Sweepin’ it up: Baseball finishes sweep of Sac State.

Muscle men: How to gain weight with weights.

All hazing charges dropped

Report reveals Sigma Chi pledge lied to police

By Andy Castagnola
MUSTANG DAILY EDITOR IN CHIEF

The district attorney has agreed to drop all nine counts of hazing against four members of Sigma Chi fraternity in the wake of testimony that alleged victim and former pledge Jason Stonehocker lied to authorities.

Deputy District Attorney Linda Luong met with lawyers representing the four defendants in superior court Monday. The case will proceed to trial May 17 based on the remaining count of providing alcohol to a minor.

Evidence that Stonehocker lied to police surfaced April 14 when Stonehocker’s father called University Police Investigator Ray Berrett. According to Berrett’s report, Stonehocker’s father said his son was only trying to support his complaint to the police by fabricating stories about hazing during a fraternity trip to Mexico.

“Stonehocker kept telling the same story about the trip so he wouldn’t appear to be lying,” Berrett wrote.

Luong said she could not comment if Stonehocker will be a witness for the prosecution.

While the four defendants — C.T. Kalin, Jeffrey Parr, Chad McMills and Thomas Griffith — await trial, they expect to hear a final decision today regarding Cal Poly’s disciplinary action against them and the fraternity.

Vice President of Student Affairs Juan González said he will make his decision Tuesday evening and announce it early Wednesday.

Cal Poly initially revoked the fraternity charter and suspended at least one of the four members, chapter president Kalin said.

The university’s investigation was focused largely on Stonehocker’s testimony. However, González stressed that the attorney’s decision to drop hazing charges has no impact on Judicial Affairs’ case.

Kalin said he has little faith in the Judicial Affairs process.

“The whole process has been very inefficient,” he said.

Judicial Affairs coordinator Ardith Tregenza could not be reached for comment.

The attorney for defendant Chad McMills, Ilan Funke-Bilu, also voiced his disapproval of Cal Poly at Monday’s pre-trial hearing. First, he criticized the university for following the word of a confessed liar.

“Cal Poly has refused to see the facts in front of its face,” Funke-Bilu said. “This is typical of Cal Poly to get behind the Stonehocker bandwagon.”

Funke-Bilu also harped on Cal Poly for violating court law by refusing to see the plan of Sigma Chi.

Aborne picks vice president

By Kirsten Orsini-Meinhard
MUSTANG DAILY STAFF WRITER

ASI President elect Samuel Aborne has chosen a vice president whose face is not so well-recognized within the Associated Students Inc. circuit.

“I thought it was important he had some ASI experience but not too much because we want to have a whole new perspective,” Aborne said of Lewis Smith, his newly appointed vice president and physics junior. Smith has been a College of Science and Mathematics director for one year. He is also a former WOW board member.

Aborne named his vice president quickly and skipped a formal interview process with potential candidates.

“I felt there were certain characteristics really needed in a vice president. I had an idea of who it already saw was the right person,” Aborne said.

Aborne named Smith in less than a week after the election, and has not been present at any of the ASI meetings during the past month.

Smith will discuss the many-sided crisis confronting the Associated Students Inc. on Thursday at the Veranda Cafe.

CFA meets to address goals

By Shannon Akins
MUSTANG DAILY STAFF WRITER

Dozens of people, from educators to student leaders, will discuss the many-sided crisis confronting the California State University system today at California State University, Los Angeles.

It will be the second meeting the California Faculty Association (CFA) will hold to address ways to keep the CSU system accessible, affordable and of high quality.

“This event is the kickoff of a bold project by the CFA to bring together faculty, students, business, labor and community leaders to preserve and improve the CSU system,” said Smith.

The meeting, which was organized by Assemblyman Gil Cedillo, is scheduled to begin at 9 a.m. in the University Ballroom at the California State University.
Senate passes 'fair-share' bill

SACRAMENTO (AP) — In a victory for organized labor, the Senate has approved a bill requiring thousands of school and community college employees to pay union dues or "fair-share" fees to cover the cost of representing them.

"What this is is government telling people there is no free lunch," said the measure's author, Senate President Pro Tem John Burton, D-San Francisco.

But Sen. Ray Haynes, R-Riverside, said the bill was "absolutely destructive of freedom."

"I don't think a majority vote ought to be determining if a private organization ought to be taking money out of my pay check," he said.

"This bill is wrong; this bill is government at its worst."

