Editor's Note

Winter's chill has left the air, and it's time to get outside and enjoy the Central Coast. In this issue, Mustang Daily explores the outdoors that make life exciting.

— Kim Kowey, mustangdaily

Ocean Kayaking

Adventure from Shell Beach to Grover Beach leaves you wet, but the hot tub afterward is the best part. It's not hard, and you'll have a blast on this scenic tour of the coast.

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Pozo Saloon

It's not unusual just to get to this bar in Little Portola, at the entrance to trails in the Los Padres National Forest. Take a day and explore the back country of San Luis Obispo County.

— Page 2

Paintball plans

More and more women are trying to make their mark in this wild outdoor sport. Grab your gear, and get ready to make a mess.

— Page 3

Barbecue safety

Nearly 2,000 grills catch fire each year, injuring 300 people. Follow a few safety tips, and you will avoid a tragedy at your party.

— Page 3
Kayaking into the unpredictable ocean

By Andy Castagnia Mustang Daily

The next thing I know, I'm submersioning in liquid darkness. The wave has possessed me and my kayak, not to mention my hat and glasses. Elevation seconds pass, and my life jacket finally hoists me to the surface. My kayak does speak down toward the shore.

Our group leader, equally blasted by the last wave, calls for me to clench his abandoned kayak. At this point, my panic mechanisms are in overdrive, I'm now freezing, I'm blind without my glasses, and I have no concept of how to maneuver my new boat to shore.

The next wave takes care of that dilemma, though. I soon find myself somewhere under water, pummeled by another wave. After surfacing, I start kicking furiously toward land, all the while praying I'll see Pamela Lee cruise by on a rescue jet ski.

I reached shallow water after grabbing hold of my kayak and riding it to shore.

Finally a chance to breathe. Or maybe not. My group leader tells me I now have to tow my kayak back to base camp. AbORT a mile down the beach.

Fortunate for me (and the group leader). I had a painter truck awaiting my arrival at camp.

The painter truck — a hot tub hoisted onto a flared truck — is the highlight of Born to be Wild's wilderness adventures.

Owner and creator Mych Dilbeck started the company about a year ago more as a philosophy than a business. He calls it the active-interactive transactional experience with nature. People belong to nature as much as they belong to their families and cultures, Dilbeck believes.

Dilbeck takes this approach into each of his adventures. He plans outings throughout San Luis Obispo County, such as Margarita Lake, Point Sur and Lopez Lake.

Biking, biking, kayaking and running are often combined into one package. The Advanced Point Sur Loop includes ocean kayaking mixed with strenuous mountain biking and a hike among waterfalls and wildlife.

Adventures can also choose a single-sport activity much like my Shell Beach to Grover Beach kayaking tour. Although I handled the trip without prior kayaking experience, I recommend novice kayakers try serene Morro Bay first.

Dilbeck admitted this trip was a little rougher than most.

“You can plan all you want, but you're dealing with nature out here,” he said as we paddled away from Shell Beach.

Dilbeck's program attracts a variety of adventurers, mostly students. The price range for a Born to be Wild excursion is $15 to $25 per person, including equipment. This means kayakers can use Dilbeck's boats, life jackets and water sports at no extra cost. For the most rigorous hikes, Dilbeck equips adventurers with snake-bite gourdes and machetes when necessary.

While the physical requirements may pose enough of a challenge, Dilbeck wants adventurers to challenge their spirits as well. He believes humans are equally divided into physical and spiritual beings. Nature helps maintain that balance.

“(The program) is designed to bring about a change in our perceptions of ourselves by having interactive experiences with nature and give new birth to our self-expression,” Dilbeck wrote in his mission statement.

Anyone interested in rebirth can call Dilbeck at 805-658-2689 to plan an event or check the upcoming schedule. Or you can just rent the painter truck for a rockin' party.

Step back in time in the Pozo saloon

By Jessica Niland Mustang Daily

Just north of San Luis Obispo, tucked in the fields behind Santa Margarita, lies the tiny oasis known as Pozo. This area is one of the most popular attractions and tourist destinations in San Luis Obispo County. Authentic posters of the Pozo Saloon pop up in many places, and the area is known for its beautiful natural scenery and history.

The Pozo Saloon is located on Highway 101, approximately 15 minutes south of San Luis Obispo. It is an iconic spot for visitors and locals alike, offering a unique experience amidst the natural surroundings.

The Pozo Saloon has been a popular gathering place for travelers since the 1850s, when it was built as a stagecoach stop. It has since become a popular destination for people seeking a taste of the past.

