Food for Thought

Maintaining a Healthy Balance

Summer Mustang

July 6–July 11, 2001
Health issues top students’ concerns

By Anne Guillford
SUMMER MUSTANG STAFF WRITER

Being away from home, meeting new people, becoming sexually active, having no parental supervision and adjusting to the college work-load are all part of the college experience. Health specialists said that a side effect to these new pressures is a higher propensity for stress-related illnesses, which may lead to anxiety, depression or eating disorders. To address these issues, the Cal Poly Health and Counseling Services Center provides a variety of programs and services from contraception information to counseling and education.

According to Health Center data, the most common health issues with which Cal Poly students are concerned are sex-related. At the same time, the most often diagnosed illness is upper respiratory condition. And the most common psychological problem that Counseling Services handles is depression.

In general students are more susceptible to illness because they have higher density living conditions than the average citizen, said Dr. Martin E. Bragg, director of Health and counseling Services at Cal Poly. This makes colds and viruses more prevalent while a compounding factor is that students take less care of themselves, he said.

“We see about 70 percent of the students every year and have between 10,000 and 40,000 visits a year,” Bragg said.

Of the California State University campuses, Cal Poly’s Health Center and Chico’s see the highest percentage of students, Bragg said. He attributed this high percentage to the fact that San Luis Obispo and Chico are less urban than the cities than many of the other campuses are in and have more students that are living away from home. Students living closer to home and in more urban settings are more likely to see their own doctors.

“Five counselors are available for students who have any sort of personal problems,” Bragg said.

Many students come in to be counseled about education-related stress. Students who come into the counseling center may also be given a physical assessment and are sometimes prescribed medications, including anti-depressants.

The biggest health risk for students is alcohol — “It’s a leading cause of physical injury,” Bragg said. “Many of the high profile deaths on campus have alcohol involved.”

When physical assaults occur, the assaulted student has usually been drinking as those committing the assault, Bragg said.

“We just added an alcohol counselor to the center,” Bragg said. “She (Mary Peracca) is very busy. Cal Poly students run a high risk of dependence.”

Cal Poly students are at the national average for alcohol abuse.

“Our drug (with the exception of marijuana) use is below the national average and our marijuana use is above the national average,” Bragg said.


“On average, student who has one drink a day earns a GPA at the C minus level, and grades decline with higher consumption. Women need to drink half the amount that men do to cause the same effects on their grades. Almost half of all academic problems come from abusing alcohol.”

Within the sexual health category, contraception, men’s and women’s health and preventative care are the top issues dealt with at center, and OnSure, a birth control pill, is the most common contraceptive prescribed.

Along with pill contraceptives, the most commonly prescribed medications are antibiotics, which in turn can lead to a resistant strain. Students who are not aware that the Health Center provides supplemental insurance for students.

The best health risk for students is chlamydia, the most prevalent sexually transmitted disease at Cal Poly and one that occurs without symptoms.

HIV testing is also available through the Health Center. During most of the year anonymous testing is available, but during the summer students receive their results from a practitioner. Two different HIV tests are available: oral and blood.

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Center offers optional health care

By Kat DeBakker
SUMMER MUSTANG STAFF WRITER

It students are not covered under their parents’ insurance and have an emergency or need to see a specialist, the Cal Poly Health Center offers a supplemental insurance plan.

“Roughly 600 to 800 students use the supplemental insurance,” said Martin Bragg, director of Health and Counseling Services for the Health Center. “We just did a survey and found that 80 percent of students are insured under their parents.”

This may be due largely to the fact that many students are not aware that the Health Center provides supplemental insurance.

“I’ve been looking for a job that gives insurance,” said Jana Larsen, a journalism senior. “I had no clue we had supplemental insurance for students.”

The supplemental insurance is available to all registered undergraduate students taking three or more units and all graduate students, according to the Domestic Student Health Insurance brochure.

There are two plans, A and B. Annual fees range from $544 to $2,029, and quarterly fees range from $140 to $506, according to the 2000-2001 enrollment form.

The main difference between the plans is the amount of the deductible.

The insurance is offered under a Preferred Provider Organization (PPO), as opposed to a Health Maintenance Organization (HMO). According to the health center Web site, an HMO requires a pre-visit co-pay and requires that all medical services must be pre-approved by a primary care provider whom the policyholder has chosen.

A PPO creates groups of approved providers that can be seen at a discount, and instead of a co-pay, there is a deductible. For plan A it is $100, and for plan B it is $500.

This means that the PPO will not pay for the first $100 or $500 worth of expenses. If a student with supplemental insurance needs to see a doctor outside of the Health Center, the insurance brochure stated that up to 90 percent of the bills will be paid if the doctor is in the approved group, and up to 70 percent for services from a non-approved doctor.

