Bikers beware

Religious protesters flood UU

By Nanette Pietroforte
MUSTANG DAILY STAFF WRITER

Students and religious protesters exchanged words outside the University Union on Thursday afternoon.

Four men wearing large signs printed with "You make me sick," "thieves," "Catholics," "atheists" dehate with students for hours. Listed on some of the signs below "warning" were "liars," "thieves," "Catholics," "atheists" and "bratty college students."

According to Sgt. Steve Schroder, Cal Poly police first arrived at the protest sometime before noon. "I think they were out there for the university hour crowd," Schroder said.

At 3:30 p.m., the men were still there. One of the protesters, Frank Warner, said the group had no specific church affiliation other than "the Church of Christ."

Warner said the men travel around the country, especially to colleges. "Colleges seem to be an area for thinking," he said. "The students don't like the things he says, but they seem to like the debate."

"If they really want to get student opinion, forming special committees is key," said Melissa Vancak, vice chair of the board. "Open forums are good, but they involve a lot of advertising and gathering research."

Whether by open forums or any other means, gauging student opinion on this issue remains important, according to Vancak.

Campus club receives award and $500 prize

By Mike Manson
MUSTANG DAILY STAFF WRITER

The Cal Poly Society of Automotive Engineers (SAE) recently won the Outstanding Student Branch Award at a presentation Wednesday night.

The club accepted a plaque and a $500 prize given by Allied Signal Corporation. The award was announced in May, but formal presentation was delayed until the club’s first meeting of fall quarter.

The Cal Poly branch won the award because members showed exceptional participation in a wide range of SAE activities, according to Jon King, a member of the Southern California Governing Board of SAE.

"The Cal Poly club filed a detailed report along with more than 300 other student groups," Thompson said. "No more than 12 get the award."

Established in 1963, the award is based on membership and club organization, meetings, SAE-sponsored projects, member involvement and a report submitted to the SAE Student Activities Committee. "Basically, it’s a most improved award," said Juliette DeCarlo, club treasurer and civil engineering senior.

The award provides an incentive to SAE collegiate branches to improve their technical programs and activities, thereby increasing the value of SAE on campus and in the community. College programs rely on community sponsorships to help fund club projects.

Cal Poly SAE members are currently working on two projects. The SAE Mini Bus Project has been at Cal Poly for more than 20 years, and the Cal Poly Formula Team was formed in 1990.

Both projects focus on constructing race vehicles, which become entries in intercollegiate competitions each spring. Hundreds of competitors come from all over the United States. See SAE, page 2.
Ben Harper rocks the PAC

By Nanette Pietroforte

Mustang Daily Staff Writer

Sitting atop his blanket-covered chair like a king on his throne, Ben Harper rocked and lulled the Rec Center Wednesday night, backed by the Innocent Criminals. Harper's clothing appropriately matched the mood of the night: casual and relaxed, with a black T-shirt and black jeans.

At times, he rocked the crowd with "The Will to Love" and "Ground On Down." Within seconds of beginning his popular marijuana anthem, "Burn One Down," the flickers of lighter were displayed at events such as Open House, Engineering Day, Homecoming and Farmers Markets throughout the year.

Cal Poly SAE is sponsored by the mechanical engineering department, but membership is open to students of all majors who have an interest in automotive engineering.

PROTEST

continued from page 1

thought the debate was interesting. Agriculture business junior Frankie Decoco said the protest was reminiscent of a television show.

"It's like Jerry Springer live," he said.

Students shouted at the men about their lack of acceptance of homosexuals and Catholics, according to the men's sign.

"I don't really like this. It just gives me a sick feeling," English freshman Nicole Jameson said. "I think college students seem more accepting of other groups. Those guys with the signs seem more like the older generation of thinking."

Jameson said the signs were upsetting.

"I don't like the fact that the sign says, 'Turn to Jesus or burn in hell.' God is accepting of all people, no matter what religion you are."