Visitors can enjoy a variety of activities at the Pozo Saloon, including live music, dancing, and food. The saloon also offers a variety of drinks and a menu that features classic American cuisine.

Pozo Saloon is a place where visitors can relax, unwind, and enjoy the beauty of the surrounding landscape. Whether you're looking for a peaceful retreat or a fun-filled adventure, the Pozo Saloon is the perfect spot to unwind and take in the natural beauty of the area.

Getting a year's worth of stuff into a car is like trying to cram 10 pounds into a 5-pound sack. You've crammed enough for a while. Give yourself a break.

Call Ryder and truck it — at the right price.
**Watch out — barbecues can be dangerous**

By Christine Janocko  
Mustang Daily

Summer is here, and you know what that means — flames, catalytic balls of propane-fueled fire erupting from your barbecue grill while bystanders flee your backyard in terror.  

Hey, it could happen. According to the National Fire Protection Association, nearly 2,000 gas grills catch fire each year, injuring about 400 people. While some of these fires are extinguished without incident, many result in extensive property damage and human casualties.

Take, for example, the case of Robert Rapier. In 1993, Rapier was at a church cookout in eastern Contra Costa County when a 3600-degree flame shot from his neighbor's propane grill, giving him second- and third-degree burns on his legs, according to an article in the San Francisco Chronicle. Another barbecue accident occurred in Madera in 1998. While barbecuing hamburgers on her porch, Linda Gomez caught fire. A space propane tank under her barbecue grill ignited, inflaming her hair, burning her hands and feet and destroying her house, the Chronicle reported.

And in 1992 gas grill explosion in Vancouver, Canada, two duplex homes caught fire, leaving five families homeless and one woman dead, according to a San Francisco Daily Journal article.

From singed hair to third-degree burns, the harm barbecues missteps can inflict is real. However, your backyard barbecue doesn’t have to end with burnt hot dogs and an impromptu fireworks show. Most gas grill accidents can be prevented.

Overfilled propane tanks are a common cause of such accidents, according to the U.S. Consumer Product Safety Commission. Liquid propane in a space tank stored near the hot grill or in the sun expands, and excess gas escapes through the pressure-release valve on the tank. Once that gas hits the fire from the grill, it ignites, causing flames and fireballs.

Space tanks should be stored away from heat sources to prevent the gas pressure from increasing, according to the CPSC. Keeping propane tanks filled at the proper capacity, between 4.5 to 4.7 gallons of a five-gallon tank, also minimizes this risk.

The barbecue industry has taken steps to prevent these accidents from occurring. Many manufacturers have eliminated the area underneath the barbecue in which many people improperly stored their spare propane tanks, and special "stop-fill" valves that prevent propane tanks from being overfilled have also been developed.

Entrepreneurs have joined the barbecue safety effort as well. Frank Barnes, a mechanical engineer, has created a heat-reflective cover that fits over a propane tank. The tank cover, ProCover Plus, is a metalized cover that reflects heat off the tank, much like a firefighter’s protective suit. Barnes said a cool tank means less chance of the gas pressure increasing and causing an explosion. The ProCover Plus website calls the tank cover “the equivalent of a seat belt for propane tanks,” noting that the cover helps protect the tank as well as the people who use it.

“Overall, propane is a very safe fuel. My invention makes it safer and environmentally more friendly,” Barnes said.

**Splat! You’ve been ‘killed’**

By Andrea Parker  
Mustang Daily

I was truly one of the few good women about to set foot on a man's battleground. I had to try not to think about the horrible stories of golf-ball-sized webs and testosterone-fueled aggression.

About 20 of my friends drove up Highway 101 to Santa Margarita’s Central Coast Paintball field at the KOA campground. The place is open on weekends and for private parties during the week.

We drove up the dirt road at 9 a.m. to a 10-foot net fence surrounding the battlefield — a veritable paintyard valley of paint-splattered buildings, giant cable spools and other obstructions.

We walked up to the headquarters’ shack and signed the waiver — if I got killed while paintballing, my parents would not have to understand.

The handful of us clad in old cargo pants, faded T-shirts and rugged jeans wanted to get in for our rental guns while watching a group of middle-aged men in full army fatigues and semiautomat­ic guns listened to the orientation. Our attention quickly turned to the cashier as he took our money, only $12.99 with our coupon — it’s usually at least $25.

We were ushered to the referee who told us we would be firing hard, colorful balls of paint roughly 200 miles per hour. With that, I took a deep breath, put on my mask and hoped I had enough adrenaline to make up for my general lack of military savvy.

