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 boom 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 hottest selling items on the market right now, and surveys show that more than half of adults in the United States use these

see VITAMIN, page 3
Students pump up with enhancers

New creatine craze has somequestion-long-term effects

By Jen Stevenson
Mustang Daily

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 McGuire used creatine, as well as the antioxidant astaxanthin, 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 creatine sales expected to exceed $200 million this year, the supplement is definitely increasing in popularity. Jen Green, a personal trainer at the San Luis Obispo Athletic Club, said he only knows of a few people who work out at the club who use creatine. The club sells creatine over the counter, and Green said he's not concerned of 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 football team use creatine. Senior tennis player Patrick Carroll said he gets a lot of questions from his Nutrition 210 students regarding creatine.

"Try to be as honest as possible," Swadener said. "Tell them how it works, and yes it works. But I don't really promote supplements, in case there is a long-term danger.

Students report mixed reactions to creatine. Engineering senior Bill Hanley said he used it for about three months to increase his strength and recovery time, but discontinued use because he couldn't work out on a daily basis to maintain the effects of the supplement.

"I personally didn't notice any side effects," Hanley said. "It seemed like it worked. I'd say it was a good investment."

Jason Barring, a business sophomore on the Cal Poly baseball team, used creatine for a few months, then had to stop using the supplement because of an injury that prevented him from working out.

"I don't know if it really worked for me," Barring said. "It doesn't always work for every person." He said the only side effect he experienced was an occasional stomachache.

Most students said they purchased their supplement at General Nutrition Center, well-known for its selection of muscle enhancers. However, Trader Joe's and other supermarkets sell creatine. Many athletic clubs offer it over the counter, and the web is full of flash pages by companies offering deals on creatine, androstenedione and other enhancers.

The supplements can be expensive. A two-month supply at General Nutrition Center can run about $45. However, many companies discount the product when purchased in bulk. An ad in the University Union, often creates for half-price.

The deal is offered by Trygg Siverson, who said he and his partner buy creatine for a discounted price by means of "very, very, good connections" and sell it again, at a discounted price. Supplements are used mostly by males, but there are some women using creatine and other muscle-enhancers, according to Swadener. Green said he didn't know of any women who used creatine.

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

By Rachel Robertson
Mustang Daily

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 alternative 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 health tonic. Herbalists note 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 users adjust to everyday emotional and physical stress. Atascadero resident Heidi Foye has found the effects of ginseng beneficial.

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

Foye claimed its success in the treatment of cancer, diabetes, tuberculosis and problems associated with blood pressure, kidneys, liver, immune system.

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VITAMIN
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proteins.

According to Packaged Facts Inc., a New York City-based market research firm, con-
sumers in 1998 spent more than $6.5 billion on dietary supplements.

"If you follow reasonably the food guide pyramid and get a little bit of everything in your
food, you don't need supplements," said nutri-
tion scientist professor Kris Money.

For most people, eating a well-balanced diet of 1,200 to 2,000 calories a day is sufficient.
According to Money. Almost everyone needs to eat about this many calories to get enough
vitamins from food.

But there are exceptions. Pregnant women,
the elderly, and people who go on crash diets
limiting their caloric intake, do benefit from
taking a multi-vitamin or other specific sup-
plements. 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 supple-
ments 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 nutri-
tional alternative to the area's surrounding
fast food restaurants, Money said the product
labels and other addendums are not as benefi-
cial as people believe.

"They won't hurt you, but they really aren't
necessarily needed," Money said.

The Union Street store in San Francisco
states on its website that the boosts, which it
calls "vitamins," is in "well-rounded
approach to food and nutrition."

The site also contains a list of the enerti.i
available from Vital Blend Total Health sup-
plements. These supply 100 percent of the rec-
mended daily allowance of 12 vitamins and
six minerals. One supplement called
AminoBred Protein is a muscle-building veg-
etarian protein complete with all the essential
amino acids.

"They (the enerti.i and similar boosts) are
just adding more to what Americans already
get enough of," said Brock Smith, a doctor
at the Cal Poly Health Center.

Smith said some people do not trust the
medical establishment and so they look to some-
thing else, like taking supplements.

"Nobody really needs (to take) vitamins," Smith said. "You're better off just eating a
well-balanced diet."

Smith said most people get more than
enough of the required amount of vitamins
from their diet. Multinutrition, he said, only
occurs when someone is too poor to buy food
over a long period of time.

Students feel differently about the benefits
and drawbacks to taking supplements.

Melissa Heinrich, an agribusiness and ani-
mal science senior, said she has taken a multi-
vitamin on and off since she was a child.

"I take it more when I feel I'm getting sick," she said.