Cal Poly SAE is partially sponsored by the university through the Instructionally Related Activity program, which funds campus activities that support Cal Poly's learning-by-doing philosophy. The Mini Baja and Formula projects are hands-on approaches to learning more about mechanical engineering.

"Everything we learn from books can be applied to this stuff," Lund said.

Cal Poly SAE is one of the many clubs that have come under fire for their activities, but membership is open to students of all majors who have an interest in automotive engineering.

Heard lecture series comes to Poly

By Nanette Pietroforte

Mustang Daily Staff Writer

Beginning Oct. 11, the College of Architecture and Environmental Design will kick off "Some Assembly Required," a weekly Heard lecture series that will bring architecture and design specialties from all over the world to Cal Poly.

The annual series, made possible by a grant from the Heard Foundation, will invite 12 experts to speak about architecture-related issues. According to Gary Dwyer, landscape architecture professor and co-director for the Heard lecture series, deciding on series guests was a collaborative effort between students and faculty in the architecture and environmental design college.

"We surveyed students and faculty to see who's current and viable in the field right now," he said. "It was a matter of trying to decide if the intention of the grant and our needs were the same."

Dwyer said the grant from Heard Foundation was pivotal in bringing the grant to Cal Poly.

"The grant allows us to bring people to campus that we wouldn't otherwise have access to," he said.

Advancement Director for the College of Architecture and Environmental Design Robert Minkler said this year's scheduled speakers are unique.

"It's a wonderful variety of speakers from everywhere," she said. Some of this year's speakers include the Director for the Museum of Contemporary Art in Los Angeles Richard Koshalek, Carol Burns from Harvard, Jon Hlafter from Princeton and Charles Correa, Aga Kahn award winner.

Being guest speakers has its advantages for Cal Poly students and faculty as well as the speakers themselves.

"They can say what they really believe," Dwyer said. "They're provocative."

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SLO mountains hold Central Coast's top views

By Andrea Parker
MUSTANG DAILY OPINION EDITOR

Psychologists and stress researchers are quick to remind us that a simple change in the sky from one level to the next can help reduce stress. A glance down upon the world, they would reason, will relieve every student of the stressful academic burden.

Such a therapeutic opportunity exists beyond the dirty windows of stuffy classrooms. It takes but two spare hours to get a full panoramic view of San Luis Obispo from above. The Cal Poly "P" and the edge above it, Cerro San Luis and Bishop Peak, all provide the aerial perspective of the town and school we live our busy lives in.

The summit of each peak will reward a unique perspective on the bustling city — a heaven's eye view so to speak. On clear days, it's possible to see beyond the California Men's Colony and follow with your eye tiny Highway 1 to Morro Bay to the northwest, and to Edna Valley and Pismo Beach along Highway 101 to the south.

Each peak naturally presents challenges and hazards to complete the ascent—poison oak, barbed wire, various species of snakes, coyotes and mountain lions on rare occasion. These all are part of the journey to outcroppings where you stand above soaring birds and the glory of feeling like you can touch the sunset.

Josh But, a Cal Poly biochemistry senior, and Amy Pickard, a Cal Poly speech communication senior, recommended hiking not only as a spiritual and psychological escape, but as a romantic date adventure. They often hike together, bring food and have long conversations at the tops of these San Luis mountains, Pickard said.

"Right before sunset is a good time," Pickard said of the hike up Bishop Peak, the couple's favorite adventure. "You go up in the light and down in the dark.

"Be there when the fog rolls in," Butz recommended. "Get to watch it wrap around each of the mountains."

Bringing a flashlight if you plan the sunset excursion. It's easy to get cone down and end up lost on the wrong side of the mountain.

Top views:
- Cal Poly P
- Bishop Peak
- Cerro San Luis

Be warned against rampant poison oak as well on the trails of Bishop Peak. It lines the old trail after you reach the oak grove at the halfpoint. It is often hard to avoid the three-leaved shrub as you scramble up boulders and steep sections of this trail.

This trek can take about 45 to 90 minutes up and 45 minutes down, depending on hiking experience. Trails lead around nearly any side of the mountain, starting at either Football Boulevard or Patricia, off Highland Drive.