The Somerton Student Insurance Service, which was chosen by a pool of CSU campuses, administers the insurance plan Bragg said. The pool is called CSU Health Link.

“For years we had done our own contracting,” Bragg said. “The problem is, when you have a small base, one or two serious claims can jack the rates way up. Now the CSU campuses go in together and it gives us more negotiating power. They hire an insurance consultant who puts together a package with the lowest student rates.”

The CSU Health Link Web site reported that, without insurance, an average three-day stay in the hospital can cost up to $7,500, not including medicine, surgery or laboratory costs. One day in the Intensive Care Unit can cost up to $10,000.

“I would encourage students (without insurance) to come in and get a brochure,” Bragg said.

Brochures are available at the front desk in the Health Center. More information on CSU Health Link or the Somerton Student Insurance Service can be found at http://www.csuhealthlink.com.
Appealing to different appetites

By Kat DeBakker
SUMMER MUSTANG STAFF WRITER

Students who have signed a contract to live in the residence halls are required to choose one of three meal plans for the year. There are no exceptions, so Campus Dining is expected to adhere to that plan.

Food allergies, such as lactose and wheat intolerance, are dealt with on an as-needed basis, said Nancy Osorio, customer service department manager for Campus Dining.

One student developed a yeast intolerance while living in the dorms, Osorio said. The student could have no food made with gluten, sugar or starches. "We also have students who have gotten into car accidents or had surgery and had to have their jaw wired shut," Osorio said. "We let them pick the food they want and then we'll blend it for them and add additional nutrients to make sure they get proper nutrition."

The meal plans all cost the same: $2,924 from fall to spring quarter, according to Osorio.

see FOOD, page 7

TAKING PRECAUTIONS outside your home may keep thieves from trying to get inside. Discourage burglars by following these tips:

DON'T GIVE BURGLARS AN OUTSIDE CHANCE

• Thieves shun bright lights. Consider exterior lights with motion detectors.

• Prune shrubs so they don't block windows and doors. Cut tree limbs that might be used to climb through an upstairs window.

• When traveling, create an illusion that you're home by having timers switch on and off certain lights. Lights on all day signal an empty house. Don't allow mail or newspapers to pile up.

There is more to the life of College students than sex, drugs, and alcohol — as the San Luis Obispo community seems to perceive our lifestyle. In fact, for the majority of students, life consists of long hours at computer labs and coffee shops, learning over books, notepads, keyboards and graphs.

Foods are often Mountain Dews, lattes, frozen dinners, campus snacks, or some other form of quick nutrition. These are all generalizations, to say the least. Many college students I've met are often some of the most conscientious people when it comes to healthy eating. Nevertheless, college is a routine without set schedules, and deadlines don't always allow time for pre-mediated meals. This is why, in this issue, we look at Cal Poly services designed to help students deal with health and nutrition. This is just one aspect of the college experience.

Poly Briefs

CSU committee votes on new alcohol policy

The Alcohol Policies and Prevention Programs Committee, comprised of California State University students, presidents, vice presidents, alumni, faculty and staff, will soon present their final report to be voted on by the Trustees for a system-wide alcohol policy. The committee was formed in December after an alcohol-related death of a CSU student and two alcohol-over-serving incidents.

In the June 4 issue of the Mustang Daily, a paid advertisement from President Baker titled, "The Problem of Student Alcohol Abuse," was submitted after the first report from the committee that showed the alcohol abuse problem for students.

From these reports, the committee recognized that prohibition would not solve the problem. Instead they are searching for a solution through comprehensive alcohol policies that include:

• consistent enforcement of policies

• regular gathering and reporting of data to trustees

• annual reviews of policies by a university-wide council

• a review of state laws

• education on alcohol issues

• intervention and treatment

• limit of alcohol vendor advertisements

To fund these efforts $1.1 million would be set aside. The committee report also supports peer educator programs, which students encourage their peers to develop responsible habits and attitudes toward alcohol.

The report is divided into six areas: policies, enforcement and legal issues, education and prevention programs, training, intervention and treatment, assessment and resources.

CSU offers new Liberal studies degree online

The California State University system will offer the opportunity for undergraduates to earn a liberal studies degree online beginning fall 2001. This can be done through Liberal Studies Online, a program for people working toward a California teaching credential. The program will be from the Chico and Sacramento campuses.

The majority of the courses will be live through video over the Internet and will allow for students to interact and participate in the lecture. Many of the classes will also be digitally archived.

The program was created for those students who have two or more years of transferable college coursework. In order to participate, students must meet the same CSU admissions criteria and pay the same fees. To obtain the online degree, students must complete 120 units. Fifty-seven to 60 of those units are lower division courses, which can be met at a community college.

Liberal Studies Online also allows for students to get their teaching credential. After completing the program, students will not have to take the MSAT exam (Multiple Subjects Assessment for Teachers) prior to student teaching.