Teresa Ogas, an agribusiness junior, doesn't
take vitamins, but said she takes another kind
of supplement.

Ogas said she has taken Metabolic for
about a month, to boost her metabolism and
give her energy. So far it has been working
well for her.

"They look like horse pills," she said. "It's all
natural and I take it twice a day." Ogas
said she has it from an independent
distributor, and a 45-day supply is
$38.

"It's less than a dollar a day, and I save
money on buying food since I'm not as hun-
gry."

Although vegetarians do not consume pro-
tein from meat, there are ways that they can
stay healthy without taking supplements.

Vitamin B12 is the only vitamin lacking in
a vegetarian diet because it is only found in
meat.

Serena Snyder, a nutrition science senior
and Peer Health Nutrition Team coordinator,
said getting enough B12 is the main concern
for vegetarians, which is why some opt to take
B12 or a B-complex vitamin.

"B12 is rarely an issue for vegetarians, only
a tiny amount is needed every day," Smith
said.

There are other foods high in protein
besides meat. Snyder said eating soy milk,
tofu, nuts, quinoa (a high protein grain),
and rice and beans in combination give vegetar-
ians enough protein.

Snyder said the most important thing for
everyone to remember is supplements do not
take the place of food.

She said using supplements as a substitute for food can lead to detrimental long-term effects.

"The number one thing to remember is to
use supplements in addition to a healthy diet," Snyder said. "Make sure not to use supple-
ments in place of food."

Gerrit Coffee, a mechanical engineering
senior, is a vegetarian who does not eat meat
but does consume dairy products. This is dif-
f erent from a vegan — strict vegetarians who
don't eat anything derived from animals.

"I probably eat too many beans," he said.

Coffee said he really looked into taking
B12 or other supplements because he eats a
lot of protein and doesn't see the need.

"If I had health problems, I'd look into it,
but I'm healthy and don't get sick too often," he
said.

Manufacturers are required by the 1994
Dietary Supplement Health and Education
Act to print the word "dietary supplement"
on product labels. The act also set up a new
framework for FDA regulation of dietary sup-
plements. Although the FDA oversees prod-
uct labeling, package inserts and other litera-
ture, it does not authorize or test any of the
supplements put out on the market.

To take a product off the market, the FDA
must show the supplement unsafe, but only
after the supplement is available for purchase.

Ginseng
continued from page 2

system, menopause, memory and sex-
ual function. The site also contains a list of the enerti.i
products.

"It you follow reasonably the food guide

pyramid and yet a little hit of everythin^ in
the diet, considering the personal needs of an
individual before taking the herb."

"Although it has been used suc-
cessfully for a variety of conditions, I
consider the personal needs of an
individual before taking the herb."

"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 forms including capsules, pow-
ders, tea, tinctures and extracts.

Since ginseng products come in
many different strengths and
amounts, the dosage and the price
gradient can vary for different people.

As a professional opinion — as with any
alternative medicine — before self-
administering ginseng," she said.
Wacky wonders

Opinion Nation: I don't know about y'all, 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), I just think it is the most alive and random 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 use to interpret the world. The result is often an interesting read.

I think people read it for two reasons: they hope to find some nugget of wisdom, and they are hyped up by the white trash Jerry Springer-aspect of what some people have to say (that's why I included the 'y'all' hit earlier) 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 submitting, 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.

Dick Of It: I just recently had a conversation with Jon Wilson. I had all the wacko symptoms: headache, dizziness, nausea, chills, fever, coughing, minty nose, and muscle ache. My favorite part of it all was when my vision switched back and forth from color to black & white (seriously).

As I was lying on my couch at home in agony, dealing with the pain I was in, I was plagued with worries about my classes. (I know this isn’t news to anyone, but hear me out.) I had to cram to campus a few times to avoid certain classes because the teachers had an incredibly strict attendance policy. What is the point of that? I basically was forced to go to school, unable to comprehend anything, speaking with frowns to everyone, so that I could have a professor put a check in my gradebook.

Does this sound like an intelligent system? Of course not. But I’m sure that there was this one instance where it probably would be fewer people sick at Cal Poly. I just miss the old days when a good light bulb and an unsearched thermometer afforded me to miss a week of school.

Someone Protect Us: I really want to avoid headline issues since I seem to respond to them after everyone else does, but this one just sort of blew me too much. I read in the Telegraph Tribune that the San Luis Obispo Police purchased $14,000 worth of assault rifles. The weapons are military-grade AR-15s with a 30 round magazine capacity.

Why 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 heavily armed police force? I guess there is one thing we can be semi-comfortable about though. If the police or army decided to impose violence, 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 lowest. It’s easier to be paranoid about people wearing uniforms as opposed to those people who live around you.