A newer trail, created in March by the California Conservation Corps, Cerro San Luis Volunteers and California Department of Forestry crews, switches back through public property along the side of the peak. It branches off the popular Football Boulevard trail head.

This trail was designed to make the mountain-top experience more accessible for hikers of all skill levels, according to crew members. The trail Rocha in a March 5 Telegram article.

The newest switchback trail is clear of some perils and affords a more leisurely hike up the mountainside.

"It's nice because it's not as steep, and there's no poison oak," Pickard said.

The top of Bishop Peak stands hikable both with Clouds Grade and Cerro San Luis — as well as small airplanes on their landing descent to San Luis Obispo. It's also possible to see many things.

"I always love Bishop because you can see so many things," Pickard said. "You see the open field, the city, and you can see the ocean."

Cerro San Luis, known to most as Madonna Mountain, blocks much of the southeast view, however.

The view from the top of Cerro San Luis is more complete, allowing you to look down on the airport, the Central Coast Mall, the campus, downtown and the neighborhoods around Football Boulevard. It's almost like springing on your own backyard because the city springs out around the base of the mountain.

"Be there when the fog rolls in," Butz continued. "With the open view of Cerro San Luis, it's easier than Bishop, so it allows more freedom to wonder around and absorb all aspects of the panorama. The bike can also take anywhere from 30 minutes to an hour or more, not including time to enjoy the new perspective of the city.

If you can't afford a whole morning or afternoon for a hiking adventure, the landmark Cal Poly "P", also provides a complete view of San Luis Obispo, and the university campus in a relatively short hike.

"You can see all the way to Pismo and Edna Valley from the "P," Butz said. "And you can see the whole school." Pickard added.

"It's short, if you need a quick getaway," Butz continued. "With the open view the "P" and all the sound from the city goes away.

It's a haven of peace and quiet above the surging campus population, a glimpse of heaven in the midst of this not so heavenly academic setting.

The trail to the "P" is accessible from behind either the Santa Madre residence hall or the red brick dorms. A trail also exists up the backside of the mountain, switchbacking through the old botanical gardens from the road to Poly Canyon. Depending on your expertise, the hike to the ridge above the "P" could take anywhere from 30 minutes to half an hour. Once at the top, it's ideal to find a good rock to perch on or walk along the ridge and perhaps journey down a different trail.

No matter the time constraints, escape is possible. Bishop Peak is best for an entire morning or afternoon hike — especially for the sunset. Cerro San Luis, also known as Madonna Mountain, offers the best 360-degree view of the city and outlying areas. And the Cal Poly "P" is a short hike with a campus view.
Opinion

Caffeine fuels our busy student lives

Caffeine is the fuel of the American work force, the life-blood of executives and students alike. Expresso, a highlycaffeinated coffee beverage, has been known to save the GUIs and future careers for many of Cal Poly's most procrastinating elite. Businesses often allow budgets within their expense accounts to keep the coffeepots flowing. Coffee and soda machines abound on campus.

Why? Because caffeine is a stimulant. In human beings caffeine creates a buzz— that extra perk to get going in the morning or keep going throughout the day.

As for caffeine being a source of energy, that would depend on how energy is defined. It is poweared caffeine is in a match, it will combust, releasing energy in the form of heat. However, the human body does not use combustion to generate energy. Instead, the body uses the process of respiration, whereby cells in the body derive energy from the electrons in certain chemicals, commonly sugars and fats. The increase in energy after eating or drinking foods containing caffeine results from the effect of caffeine on cellular receptors in the body.

Caffeine stimulates all levels of the central nervous system—brain and clairsity thinking, improves psychomotor coordination, increases the force of muscle contractions and decreases fatigue in skeletal muscle.