Burton's bill, sent to the Assembly on Monday by a 21-24 vote, would require so-called agency shop arrangements at California's public schools and community colleges for teachers and other non-administrative employees.

Unlike an agency shop system, employees who are in a bargaining unit that is represented by a union either join the union and pay dues or pay similar "fair-share" fees.

A fair-share fee is about 80 percent to 85 percent of union dues and cannot be used for campaign donations or other political purposes.

School and community college employees can try to obtain agency shop arrangements now through contract negotiations with their districts. Burton's bill would mandate agency shops. However, if 50 percent of employees sign petitions requesting a vote, the bill would allow elections to determine if the agency shop should be thrown out.

Dave Sebeck, a spokesman for Burton, said about 45 percent to 52 percent of the state's school districts have agency shop provisions in their collective bargaining contracts now.

But Frank Polito, a spokesman for the California School Employees Association, said other districts have "little motivation" to agree to agency shops.

"Across many districts in the state of California, there are employees who are not required to pay any kind of dues or agency fees but who are collecting the same benefits of a contract," Polito said. "It comes down to an issue of fairness."

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Don't take pomegranates for granted

Summer is approaching and the fruit variety is enormous. When you shop at Farmers Market and grocery stores, try something new. Mangos, passion fruits, pomegranates and papayas may not be what you usually eat, but they can help you meet your recommended five servings of fruits and vegetables per day.

Fruit is great for us because it is naturally sweet, juicy and low in calories. You also gain a lot of vitamins, fiber and minerals from fruit. With enough fruit in your diet, your body can defend itself against many diseases, such as heart disease and some cancers.

Vitamin is the key to enjoying fruit. When fruit is ripe, its vitamin content and sweetness increases. Dried fruits and sweetness increases. Dried fruits and sweetness increases. Dried fruits and sweetness increases. Dried fruits and sweetness increases. Dried fruits and sweetness increases. Dried fruits and sweetness increases. Dried fruits and sweetness increases.

Ideas on how to get more fruit in your diet:

• Keep fruit visible: Put it in a bowl so you can always see it!
• If you are constantly pressed for time, cut up fruit on weekends and have it available for the week to grab and go.
• Freeze grapes, pineapple, strawberries and bananas for a cool and refreshing snack.
• At breakfast, add fruit to your pancakes, yogurt and cereal. Top off your bagel and cream cheese with fruit, or make a fresh fruit smoothie.
• At lunch and dinner, add fruit to your salad. Marinate fish and chicken in fruit juice and fruit salsa. If you like to barbecue, prepare fruit kabobs to put on the grill.
• You can also include fruit in desserts.
• Add fresh fruit on top of angel food cake.
• Put fruit in frozen yogurt or low-fat ice cream.
• Add fresh fruit to Jell-O.
• Liven pudding flavors with strawberries or bananas.
• Make tarts with a variety of fruits.

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www.bendise.com

Katy Kinninger is a happy and healthy nutritional science senior who writes a weekly column for Your Body.

Weight training for dumbbells

By Kara Knutson

Mustang Daily Staff Writer

Walk into the Rec Center on any given day and you'll see the weight room full of men. Some are there for rehabilitation purposes, some to fulfill weight-training requirements as Cal Poly athletes, and others simply to tone their bodies. However, most are there because they want to gain muscle mass and lose fat.

What's the best way to achieve such a goal? While it may sound cliché, a well-balanced diet and the appropriate mixture of weight training and cardiovascular exercise is the best way to build muscle.

Food science and nutrition professor Dr. Susan Swadner said many men think that they need to increase their protein intake in conjunction with their weight-lifting program in order to increase muscle mass. She said that is a misconception. Cells run on a combination of fat and carbohydrates and use protein for tissue repair.

Swadner said an appropriate diet would take 60 percent of its calories from carbohydrates, 20 percent from fat and 20 percent from protein.

She also said men should be careful about using protein supplements because they may be getting enough from their diets alone.

"You need to have adequate calories but not an excess of protein," Swadner said. "You don't want to use protein for energy. You need to have enough calories coming from carbohydrates and fat so that protein can be used to build muscle."

So, how do you properly combine weight training and cardiovascular exercise?

Swadner said it's best to lift 70 to 80 percent of the maximum weight you can lift. For instance, if the maximum amount you can lift is 200 pounds, then you should lift between 140 and 160 pounds in training.