The program is accessible from CSU, Chico's Distance and Online Education's Web site at http://rce.csuchico.edu/online.

To learn more about the program, which was created in hopes of meeting the teacher shortage that
Rising pop artist comes to SLO Brew

By Erica Tower

SUMMER MUSTANG ARTS AND FEATURES EDITOR

S

eventeen years old, living in a small town near Boston, Wil Seabrook never imagined that a high school senior project would lead to a record deal. Five years later, though, his first self-titled album is gaining recognition on pop and rock charts while he begins a tour that will stretch to the Central Coast in late July.

"I didn't even know that I could sing before I did (the project)," Seabrook said in a phone interview. "My friends and I just wanted to make a CD and graduate. Never did I think that my voice would capture the attention of producers in Los Angeles."

Though Seabrook's talent and potential were apparent, the road to stardom was not without problems. Seabrook said that he was "jerked around" by many people in the music industry who were only interested in exploiting him for profit.

"In the early days, I got involved with some shady characters," he said. "But I was young and everyone was telling me that they were going to make me a star — I believed them."

It wasn't until Seabrook's natural vocal ability caught the eye of producer John Reim that his career as a legitimate singer-songwriter began to transform. Ryan, famous for his work with Santana and Lynx Skymel, believed that Seabrook had something special to offer the industry and signed Seabrook as the first artist under his new independent label, Chicago Kid Records.

"Ryan's a really good guy — honest and loyal, which you don't usually find in this business," Seabrook said. "I believed in my music and so did he, and I love the creative freedom that comes with signing on an independent label."

Seabrook described his music style as "a classic mixture of rock and pop," greatly influenced by the band U2. His music also has a message.

"I think music should and can be thought-provoking without being preachy," he said. "There is a difference. I try to relay important issues to my audience in a smart and sincere way. My lyrics come from my heart and my gut."

Seabrook said his biggest social causes are women's issues and race relations. In addition to its message, Seabrook said he loves the vigor that a certain song can evoke for a live audience.

"I want people to know that our live show is amazing," he said. "A three-minute pop song can turn into a seven-minute jam on stage. It's all about pure energy and connecting on a deeper level with the audience."

Seabrook is currently working hard to stabilize a band to accompany him on tour. Though he has been with his present band for 10 months, the lineup often changes, which has been frustrating for Seabrook.

"I'm definitely a singer and rely heavily on my band," he said. "The only instrument I play is acoustic guitar — very badly. But seriously, I could not do what I do without my band."

Seabrook's first single to come off his debut album, entitled "You don't what you have," has already been named "record of the week" at BBC Radio 2 in London and has propelled itself to the top of six American markets, according to a news release.

"This is all still so new to me because I started (my career) so late," he said. "It seems so illogical to me that I am actually a singer with music on the radio."

Seabrook's tour will reach the Central Coast in late July. He will perform in San Luis Obispo at SLO Brew on July 26. For more information about Seabrook or his music, check out his Web site at www.wilseabrock.com.

By Erica Tower

SUMMER MUSTANG ARTS AND FEATURES EDITOR

"A.I."

A.I. is the updated version of "Pinocchio," for computer generation, is K>nth maddening n.,mcd l>avid (Haley Joel Osment) short story Supertoys last all summer. Emotional void after his own son with the film is itself. Though Monica initially sobs, "There is no substitute for the edge of madness numerous times with provocative themes, yet jerks them back to reality just before the film's message, you will leave the theater emotionally perplexed.

A movie truly unique in presentation (perhaps due to the fact that, before his death, acclaimed director Stanley Kubrick worked on this picture for 15 years before passing the script to Spielberg) "A.I." explores a world far in the future, when global warming has melted the earth's ice caps and drowned most of its coastal cities. In order for the economy and human race to survive, scientists have created artificial human intelligence termed "mecha" (short for mechanical) able to function with out consuming dwindling resources, but as in most films that juxtapose man and machine, one scientist, Professor Hobby (William Hurt) takes the experiment too far; he proposes the creation of a mecha child that can be programmed to live. Hobby's motivation to create such a robot — in this case, a child named David (Haley Joel Osment) — is a distorted attempt to fill an emotional void after his own son dies. He also ignores the moral implications that can happen when the machine is not loved back staring, "Even God himself created Adam only to love Him." The overlying ethical question within the film thus emerges — what responsibility do humans have to a robot that genuinely loves us?

Answering this question is where the movie fails.

David is first placed with Monica and Henry Swinton, whose real son has been frozen until a cure can be devised for his illness. Henry brings home adoptable and lifeless David as a present to his emotionally distraught wife, who is a creepy ghost figure in itself. Though Monica initially sobs, "There is no substitute for your own child?" her mind begins to toy with the idea of being a mother once again. Within days of experiencing David's cute but peculiar childlike antics, she agrees to keep David and programs him to love her, knowing that once the child is programmed, the process can never be reversed.