Jon Wilson is a philosophy senior.

Jon Wilson

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

- "My black leather jacket. I got it as a Christmas present from my dad."
- "My jewelry came from my boyfriend. He's given me a ring and some diamond earrings."
- "A car in my sophomore year of high school. It was a metallic blue '62 Nova."
- "At 36: 'Calsy. White El Dorado, leather interior.'"
- "My jewelery is from my boyfriend. He's given me a ring and some diamond earrings."

We need to promote acceptance instead of persecution

Editor:

Every time I try to focus on the intricacies of experimental psychology, my mind drifts off to a cold, windswept field in Wyoming where a young man struck through agencies that I can scarcely bear to contemplate. The question on my mind, "Who killed Matthew Shepard?"

I realize that there are people in custody. Who referred to Bainey Frank as "Barney H a j> ." Mississippi who have the killer is sentenced to life in prison and all the stories I've heard been about what goes on behind bars are true. But what the more rational part of me wants everyone to consider is that we are witnesses to this crime who will never have to face any legal consequences for their role in this violent murder.

I'm talking about every guy who ever scribbled comments about "fags" in a bathroom stall, the people in Internet chat rooms whose only defense for a total lack of intellect is to raise questions about someone else's sexuality.

T. Paul Reed, Industrial manufacturing engineering sophomore

-Jon Wilson is a philosophy senior.

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We need to promote acceptance instead of persecution

We killed Matthew Shepard. In cases like this, it is so difficult to imagine any kind of bright side. Maybe this aberrant 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's suffering and death will have been in vain. And we are all guilty.

Craig Metcall is a psychology senior.

Lettter policy

Columns, cartoons and letters reflect views of their authors and do not necessarily reflect those of Mustang Daily. Mustang Daily encourages comments on editorial policy and university affairs. Letters should be typewritten, double-spaced, signed and include a phone number. They can be mailed, faxed, delivered or e-mailed to opinion@mustangdaily.calpoly.edu.

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"AIDS are really not going to help a headache."

"We killed Matthew Shepard."

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Shaq accused of battery by young woman

LAKE BUENA VISTA, Fla. (AP) — Shaquille O'Neal was 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 22-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 the entrance to Disney's Pleasure Island when the 7-foot-1 player asked her name and inspected if she had friends.

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

Jury finds in favor of Michael Jordan in lawsuit

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

The Cook County jury, also ruling on a countersuit, found the producers of "Heaven is a Playground," falsely informed the complex, was not injured but told him he shouldn't be there.

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With Series win, would these Yankees be the greatest

NEW YORK (AP) — The greatest? By winning the World Series, the '98 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 position by position, but everything is based on bottom line," Torre said. "If we get to four more wins — now 12 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 96-64 had the worst record of the three NL division winners.

Yet, the Padres beat Houston 3-1 by 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 over in 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.

"I've never been to Yankee Stadium. We're going to be fine," 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 in San Diego, which beat Atlanta on Wednesday, traveled to New York and will practice at Yankee Stadium this afternoon.

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Poly runs Saturday
By Steve Noone
Mustang Daily

More than 1,500 runners from across California and hundreds of specta-
tors are expected to turn out for the 18th annual Cal Poly Institutional 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 well too. Last year they
were third in the Big West, and I think
they’ll do very well this year.”

The event will feature professional,
college, and high school athletes, and will
be hosted for the second year at the
Fantasia Memorial Cross Country
Course on Highway 1 across from
Cuesta College.

Cal Poly’s toughest competition will
be from runners from UC Berkeley,
Pretec State, Pepperdine and Stanford.

ADULT CABARET
Exotic Dancers
Featuring the Central Coast’s
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College Night “Free
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Amateur Night
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G R E  2 1 4 P T S
L S A T  7 . 5 P T S

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S C O R E  M O R E!!
G M A T  7 2  P T S
G R E  2 1 4 P T S
L S A T  7 . 5 P T S

Mustang Daily is coming along well too. Last year they
were third in the Big West, and I think
they’ll do very well this year.”

The event will feature professional,
college, and high school athletes, and will
be hosted for the second year at the
Fantasia Memorial Cross Country
Course on Highway 1 across from
Cuesta College.

Cal Poly’s toughest competition will
be from runners from UC Berkeley,
Pretec State, Pepperdine and Stanford.
SPORTS

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 Senior 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. 

HEADING TO THE TOP: Junior Gina Oceguera is second in career goals at Cal Poly with 34.

**MEN'S SOCCER**

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**WOMEN'S SOCCER**

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**MEN'S SOCCER STANDINGS**

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