff out there you probably haven't heard for a while. And to me, that's part of the game. They're trying to take your mind off what you're supposed to be doing. But 17 years of experience, I hope, will help get me through it."

The Yankees, who finished off the Indians on Tuesday, resumed workouts Thursday. San Diego, which bested Atlanta on Wednesday, traveled to New York and will practice at Yankee Stadium this afternoon.

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Friday, October 16, 1998

Poly runs Saturday

By Steve Noone

More than 1,500 runners from across California and hundreds of spectators are expected to turn out for the 18th annual Cal Poly Intercollegiate cross country meet this Saturday.

"The race is looking to run very well," said assistant coach and meet coordinator Mark Conover. "We have a very tight pack of runners on the team and we're on the verge of being nationally ranked. The women's team is coming along very well. Last year they were third in the Big West, and I think they'll do very well on Saturday."

The event will feature professional, college, and high school athletes, and will be hosted for the second year at the Santa Barbara City College. Cal Poly's toughest competition will be from runners from UC Berkeley, Fresno State, Pepperdine and Stanford.

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**Cal Poly athlete of the week**

Junior Gina Oceguera is the athlete of the week after leading Cal Poly to a 2-1 tie against Cal State Fullerton last Sunday.

Oceguera, who plays forward for the Mustangs, scored the first goal nine minutes into the game. She scored the second goal to tie the game on a cross from Shana Stickel in the 73rd minute.

Oceguera has scored 10 goals in 11 games this year and ranks second on Cal Poly's all time list for career goals and career points.

Oceguera is the reigning Most Valuable Player in the Big West Conference.

* ....

This week's honorable mention goes to men's soccer's freshman goalkeeper, Brenton Junge, following Friday's 2-1 win against Oregon State.

With four minutes left in a game tied 1-1, Junge registered an unlikely assist to senior Martin Haynes to score the winning goal.

Junge booted a goal kick down the length of the field to the ONSU box where Haynes was waiting with a header past the goalie.

**HEADING TO THE TOP:** Junior Gina Oceguera is second in career goals at Cal Poly with 14.