David fits in quite nicely with the Swinton family (though he only pretends to eat and sleep) until randomly their real son recovers from his disease and is brought home. This makes for some interesting sibling rivalry. The robot child is duped and manipulated by the human boy until the Swintons decide that David no longer "fits" into their family. Monica takes him back to Cybernetics, the company that creates artificial intelligence, to be destroyed.

At this point the plot becomes almost unbelievably mucky and baffling. Eleven people in the theater (most of them middle-aged) gave up on the film and walked out. But have to a robot who can blame them, when after David narrowly escapes death in the forest he meets Gigolo Joe (Jude Law), a "human" who is able to perform an almost unaffected, programmed to have sex, stumbles upon a giant riot, reminiscent of Woodstock 1999. Here, mecha are atrociously treated for sport, by way of hot oil and explosives. Because the mecha have a human appearance, this scene is even more emotionally disturbing.

"A.I." is definitely something that hasn't been seen before, both visually and narratively. Though you won't walk out of the theater content, the film is an outrageous psychological ride that you shouldn't miss.
Arts

FREEDOM OF EXPRESSION:

the Gilbert Reed Ballet puts a modern twist on tradition

By April Pack SUMMER MUSTANG STAFF WRITER

I n the movie "Footloose," the young people of a religious town fought for their right to dance in public. The reason they fought for this was because dance was the only way that they could truly express themselves, and it was the only way they felt free.

There is a non-profit organization on the Central Coast that gives people this opportunity for expression through music and dance. It is the Gilbert Reed Ballet in San Luis Obispo.

On Saturday July 14, the Gilbert Reed Ballet, a professional dance company, will present Encore!, a benefit performance for the company's upcoming season. At the event, there will be performances from both local and guest choreographers.

Lisa Deyo, a freelance choreographer from San Luis Obispo, created two 20-minute dance pieces for the event: "Brasileiro" and "Duo for Accordions."

Deyo described "Brasileiro" as "ballet technique with modern sensibility." She explained that the dance uses classical ballet positions but takes it a step further. "Ballet seems to be less grounded and more upright than modern dance," Deyo said.

Modern dance movements, she said, tend to go lower to the ground. She explained that she will blend the two, classical and modern, to create a "neo-classical" ballet. "It is sort of like rubbing your tummy and patting your head at the same time," Deyo said.

When choreographing a dance, the music is an integral part. Deyo said she picked the works of Brazilian composers Antonio Carlos Jobim, Jose Miguel Wisnik, and Luis Bonfa, because their music is "extremely sensual." She explained that the music is not sensual in a sexual way, but in a "feeling the air around you way."

Deyo gave an analogy of the music to watching a Brazilian eat a mango. "You can almost taste the mango as you are watching them eat it," she said.

Initially, she was drawn to the music after a Brazilian woman, who Deyo danced with in Chicago, provided her with inspiration. "She made an impression on me because she was totally comfortable with her own body while other people aren't," she said.

"It is sort of like rubbing your tummy and patting your head at the same time," Deyo said. She liked and respected how comfortable this woman was with her body, so much that she could have walked into a room naked and not felt weird.

The music is what motivates the dance for her. For her other piece, she was intrigued by "Duo for Accordions," the music of Harri Wessman, a Finnish composer.

Deyo said that accordions are either full or low volume, depending on how much air is in them. In the piece, she said the two accordions playing together is a good set-up because they balance each other out. The relationship of the two accordions reminded her of the similarity of a relationship between a man and a woman. Therefore, the piece will be done with two dancers, a man and woman, who are similar in size and height.

"I want to show the man and woman as equals and how they are symbiotic and dependent on one another," Deyo said.

Luis Obispo, created two 20-minute dance pieces for the event:

At the event, there will be performances from both local and guest choreographers. One of the performances will be Gilbert Reed's "Mozart Concerto," set to the composer's concerto for flute and harp.

The performance will be in the Cal Poly Theatre and will start at 8 p.m. It will be followed by a wine and dessert reception in the Performing Arts Center lobby, for a limited number to meet with Gilbert Reed, Lisa Deyo, Mario Alonzo, and the dancers.

To order general admission tickets, call the PAC box office at 756-2787. The prices are $50 per person for the performance and reception and $25 for the performance only. Dance student groups of 10 or more may attend the dress rehearsal on Saturday at 3 p.m. for a $5 donation per person. The Gilbert Reed Ballet is located at 2092 McCollum St. For further information, call 544-3036.
Don't ignore benefits of organic living

Pink denim, smoking and slavery have all been poor decisions influenced upon and made by a closed society. At some point in our past, we were narrow and short-sighted, and to a few, sad souls still do. But once the fog has completely dispersed, and clarity has come into view, the once praised decisions seem foolish.