The first game was Capture the Flag. When the whistle blew, I ran searching for adequate defense.

My first shots were at nothing in particular. I just wanted to see how far I could shoot. Being able to see the paintball leave the barrel and watch it hit a target fascinated me.

We stationed ourselves in a shack and waited for the paintballs to fly. We waited and watched through glistening silence. Then split, splat. We were instantly amidst the confining barrage of splattering paint as enemy fire came through the window.

We decided to move outside the building to get some more of the action. I haggled the walls and peeked around corners like I’d seen in so many action movies. It almost felt real. The adrenaline was there.

One guy was about 15 feet away behind another shack. In the midst of my rapid fire and taking cover and his return fire, I was so excited about cock­ing the gun correctly, aiming and checking myself for large paint splat­ters that I hardly heard him when he said "hit" and stopped shooting.

I hastened long enough to get shot by his partner. I didn’t feel it, though, because it was on the top of my face mask.

The referee called me out, and I joined my cohorts outside the net fence.

Saturday was the first time I muscled up to the paintball challenge — and given the opportunities, I’d do it again.
Humanitarian intervention?

While it is ongoing in Kosovo, you can still call it humanitarian intervention or diplomacy with a stick. But when it is all said and done, the results subside to those still being bombarded. For all we have been hearing is Kosovo bombing, we have not heard about a million people who have been killed. The bombing has not only increased the number of refugees and the number of dead. What exactly were U.S. policy makers thinking? First, the economic situation was one of the reasons why the United States was not willing to help. Second, the human rights situation was much worse in the United States than in Kosovo, where the bombing stopped. The bombing has only increased the number of refugees and the number of dead. When the bomb is dropped, it becomes like what happened in Bosnia. The human rights situation was much worse in the United States than in Kosovo, where the bombing stopped. The bombing has only increased the number of refugees and the number of dead. 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Seal plays Santa Barbara Bowl Sunday night

By Bryce Alderton
Mustang Daily

Tickets for nine shows at the Santa Barbara Bowl this summer are still available beginning with Seal, who plays Sunday at 7 p.m. “Ben Harper, Mary Chapin Carpenter and The Brian Setzer Orchestra are good shows, and I look for a good college turnout at those concerts,” said Eric Shiflet, marketing coordinator for the Santa Barbara Bowl. “Seal is pretty well established and I think he may not be as at the height of his popularity, I expect there to be tickets at the door for his show.”

Seal, a Grammy award winner, appears on the Late Late Show with Craig Kilborn June 22. At the Santa Barbara Bowl, he will likely perform his early hits “Crazy” and “Kiss from a Rose,” as well as songs from his new album titled “Human Being.” Ticket prices at the Santa Barbara Bowl are cheaper than prices at Ticketmaster. The only drawback: The bowl doesn’t take phone orders.

Sam Scranton, general manager for the Santa Barbara Bowl, said Ticketmaster adds to the price of tickets for the convenience of the service.

“Ticketmaster will quote a base price when you first call up wantiniy for tickets, but by the end of the transaction, there may be extra charges, tacked on such as phone charge and shipping and handling fees,” Scranton said.

Shiflet doesn’t anticipate any problems with obtaining tickets to the shows this summer.

In addition to the base charge that goes to the performer, the Santa Barbara Bowl changes a $2 facility restoration fee that goes to the renovation of the bowl, a structure more than 65 years old. The bowl also charges a $2 box office fee to maintain the box office.

Show prices are $24, $37, $50 and $24. Ben Harper will perform Saturday, May 29. Tickets cost $29, $36 and $24. Hoot will perform Friday, June 4 and tickets go for $29, $27 and $25. Mary Chapin Carpenter with Shawn Colvin will play Saturday, June 5 with tickets going for $40, $34, $26 and $24.

Ethnic Studies reads student writings Tuesday

By Carla Flores
Mustang Daily

The ethnic studies department will celebrate student achievement with a reading of students’ writing from the department’s publication “Oyos” on May 25.

Several of “Oyos’” student authors will read portions of their work at the reception as a way to honor writers who had an avenue of expression through the ethnic studies curriculum.

This is the fifth volume of “Oyos,” which means “hello” in Cherokee. The publication is a collection of student papers from two ethnic studies classes. The writings are focused on issues central to the subject of Native American images of literature and the land. Robert Gibbs, director of ethnic studies, teaches both Ethnicity and the Land and American Cultural Imagery: American Indian Indus­tries courses.