"For hypertrophy (muscle gain), you should use medium reps, between eight and twelve; lots of sets, at least four or more; and short rest periods between 30 seconds to one minute." Pruegger said. "You want to overwork the muscles with reps."

Pruegger said that people should do two to three exercises for each major muscle group, including the quadriceps, shoulders, chest and back. For each minor muscle group, like the hamstrings, biceps, triceps, abdominals, lower back and calf muscles, one to two exercises is fine. However, Pruegger added that it is better to do more sets and fewer exercises.

Personal trainer and kinesiology graduate student Jesse Legaspi said it is best to lift weights on a rotating schedule.

"For hypertrophy (muscle gain), you should use medium reps, between eight and twelve; lots of sets, at least four or more; and short rest periods between 30 seconds to one minute," Pruegger said. "You want to overwork the muscles with reps."

Legaspi said that if cardiovascular exercise is done in combination with weight training, you will see a more noticeable change in your body composition than if you just do weight training alone. He said that at the minimum, people should do 30 minutes of cardiovascular training, three to four days per week. However, if you have the time, he recommends more than that.

"The more you put in, the more you're going to get out," Legaspi said.

Pruegger said that 30 to 45 minutes of cardiovascular training as many days a week as possible is the best training for gaining muscle and losing fat.

However, you need to make sure you're taking in enough calories.
"It could hinder your efforts to build muscle by doing cardio if you don't have adequate nutrition to replace what you're burning off," Pruegger said.

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Mustang Daily Tuesday, May 9, 2000 3
Non-punctual people annoy, destroy society

There are two kinds of people in this world: those who are punctual and those who are not. This is a distinction that is generally made by only those who fall under the punctual category. I would be willing to bet that the "non-punctual" (the main, if you will) is completely oblivious to this distinction and, moreover, couldn't care less.

Most, I fall under the punctual category. In fact, many would consider me uber-punctual. And, while I realize that my obsession with quantum mechanics (being on time for stuff) is somewhat on the shallow end of the bell curve, I am writing this column to implore all of you happy-go-lucky non-punctuals to change your ways for the sake of upholding compulsaive rituals such as leaving.

The lack of punctuality among most Americans is rapidly corrosion to the decline of civilization as we know it. For instance, it has contributed to a breakdown in communication and is even undermining the English language. This disaster is best illustrated by party invitations. Think back to the last time you were invited to a party. Was there a time posted in the invitation really means 9:00ish. This means that for the rest of us, this is time spent sitting around waiting for people to arrive. It IS that these people do with their time. For the rest of us, this is time spent sitting around waiting for people to arrive.

For the punctual, this is no big deal. Those 25 minutes have been spent napping or staring at clouds, or whatever it is that these people do with their time. For the rest of us, this is time spent sitting around waiting for people to show up to meetings or study sessions.

Now because punctuality tends to be coupled with responsibility, and other traits, punctual people tend to be adults and adults can pretend to he kids, and even pretend to be adults and adults can pretend to be kids, and there's no way to really monitor it.

The Internet is an easy tool for people to commit these types of crimes. Kids can pretend to be adults and adults can pretend to be kids, and there's no way to really monitor it. You don't see a face, and there's no way to verify a name, so there's no method to know what they're doing on the Net. But it appears that some of the parents need to be some monitoring themselves also. Perhaps there should be some age limit on these chat rooms. When people register with their Internet Service Provider, the computer would enter the ages of the users and when they decide to enter chat rooms, a sort of age-blocker that prevents them from entering if they're too young or too old. It's apparent that extra monitoring for adults and kids is necessary when some people decide to break the law.

Craig Weber is a city and regional planning senior who turned this column in two hours late.

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Opinion

Internet sex crimes are too easy

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Victoria Walsh is a journalism junior.

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Mustang Daily encourages comments on editorial policy and university affairs. Letters should be typewritten and signed with major and class standing. Preference is given to e-mailed letters. They can be mailed, faxed, delivered or e-mailed to opinion@mustangdaily.calpoly.edu

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Opinion
Tuesday, May 9, 2000

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Commentaries
U.S. should shun trade with Communist China
By the end of May, Congress will have decided if the United States should establish "normal trading relations" with China. Essentially, this is a move that would permanently give China the "most favored nation" trading status and would ad China's admittance into the World Trade Organization. My question is: Must we have "normal relations" with Communist China? Essentially, companies will be in direct competition with government-owned services, like utilities and telecommunications, which makes the closing of U.S. factories an existential reality. So we've seen with the NAFTA treaty in the early '90s, U.S. manufacturing companies like General Motors are only too eager to find cheaper operational costs in places like Mexico. In some industries there will be a significant increase in exports to Asia, but how much of that will be American jobs? I urge you all to become educated about this pivotal step in U.S. foreign policy. In our heavy investment in efforts to discover, develop and deliver these products to patients in need, Amgen's success in scientific research and product development has positioned us as the largest biotechnology company in the world.