Why does it take society so long to come out of the fog? Why do people allow themselves to be guided by a leak? Most people can't stand to look these decisions because they lack the knowledge to do so, allowing the media and other influences to take their place.

With health and our environment emerging as an important issue lately, the words "certified organic" seem to be popping up on packages everywhere. The organic industry has increased by 20 percent from 1999 to 2000 as reported by the U.S. Department of Agriculture. But our government is trying to change a belief that organic food has no more benefits than non-organic food. Are people once again allowing an outside influence to guide their decisions?

The reason for this is, of to relating to, yielding, or involving the use of food produced with the use of feed or fertilizers of plant or animal origin without employment of chemically formulated fertilizers, growth stimulants, antibiotics, or pesticides. Our government, the same one that thinks alcohol consumption is better for our society than marijuana, is once again looking on that fear. Just remember, pink denim was once an acceptable form of fashion.

Food is our fuel. To have a healthy body the highest quality of food is needed. It is not just about some warned knowledge, but people still choose to remain ignorant. For those who find comfort in a blindfolding faith, not much can be done, but those who enjoy the world clearly, should do so with their own eyes.

According to the book "Organic Living," every year there are estimated 3 million vehicle-related poisonings, resulting in 220,000 deaths. Roughly 150 pesticides have been linked to major immune diseases such as cancer and allergies, and is one among the many problems with non-organic farming.

Living Health magazine stated that "Science issue cautionary statements almost weekly, ranging from problems with monarch butterflies dying from genetically modified corn pollen to danger of violent allergic reactions to genes introduced into soy products, as well as experiments showing a variety of actual and suspected health problems from cow's milk genetically engineered hormones and the humans who drink their milk." These are just some of the issues that might show up years from now still have to be considered.

Eating organic food is not only safer for the body, but it helps to protect our environment.

According to the Environmental Protection Agency (EPA), agriculture is the biggest polluter in the United States today. Checking these data, it is easy to see fields containmate the air, run off into the soil, and continue down to the nearest water source. The EPA proved that agriculture has polluted one-forth of all American rivers and streams.

J.L. Redale, founder of Organic Magazine, once said, "People in the 1950s felt they could afford - with a continent to develop - to wear out a form and move to another. That day has passed. Badly eroded, worn out soil will not recover overnight, but fertility can be restored."

Organic farming replenishes the soil of its inhabitants using natural ingredients and systems such as crop rotation. These techniques do not require synthetic fertilizers, which may destroy our soil and water supply.

Your body is the only one you have. If you want to be healthy and environmentally conscious, you should not ignore the benefits of organic living.

Brooke D'Anzin is a business senior and a Summer Mustang contributor.

Blame it on the 'black gold'

Since last month, when I had to shell out $40 every time I went to the gas station, the prices have gone down slightly, but filling up my 20-gallon tank still makes me gasp.

Commentary

The oil companies try to deflect the blame of high oil prices on the Organization of the Petroleum Exporting Countries (OPEC) and their reduction in production. But the real blame falls on the oil companies themselves. The various large oil companies that operate in the United States have been faced recently with a number of lawsuits with big price tags. The costs of the settlements and the costs of defending themselves in court generally reach into the multi-billion range. These costs are then passed on to the already irritated consumers.

The case closest to home, of course, is Avila Beach. According to Associated Press reports and the UNOCAL Web site, the company leaked 420,000 gallons of oil into the sand and soil of Avila Beach over many years, and then had to dig all 100,000 cubic yards of it up. In order to do this, UNOCAL had to purchase several parcels of land. The clean-up and pollution penalties were estimated to cost $200 million. On top of the excavation and removal costs, UNOCAL paid $15 million to fund environmental impact research, attorneys' fees for the communities, and the creation of the Environmental Law Foundation, the Avila Alliance, and new parks.

Avila Beach deserved every penny it got from UNOCAL. Twenty percent of their community was destroyed by the excavation.

UNOCAL is not the only oil company with lawsuit issues. In fact, Exxon Mobil, the world's largest oil company, has allegations against it that are much more serious. According to Reuters (an international news service) on June 20, The International Labor Rights Fund, a human rights group, filed a suit against Exxon Mobil for serious violations in Indonesia. The Rights Fund said that the oil company aided local security forces it had hired to protect its oil fields in the genocide, murder, torture and sexual abuse of villagers of West Aceh, where Exxon Mobil's oil fields are located. The Rights Fund said that Exxon Mobil participated by providing the equipment that dug mass graves for individuals killed, and by building the facilities where villagers were interrogated and tortured. UNOCAL and Dutch Royal/Shell are also facing human rights violations lawsuits. These are heinous crimes, and if they are true, Exxon Mobil should pay the price.