A good cup of 'Joe' not only hits the spot, but can improve athletic performance. Probably one of the most popular ergogenic aids, caffeine uses the blood levels not to increase free fatty acids. Reactions times and performance are often enhanced. When participating in endurance activities, caffeine aids in mobilizing fatty acids into the bloodstream, allowing the body to utilize more fat for fuel. This phenomenon preserves muscle glycogen, allowing a few more minutes of performance without starting the muscles to break down plus when hoisting it across campus five or six times a day.

But caffeine does more than enhance performance.

Caffeine consumption is cultural, a kind of bonding experience. At any given time, students can be found at one of the many coffee establishments in downtown San Luis Obispo. Whether hunched over a computer keyboard with a cup of java sitting on the mouse pad, sipping espresso while listening to music or sharing a pot of Colombian brew while brainstorming the proverbial group project, coffee consumption is central to the experience.

Using caffeine to enhance performance, through the day or simply share some quality time with friends over coffee is a normal occurrence among students. It's one way of coping with hectic schedules and busy lifestyles. Caffeine dependence is part of student life.

Stress is an other common thread in student life, and stress often causes headaches. Caffeine is used in several medicinal remedies. The FDA recently approved the combination of caffeine and acetaminophen as an over the counter remedy for migraine headaches. Caffeine is also used in prescription drugs, such as Ergotamine, for headache relief.

There is one more less known medicinal use for caffeine: the caffeine enema. Apparently, the colon absorbs water and caffeine about 12 times faster than the stomach. When the colon reaches the peak of absorption, the liver interprets this as having consumed approximately 20 quarts of coffee. This results in the liver puring itself of waste. Once the coffee is eliminated, the liver is flushed clean. The flushing process is supposed to aid the body in resisting allergies and toxic illnesses, such as cancer. There are those who embrace this theory with great delight.

As for me, I'll take my coffee in a cup.

Open your eyes for yourself each day

D0 you ever wonder why there are so many coffee shops these days? It used to shock me to see a new coffee shop opening up. Now, I can barely find a seat. In a day and age of trends, coffee shops really stick out in my mind. I know the red baseball hat phenomenon will pass. So too will boy bands (I hope) and a long, long list of other. But coffee shops seem to be an exception to the cycles of most trends. Why would this be? Besides a social place to hang out and chat with friends and even strangers, I think there's one major difference between coffee shops and other trends: Coffee shops' products are addictive, which ensures their stability against the test of time.

Most fads pass from memory quite suddenly. Coffee shops, however, will further pervade society until no one notices they're on every corner.

Bars began the same way. While it once was common to have a bar or two in a town, most towns have more than they'd like to admit. Again, it's the product that's addictive. Bars have never considered a fad — at least not at my lifetime. And they're not going away anytime soon. Coffee shops give people what they want, or what think they want anyway. They seem to be more of a habit than a desire to me. Then again, I have habits I choose to disguise as desires. I just don't have any habits that need to be fed the second I wake up in order to make it out of bed.

It is a good thing to need to rely on a substance to get your day started. If you ask me, the answer is definately caffeine. It's ready for my day after running from a warm bed, through a cold living room and into 140 degree water.

Caffeine keeps your body going when it isn't meant to be going. While most drugs are discouraged on campus, caffeine is not only bought but nearly pushed on us by the powers that be. Granted, there's high demand for it, but does that justify supplying to students who are all ready overworked, overstressed and under-nourished? It seems to me caffeine only worsens these conditions. You may be able to get more work done while you are wired all night, but caffeine is scientifically proven to raise stress. If a good night's sleep is in order, it's kind of difficult when your body has abandoned you, yet you can't close your eyes.

Caffeine needs to be seen for what it is: a highly addictive drug legally relied upon by millions. It's time we use our will power to open our eyes and see the truth about coffee and its effects.


Point/counterpoint

Diane Farnsworth is a journalism senior and a Mustang Daily staff writer.