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Kidd questionable against Lakers

LOS ANGELES (AP) — The Phoenix Suns appear to be in big trouble. Not only do they appear stuck for a successful answer in terms of finding Shaquille O'Neal, the status of star guard Jason Kidd is questionable.

Kidd felt soreness in his left ankle during and after the Suns' 107-77 loss to the Los Angeles Lakers in Sunday's opener of the Western Conference semifinals. He didn't practice Monday and won't play against the Lakers on Tuesday.

"I just watched practice and went over the game plan," he said Monday in Phoenix, where the Suns began preparations for Game 2 of the best-of-seven series at Staples Center on Wednesday night. "I'll rest for the next couple of days, we'll see how it feels."

"If it doesn't feel any better, then I won't go Wednesday. But my plan is to feel good and go out there and win a big game," Kidd said. "I was generally ineffective in 39 minutes of Game 1. I got 6-6 from the field in scoring three points, and committing five of his team's 23 turnovers. He did contribute otherwise with seven rebounds, seven assists and one blocked shot.

It was just his second game since he broke his ankle March 22. X-rays taken Monday showed the ankle wasn't revascularized.

"The X-rays looked fine," Kidd said. "We said at the time, it was revascularizing. We've had all of it. He's been on the floor, working on his routine and doing different things."

Several Lakers said after the game it was obvious Kidd wasn't his normal self, and Lakers coach Phil Jackson made the same observation Monday.

"Jason looked like he was slowing down a little bit during the game," Jackson said at the Lakers' practice facility in nearby El Segundo. "I don't know if it was his health."

Suns coach Scott Skiles said as much as he wants Kidd to play, he won't do anything to risk further injury.

"We have to wait and see how he feels tomorrow, and just hope that he's ready," Skiles said. "If he's not, we'll do what we did when he couldn't play and that's play hard and try to win without him."

The Suns did just that twice in their first three games against the defending NBA champion San Antonio Spurs in the first round. Kidd returned to play 31 minutes in his team's 89-78 victory in Game 4, scoring nine points and getting 10 assists.

The Suns generally played straight up Sunday, and it didn't work, especially in the second and third quarters, when O'Neal had 26 of his 37 points and 10 of his 14 rebounds as the Lakers took command of Game 1.

"The ball's in their court, so to speak," Jackson said. "They have the choice whether to make a radical change or a small change. They'll probably make a small change."

"What they did well against San Antonio (and David Robinson) was they fronted, then had somebody come from the back side. They're very athletic, they can do that."

Skiles indicated that any adjustments would be minor, and said his team had to do a better job taking care of the ball.

"Shaq had a great game, but I've looked at it several times now and we just handed them the ball on so many occasions," Skiles said. "We must make some adjustments, or we may not."

"Our execution was just sloppy. We more or less handed them the ball on several occasions. They're a very athletic team, but they're not so good that we should have been doing that."

"He said he wasn't concerned about what the Suns, or other teams, do against him."
Cal Poly completes sweep of Hornets

Five home runs power Poly past Sac State

MUSTANG DAILY STAFF REPORT

Cal Poly used the deep ball to complete a three-game sweep of Sacramento State Monday.

The Mustangs used five home runs including two by senior first baseman Steve Wood to power their way past the Hornets 15-3.

The win improved the teams’ record to 28-21 overall and 14-10 in Big West action.

The Mustangs wasted no time getting on the board, putting three runs on board, two via Wood’s first home run to left field. The Hornets tied the game at three in the third but would fail to score again as the Mustangs put up 12 unanswered runs, including two four-run innings.

Wood hit his second long ball of the season, a three-run shot to left field in the sixth, giving him 14 for the season. Wood is chasing his single-season home run record of 18 which he set in 1998.

Keith Anderson, Tanner Hane and Kyle Allright also homered for the Mustangs.

Starting pitcher Jared Blashak allowed three runs on four hits through six innings to improve his record to 5-2 on the season.

Steve Wood hit two home runs Monday that gave the Mustangs a 13-3 win and a series sweep.