Exxon Mobil has also been sued by DAG Enterprises Inc. this month. The PR Newswire said that DAG believes Exxon blocked it from building on 1,740 gas stations that it was forced to sell in the Northeast two years ago by the Federal Trade Commission. The FTC ordered the sale after Exxon and Mobil merged into one company. The gas stations were sold to Tosco, an oil company that has tight business associations with Exxon Mobil. The lawsuit said that Exxon Mobil prevented competitive building in order to maintain control of the stations and the prices.

Again, if these allegations are true, Exxon Mobil should be punished.

According to AP, Exxon Mobil is involved in two other lawsuits this month. One of these is a class-action lawsuit that Exxon Mobil, Alaska Oil Co., Tosco Refining and Marketing Inc., Chevron Corp., 76 Products Co., Tosco Corp., Ultramar Inc., and Atlantic Richfield Co. combated to keep prices high.

The other lawsuit said that Exxon Mobil prevented an independent California oil refinery in order to influence the gasoline market. The violation in these cases are two-fold: on vehicle owners in the state, oil prices supposedly staying high due to intentional manipulations, and the lawyers fees and possible settlements for the actual suits.

These violations on environmental, human rights, and free market issues anger me plenty by themselves. My horn is.coming when I think about the millions of dollars oil companies are spending defending themselves and cleaning up their dirt and litigation fees. The cost of the company's misconduct is being passed on to the consumer. Every time I pump up my tank I am paying for someone's lawsuit settlement, or possibly someone's grave in Indonesia.

Anne Guilford is a journalism junior and Summer Mustang staff writer.

Letter to the editor

Sniffing student seeks allergy answers

Editor,

I'm not trying to cause a panic; I just want to stop sneezing.

I've been living on the Central Coast for five years, and around springtime, I've usually had a very small problem with allergies. This year has been the worst. For the first time in my life, I've started taking antihistamines regularly. It's not just me, however. I'm a student at Cal Poly, and it appears to me that many of my classmates are having more problems with this year allergies than with allergies in previous years. One day, in one of my afternoon classes, it seemed like everyone was sniffling and sneezing. It was almost funny. There must be something in the air.

My questions are: is this natural, and can we do anything about it? While suffering from this irritation, I can come up with a variety of theories to account for what's happening. Are our immune systems being weakened by arsenic, MTBE, or some other chemical in our air or water? Are we being plagued by pollen from genetically modified organisms (GMO)? I've heard that we're one has determined any GMOs to be unsafe, but I am curious if any new GMAs are being grown in an area before.

This brings up the question: this is just a local problem? It seems to be a problem in both Santa Maria and San Luis Obispo. If allergy epidemics are occurring whenever a particular GMO is growing, perhaps that GMO should be discontinued. I am not per­ sonally against GMAs in general, but if there truly is a problem with one specific one, we owe it to our nose to find out.

Richard Helso is an electrical engi­ neering senior.

Letter policy

Columns, cartoons and let­ ters to the editor are signed by their authors and do not necessarily reflect those of Mustang Daily. Mustang Daily reserves the right to edit letters for gram­ mar, profanities and any other pertinent matter. Please limit length to 250 words.

Mustang Daily encourages comments on editorial policy and university affairs. Letters should be typewritten, and any personal attacks on those who participate in this e-mail discussion are not entertained. They can be faxed, mailed, delivered or e-mailed to Mustang Daily. Do not send letters as an attachment. All letters are subject to editing and text in the body of the e-mail.

Sonia Sukiaski editor in chief Brian Milne sports editor Erica Tower arts & features editor Jennifer Hansen copy editor Kraig Erickson photo editor Aaron Lambert assistant photo editor Marvin Sovina faculty adviser
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to the Campus Dining Web site. Purchase of a meal plan is mandatory because fire insurance rates would increase if students were allowed to prepare meals in their rooms, according to the Web site.

Most students can be accommodated, said Oort. However, those with kosher requirements, food sanctioned by Jewish law or ritually tit for use, are very strict vegetarians who do not use dairy or animal products by Jewish law or ritually tit for use, according to the Web site.

"We don't have the facilities to provide kosher food," Oort said.

Vegans are strict vegetarians who do not use dairy or animal products (including non-food items such as leather).

While vegetarian food is widely available on campus, students do not always enjoy it. Ashley Selvy, a civil engineering senior and vegetarian, remembers the options available when she lived on campus her freshman year.

"(The Options line) had a lot of extreme vegetarian food," Selvy said. "There was a lot of Thai food which tasted like they just mixed peanut butter in. I mostly ate brown rice, rolls and salad."

More choices are available now, than there were several years ago, Oort said.

"We had a vegetarian task force for this last year," Oort said. "Students wrote down their requirements to see whether they were feasible and then tried the food.

The task force resulted in Vista Grande Café increasing the choices available for vegetarians by using their input. There are now more choices at both VGO's and the Lighthouse those vegetarian students wanted. For example, soy milk is now offered on a regular basis.