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Visit Del's Pizzeria to taste Shell Beach legacy

1973 Nixon is in office, the flower children of America are forced to empty out their bottles of patchouli and confetti, and a woman with a vision stands behind the wooden counter at Del's Pizzeria in Shell Beach, California, warmly inviting Central Coast natives and tourists to indulge in New York style pizza, mouth-watering lasagna, and hefty pasta dishes that would eventually win over customers for a lifetime. In a year when our country's brave soldiers were wounded in the service of their homeland, one would think, with such success does not come easy, and for a transit in its 26-year existence is fascinating. Located in Shell Beach, Del's is right off Highway 101. One could think, with such success, that Mama Del could chill out in Tuscany all year long and let the business run itself. But one glance around the dining room and chances are she's mingling with the guests as she's done every night since the beginning, making sure that everyone from the mayor of Shell Beach to a traveling carney from Belgium feels right at home. Wave her down and allow her to tell you a quick tale about Arnold, the resident ghost at Del's Pizzeria & Italian Restaurant. Apparently, Arnold has a big problem with outsiders: and every aspiring restauranteur to come to this Central Coast landmark at 401 Shell Road has been stricken with bad luck and has been forced to leave town. But as far as Mama Del is concerned, let's just say that Arnold can finally kick his feet up and relax, knowing the local sweethearts have things under control and will continue debuting the same famous Italian cuisine until her walker doesn't fit in the kitchen area and her sons take over the torch.

The warm and cozy ambiance is reminiscent of an Old Italian farmhouse. At Del's you sit back and enjoy the traditional Italian decor of red and white checkered tablecloths, soft glowing candlesticks, and Chairman bottles. You listen to the strains of Sinatra, followed by festive Italian songs in the background. On the Central Coast, success does not come easy, and for a family-owned and operated restaurant to accomplish such a transition in its 26-year existence is fascinating. Located in Shell Beach, Del's is right off Highway 101.

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Want to get out of SLO? Try Morro restaurant

Next time your parents are in town for a visit and you don’t know what to do with them, have them take you to the Flying Dutchman in Morro Bay. Located on the Embarcadero in the heart of Morro Bay, this restaurant serves up fine food with friendly service.

Stan and Paul Van Beuden opened Flying Dutchman in December 1996. The name for the restaurant can be attributed to the family’s immigration from Holland. The Van Beuden family already owned the Morro Bay Harbor and wanted to try a new venture by opening the Flying Dutchman.

The restaurant is located in the flying Dutchman building among a variety of shops. You and your friends or family can enjoy a great view of the Morro Rock while dining at Flying Dutchman Restaurant. Flying Dutchman offers a casual environment, a great place to take a date, or a place to eat with a group before your next big event. The prices range from $5 and up, and they are open for lunch and dinner. The menu at Flying Dutchman offers a lot of sea food, including fresh fish and clam chowder. But if you’re just in the mood for a yummy hamburger, Flying Dutchman has plenty to choose from. Or order a terrific steak, cooked just the way you like it.

The Flying Dutchman caters to vegetarians as well, offering salad specials and other meatless meals guaranteed to satisfy your appetite. And to quench your thirst, the Flying Dutchman serves beer and wine to go along with the delicious meals.

Many celebrities have dined at the Dutchman as they visit Morro Bay to take in its scenic atmosphere. The restaurant only takes reservations for larger groups because they can usually seat you any night of the week. But, if it’s a popular Saturday night, call before you leave to get your name on the waiting list. By the time you arrive, your table will most likely be ready. Flying Dutchman can be reached by calling 772-2269.

So, the next time you feel like you’ve been there and done that in San Luis Obispo, take a drive out to beautiful Morro Bay and eat at Flying Dutchman Restaurant, located at 701 Embarcadero.
The Panthers (4-1) have reached the I-A/A playoffs seven of the last nine years and are headed in the right direction again this campaign. Most of their offensive line's fire power returned from a year ago. Junior-quarterback Ryan Helfman will have his favorite targets in all-America wide receiver Mike Faryee and split end Eddie Berlin. The two combined for more than 2,000 yards receiving in 1998.

"We really need to keep on their receivers," Welch said. "Their quarterback has really improved, and their receivers and offensive line are really talented.'"