“The journal is a representation of students’ quality writing that fit together in a coherent way with the theme of this particular edition,” Gibbs said.

Students in all ethnic studies classes have the opportunity to submit their papers, essays and other writings for inclusion in “Oyos.” Only papers determined excellent because of insight, innovation and overall schol­arly or creative substance and sinceri­ty are published.

“Students whose work was published in “Oyos’” had a way of demon­strating quality writing,” Gibbs said.

The reading of “Oyos” will be held Tuesday, May 25 in the University Union Art Gallery at 6 p.m. The jour­nal will be for sale at the event for $7.

Macho-man battles force

By Carla Flores
Mustang Daily

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LOST ANGELES (AP) - Tom Selleck doesn’t look worried.

He’s cashed out of a fight with a cabal of inept vigilante warriors and Sin­cucho man of actors would rather dream about kicking back on his ranch.

It seemed inconsequential to him to have mastered or the romantic comedy “The Love Letter,” was open­ing on the same weekend as the hyper-anticipated “Star Wars” pre­quel.

The business side of show business bows this 54-year-old Selleck, who is so philosophical about his profession, he sounds more like Don Quixote than Thomas Magnum, the playground private eye he detoured for eight years on television.

“I have to act, but I’m not fond of the business of acting,” he said in his trademark growl. “Actors have this sense that there is a noble quest to their craft, that you’re looking for some truth or beauty to what you do.”

He said the hardest part is keeping the inevitable anxieties about “how much will my movie gross?” from taking over.

“Otherwise you develop a cynicism about what you’re doing,” he said. “You have to connect with the audience, and there are no excuses with them. They don’t care if you haven’t worked in a week, or if you’re unhap­py. That’s not in the credits at the end.”

Selleck has played affluent roles such as one-third of the freestyle-wheeling team of brothers in “Three Men and a Baby,” as well as playing gay journ­alists in “In and Out.”

His character in “The Love Letter” — he sounds more like Hon Quixote than Thomas Magnum, the playground private eye he detoured for eight years on television.

Selleck and others associated with the film were counting on attracting older audi­ences interested in being force­d a space opera.

With “The Love Letter” having a tiny opening in the formidable shad­ow of “Star Wars: Episode I — The Phantom Menace,” Selleck and others associated with the film were counting on attracting older audi­ences interested in being force­d a space opera.

Selleck said he has no specific plans for what he’ll do next, except for the offhand joke finished, “I think I’d like to do a Western.”

He’s eager for a hit with “The Love Letter,” which also stars Kate Capshaw. He said previous success has given him the comfortable posis­tion of working for enjoyment rather than survival.

In the early days of “Magnum P.I.,” a Screen Actors Guild strike left him

without a paycheck and he had to work odd jobs to pay the rent.

“I have to stop myself now and say, ‘I need to do what my obligations are as a father, no matter how much I want these other parts,’ whatever they may be,” he said.

Selleck has taken time off to spend with his family and tend to his Southern California ranch.

“If you have the financial resources to take time away from work and you don’t, isn’t that a little more indicative than if you basically have to work to pay the food on the table”? he said.

Selleck also dips into political and social issues when taking time off, and there was a time earlier in the decade when supporters were pushing him to run for the U.S. Senate.

Although he has championed con­servative causes, including public support for the National Rifle Association, he declined comment on renewed calls for greater gun con­trol in the aftermath of the school shootings in Littleton, Colo. He was simply tired of talking about it.

Live Cal Poly Swing Club Presents

Swing Dance with...

Red and the Red Hots

Friday, May 21
Cal Poly Chumash Hall

Intro to Lindy 7-9: Intermediate 8-9 — Dance 9-12
Tickets: $10 general, $5 for Swing Club members
Advance Tickets available at...
www.thegrid.net//z/cpswing
Video camera helps police catch suspect

By Cassandra Jones
Mustang Daily

Campus police have tracked down an alleged purse thief with the help of surveillance cameras.

"Without the cameras, we'd still be looking," Cal Poly Police Investigator Raymond Bennett said.

On May 17, Kim Vosti, a recreation administration freshman, reported her purse stolen. According to police, the thief occurred when she went to work at McPhees Cal Poly video arcade and bowling alley. She left her purse on the front desk and walked away. When she came back, it was gone.

"Everything: everything (the suspect) did was captured on videocassette," Bennett said.

The theft happened around 7 p.m. Approximately 40 minutes later, the suspect tried to use Vosti's Visa card at the Valley Center on Madonna Road. It is unknown whether Joyce was successful, according to Bennett.