The Lighthouse devotes an entire section to meatless entrees, called Options, but only during fall, winter and spring quarters.

"(During the summer) we offer a vegetarian entrée in the Lighthouse including salad," Oort said. "There are only 200 students in the halls, so the Options line is combined in the main area."

The Campus Dining Web site stated "that "Garden Burgers, Spice Black Bean Patties and Vegan Patties" are available from the grill during both lunch and dinner.

Students with special diet requirements or preferences who are planning to live off-campus should contact Campus Dining before signing a housing license.

Energy drinks get boost despite criticism from health experts

(UFIRE) GAINESVILLE, Fla. — Gainesville, Fla. resident Jason Hargrove, 21, made his first Red Bull morning for a quick "pick-me-up." It's a nice morning drink before you start the day, he said. It gives him a caffeine boost with the "easy feeling you get from coffee," he said.

"That boost" is just one of the selling points of Red Bull and other energy drinks growing in popularity at local nightclubs, liquor stores and convenience stores. Packaged in flashy-dime-size cans, 8.4 ounces of energy drinks sell for about $2 in stores and $4 in bars and clubs.

"We've been selling those great," said Steve Smith, manager of Alligator Anchor Road. "His store sells 10 to 15 cases of Red Bull every week, he said. "Most people use 'em for mixing drinks, but some like to drink 'em straight," he said.

Oort said Red Bull strategy is to establish its brand in key nightspots in each new area and rely on word of mouth to increase awareness. For a personal touch in spreading the word, Red Bull employs consumer educators to go to beaches, stores and other places where people may need energy to promote the product and give out free samples.

Red Bull also aligns itself with the "extreme" sport-event scene by sponsoring athletes and competitions in events such as skateboarding, mountain biking and hang gliding. Company representatives say Red Bull supports extreme events over mainstream team sports because the drink provides individualistic benefits that fit better with extreme sports.

But its main purpose is as an energy drink and not a mixer, the company said.

"We try to appeal to people who need energy or revitalization," said Emily Cortes, national spokeswoman.

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"We can do the blood test but the (oral) test is safer for the lab technicians," he said.

To take the oral test, a slightly salty tasting swab is inserted into the mouth that absorbs saliva. The swab is then sealed inside a tube until it is tested for the presence of HIV antibodies. The test, which uses blood samples, is also available.

The Health Center also provides a variety of educational material on their Web site. Important information on sexually transmitted diseases, alcohol use, depression, eating disorders and a number of other issues students deal with is available on the site.

The Health Center is also involved in sex education.

"We have a vast array of educational materials," Bragg said.

The Health Center has five peer health education teams. The sexuality team provides health consultations for birth control and teaches students about personal safety issues, especially date rape. The other four teams cover alcohol and drugs, healthy lifestyle, nutrition and men's education about sexual assault.

Summer Mustang

FOOD

available on campus, students do not always enjoy it. Ashley Selvy, a civil engineering senior and vegetarian, remembers the options available when she lived on campus her freshman year.

"(The Options line) had a lot of extreme vegetarian food," Selvy said. "There was a lot of Thai food which tasted like they just mixed peanut butter in. I mostly ate brown rice, rolls and salad."

More choices are available now, than there were several years ago, Oort said.

"We had a vegetarian task force for this last year," Oort said. "Students wrote down their requirements to see whether they were feasible and then tried the food.

The task force resulted in Vista Grande Café increasing the choices available for vegetarians by using their input. There are now more choices at both VGO's and the Lighthouse those vegetarian students wanted. For example, soy milk is now offered on a regular basis.

The Lighthouse devotes an entire section to meatless entrees, called Options, but only during fall, winter and spring quarters.

"(During the summer) we offer a vegetarian entrée in the Lighthouse including salad," Oort said. "There are only 200 students in the halls, so the Options line is combined in the main area."

The Campus Dining Web site stated "that "Garden Burgers, Spice Black Bean Patties and Vegan Patties" are available from the grill during both lunch and dinner.

Students with special diet requirements or preferences who are planning to live off-campus should contact Campus Dining before signing a housing license.

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But its main purpose is as an energy drink and not a mixer, the company said.

"We try to appeal to people who need energy or revitalization," said Emily Cortes, national spokeswoman. Come visit the Campus Market—a little store that has just about everything you'll need to beat the summer heat!

• Cold Beverages
• Fresh Deli Sandwiches
• Cool, Crisp Salads
• Tasty Snacks
• Ice Cream
• Cal Poly Produce
• Icy Java Blast
• Popsicles

Located near the library behind Ag Science

Summer Quarter Hours: Monday-Friday 7:30 a.m.-5:30 p.m. Saturday 10:00 a.m.-5:00 p.m.