Cal Poly has improved offensively as well, as senior quarterback Andy Young has led the Mustangs to the I-AA playoffs seven of the last eight seasons. The Bolts have a second-string quarterback in junior Dan Stanford that on some occasions has impressed the coaching staff.

"We need to be aware of the second quarterback, and be ready for some new positions in our growing company's representatives are needed with 232 rushing yards.

When Young runs for more than 100 yards, the Mustangs win the first meeting two years ago and lost last year in the 31-7 game, which would be the first of Mustangs' four straight homecoming games, is important in keeping playoff hopes alive. At 4-2, the Mustangs will need to win more than one home game to have a post-season opportunity.

"We need to beat adversity and pull those road games off," starting left tackle Ryan Ritterman said. "(The offensive line's) goals now are to win games, protect our quarterback and (Young) the record."

Young, who is 470 yards shy of the school's career-rushing record, is a big factor determining whether Cal Poly wins the game. The Mustangs are 2-0 when Young runs for more than 150 yards. He averaged only 35 yards in two previous games against UNI.

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Football heads to Northern Iowa

By Aaron Emerson
MUSTANG DAILY STAFF WRITER

The Cal Poly football team goes in search of its first road victory of the season tomorrow as they take on the University of Northern Iowa Panthers.

The Panthers, ranked No. 9 in Division I-AA, are the fourth ranked team the Mustangs have faced thus far, this time looking back to last season.

"This is going to be a tough game for us," head coach Larry Welsh said. "They are a strong team at home in the dome and have a great offense."

Cal Poly, which is 0-4 in domes and 2-2 on artificial turf this year, would like to build on its promising victory last week.

"Last week we took a step toward meeting our challenges head-on," Welsh said. "Now we need to take the next step and put that effort on the field on the road."

The Mustangs defeated the University of Southern California 38-12 at home last week, with a solid game on both sides of the ball. If it can duplicate that effort, the team will be in position for its first winning record since the 1997 season.

UNI, coming off its first loss of the season last week, will be a tough obstacle.

By Brent Marcus
MUSTANG DAILY STAFF WRITER

BYU's men's soccer team was relaxed tonight as they took on the winless team tomorrow in the first match for Cal Poly after its loss in San Francisco.

"Every name, we almost win. It's our level to play. "We need to go out and win, and that will give us confidence. It's a good game for us to establish ourselves."

John Cummins
sophomore forward

"We need to go out and win, and that will give us confidence. It's a good game for us to establish ourselves."

Cummins said. "It's a good game for us to establish ourselves."

Saturday's game against BYU is the first match for Cal Poly after an disappointing loss to St. Mary's.

Captain Rob Helm said the Mustangs' record does not reflect their level of play.

"It's almost funny," Helm said. "Every game, we almost win. It's kind of disappointing, but the season starts now. We are playing well and it just needs to come together." 

Garnett's strategy for the game includes giving some players who

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Running back Craig Young looks to run against Northern Iowa on Saturday. The running back trails the Mustangs 470 yards for the school record for career rushing yards. He currently has 3,346 yards.

Men's soccer faces undermanned BYU

By Aaron Emerson
MUSTANG DAILY STAFF WRITER

The Cal Poly men's soccer team will battle Brigham Young University Saturday in a match that may mean nothing or everything, depending on who you ask.

The game against BYU is not officially sanctioned by the NCAAs. BYU's men's soccer team was relegated to club sport status as a result of Title IX of the NCAAs.

Title IX legislation was enacted in 1972 by Congress with the intent to end sex discrimination in educational programs or activities. In BYU's case, a lack of women's teams in comparison to men's teams required BYU to drop some sports, including men's soccer.

Cal Poly head coach Wolfgang Garnett looks at the game as a brief respite in a tough schedule.

"The BYU game is a break because it's officially an exhibition match," Garnett said. "BYU is basically an exhibition team, but they take every game seriously."

Members of the team are more concerned with what the game means. Sophomore forward John Cummins said the team needs to get on the winning track.

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sophomore forward

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