The morning of May 19, Foundation security gave Bennett and officer Loni Hashim a still photograph of the suspect from its security cameras. Bennett and Hashim showed several people on campus the photograph, and at around 1 p.m., the suspect was reported to be back on campus.

"Employees in the University Union said he was in Mort Gym," Bennett said.

Hashim and Bennett went there and were told the suspect was seen walking back to the union. They saw him on the first floor, and after a chase, took him into custody.

The suspect, Joni Joyce, told police that he is a San Luis Obispo resident and a Cuesta College student.

"Property belonging to Vosti was found in his possession. Additional property was found during a search of the suspect's dormitory room," Bennett said. "Unfortunately, everything (the suspect) did was captured on videocassette." — Ray Bennett
Cal Poly Police investigator

School shooting hits Georgia

CONVERS, Ga. (AP) — A boy
said over a broken romance shot and wounded six students Thursday in
another school attack at a comfort-
able suburban community, then fell
to his knees, stuck a gun in his mouth and surrendered in tears.

"Oh, my God, I’m so scared," he
said.

Early Saturday morning, police
in Alabama’s 15-year-old sophomore, armed with two guns, opened fire with a rifle about 7:30
a.m. 20 minutes before classes were
to begin at Heritage High School. It was the final day of class for seniors.

Witnesses said the gunman was running and shooting at no one in particular and firing at students below the waist as well as to kill them.

"People were falling on the floor, a lot screaming, people trying to help each other," said Joel Thomas, 14.

Students in the common area and cafeterias dived for cover under benches and behind platters. Others raced outside the long, one-story school building into the parking lot and an area of tall pines.

The suspect was not identified by authorities. He was charged as a juvenile with aggravated assault, possession of a firearm and criminal.Reginald Read said.

The gunman must go before a juvenile court judge before he can be charged as an adult. He probably won’t take place until Monday, Read said.

None of the victims’ wounds were considered life-threatening. The girlfriend who had broken up with the gunman was not among the wounded.

Heritage, 20 miles east of Atlanta, is a mostly white, suburban school, like Columbine High in Littleton, Colo.

"It more students voted, they’d have a sizable influence on the election," he said.

Blakely, who also works for Cal Poly as an information technology consultant, served as a county supervisor from 1989 to 1996. He graduated from Cal Poly in 1974.

During his speech, Blakely looked across the packed conference room at the Faculty Office Building and tried to see what the most provocative political science students knew about local politics. Few of them, he thought, knew what the board of supervisors was all about.

"How many supervisors are there?" one student asked.

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More of this money could go toward students, Blakely said, if only students voted on issues important to them.

"Part of the problem is right here in this town," Blakely said. "Students do not participate in local politics.

The students in attendance expressed interest in learning, however. Many of them, not only political science majors, expressed interest in learning. Some of them, not only political science majors, were interested.

"I always had an interest in politics, says," one student said. "I was interested in the board, the politics, and the people." Blakely said.

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NATIONAL LEAGUE STANDINGS

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An athlete’s nutrition is pretty basic

By Sara Henrikson
Mustang Daily

Athletic nutrition is a personal choice. For each sport, different nutritional concerns exist. Although the basics are the same for every athlete, a healthy diet should follow the U.S. Department of Agriculture Food Guide Pyramid’s recommended daily intake. The Pyramid recommends two to four servings of fruit, two to four servings of vegetables, three to five servings of complex carbohydrates, two to four servings of protein. If followed correctly, the Pyramid should yield a balanced diet that supports athletic performance.

For example, a wrestler requires a significant number of calories and protein while a sprinter needs carbohydrates. A swimmer has an increased need for water and electrolytes, while a cyclist may need extra calories. A marathoner will require more protein than a sprinter to repair muscle damage. The reason for this is that an athlete’s diet is specific to the sport. An athlete’s nutrition is pretty basic: eat the right food, in the right quantities, at the right time.

A person’s diet during the off-season is different from what it is in-season. During the off-season, an athlete may want to eat more protein and carbohydrates to build muscle or lose weight. Once a season has ended, the athlete’s diet should return to what is needed to perform at the highest level.

For athletes, it’s important to eat well and exercise. The body uses food for energy, repair, and growth. The food the athlete consumes provides the energy needed to carry out daily activities. Exercise increases the body’s need for energy, and the athlete must eat enough to meet the demands of that exercise.

An athlete’s nutrition is pretty basic: eat the right food, in the right quantities, at the right time.