M.A.R.K.E.T. Welcome
Sports

Summer Mustang

UNDER THE EYE OF HOLDER

Strength and conditioning coach prepares athletes for rigors of regular season

By Jason Brennan
SUMMER MUSTANG STAFF WRITER

Hanging out with loud, cocky, sweaty collegiate athletes for seven hours a day could drive anyone crazy. But not Chris Holder.

The Cal Poly strength and conditioning coach instead he loves what he does because it is the closest he can get to his old playing days.

"I do what I do because I want to see Cal Poly win," Holder said. "I played football for 14 years, and this is a way for me to still be involved in competition."

Holder spent his playing days with the University of Eastern Kentucky, where he played football over a 4-year period. Once the notion of an NFL career was out of the question, Holder moved to San Luis Obispo where his wife was living.

Holder decided to attend Cal Poly to get his master's degree and noticed the Mustangs did not have a strength and conditioning coach.

Holder decided to create a weightlifting program for all athletes as a graduate project.

"All the big-time schools have a strength and conditioning program," Holder said. "I found it ridiculous that Cal Poly didn't."

For this 6-foot-4-inch, 315-pound mammoth of a man, imagining him behind a rooted set of weights is not a stretch. But Holder boasted that his specialty is actually in the speed and agility area of physical training. Much of his research on this area was done while attending Eastern Kentucky.

"I would have to say that my specialty relies in plyometric training with the athletes I work with," he said.

Holder's upbeat attitude is what separates him from typical trainers. Those who have been around the athletic department for a while insisted that his good attitude rubs off on many.

"Chris Holder is the best thing that ever happened to Cal Poly sports," said Leniss Cowell, head coach of the wrestling team.

Holder may be a nice guy off the field but when it's time to train, that's exactly what the athletes are expected to do through a well-formulated, thought-out, and disciplined workout schedule.

"I had been running on my own last summer," said Isaac Dixon, a linebacker for the football team. "The first day I got back into coach's workout I threw up five times in 20 minutes."

Holder admitted that most of his time is spent working with football players, which consists of more than 80 athletes, but said he loves working with athletes of other sports as well.

Holder said he is especially glad to see that many young women at Cal Poly are ever happened to Cal Poly sports," said Cal Poly football player.

The athletes I work with here train very hard. Naturally if they give me there all then I will return the favor."

The camp staff — paid coaches, assistants and student athletes — is very excited and enthusiastic towards the new camp, Webb said.

"The part-time coaches will be paid according to what they make during the season, and student athletes will be paid $7 an hour."

"I have experience with sports summer camps in the past, and it is so exciting to watch them all improve."

Phil Webb, associate athletic director

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According to NCAA regulations, as long as a student athlete is not in their season of play, working for money does not hinder their eligibility for the upcoming season, although the staff said the money isn't what is important.

"It is definitely not the money we are here for," said soccer player and camp instructor Brian Lang. "It will be exciting to see such young kids being influenced by our teachings. I have experience with sports summer camps in the past, and it is so exciting to watch them all improve."

The camp will feature soccer, basketball, volleyball, baseball, track and field and additional sports. Cal Poly head coaches and players of these sports will be teaching and supervising.

Campers will be split into age groups. The younger groups will learn the basics of the sport and concentrate on the fun aspects of the game. The older, more advanced kids will be grouped to learn more tactics and strategies of the game. For a lot of the older kids, the camp is an opportunity for them to get a grasp on the sport of their choice and take advantage of the college players and coaches available to them. Each camper will put in 9-hour days from 8 a.m. to 5 p.m., for the week. Even though these hours seem long, the camp instructors have stressed the camp will be breaking down stereotypes by weight training just as much as the male athletes. The diversity of the athletes is what keeps the job fresh and exciting, he said.

"I couldn't be happier here at Cal Poly," Holder said. "Coaching is a rough business. You really have to love what you are doing. The athletes I work with here train very hard. Naturally if they give me there all then I will return the favor."

Local youth gear up for All-Sports Camp

By Cory Dugan
SUMMER MUSTANG STAFF WRITER

For those inspiring, future athletes who have visions of making it to the pros, or those who just want to have a good time, the Cal Poly All-Sports Summer Camp is the place to be.

Cal Poly coaches and players are putting on their first All-Sports Camp this year. The athletic staff will be sharing their expertise and love of the game with 50 of San Luis Obispo's future athletes. The camp, which runs from July 16-20, is geared for kids in fourth through sixth grades looking to have fun this summer and learn more about the sport they love.

The camp was originally going to be two sessions, but the Athletic Department decided not to overdo it with the camp.

"This is a new deal for Cal Poly athletics, and hopefully it will become something kids can enjoy annually," said Phil Webb, associate athletic director. "(The department) felt we had to cut the camp down only to one session to ensure a well-organized, successful first camp."