Escaped rapist caught in Oregon
By Emily Schwartz
MUSTANG DAILY STAFF WRITER

As the 10-day search for a convicted rapist concluded Tuesday morning, the Cal Poly community breathed a sigh of relief.

Ronald Rogers, a sexually violent predator, escaped from Atascadero State Hospital Sept. 23. He was caught Tuesday and taken into custody in Klamath Falls, Ore., after being stopped for a traffic violation, said Butte Hafner, a spokeswoman for Atascadero State Hospital. When Rogers could not produce identification, he was fingerprinted and his identity was then revealed, Hafner said.

“He has been apprehended and brought into custody,” she said. “At this point, that’s all the information we have.”

While Rogers was still on the lam, Cal Poly University Police took measures to let students know to be on the lookout on campus and in the community.

University Police was using the situation as an opportunity to educate people about safety, said Tony Aeilts, University Police chief.

“Students may feel insecure on the campus, but to help people make informed choices,” Aeilts said.

In an attempt to raise awareness of the situation to students, University Police issued a press release to all on-campus residence halls, informing students of the missing rapist. It included a detailed description of Rogers, as well as a photo.

The photo of 45-year-old Rogers had also been distributed to police officials throughout the county and region, Aeilts said.

Over the last 10 days, campus police held mandatory safety meetings in each of the residence halls on campus. They discussed with the residents the precautions to take for their personal safety.

“We take our safety and security of residence halls very seriously,” said Carole Schaffer, associate director of housing and director of Residential Life and Education. “We have a very complete safety program that we implement each year. We just try to augment that when there’s specific occurrences like this one.”

Although there were rumors that Rogers was sighted on campus, none of them were confirmed, campus police officials said.

Last week, a student reported seeing a man with Rogers’ description acting strangely at the set-up for the Centennial Celebration. But because the student reported the sighting hours later, officials were unable to confirm that it was Rogers. Patrol officers completed nightly walk-throughs in all residence halls since Rogers was reported missing.

Although this is a standard procedure, Sgt. Steve Schroeder said they have been doing them more often in the past week and will continue to do so.

Despite residents’ concerns for the community’s safety, San Luis Obispo County has the third lowest crime rate in the state, according to statistics. Although these statistics make the county safer than 49 other counties in California, Aeilts said it doesn’t make San Luis Obispo immune to crime.

“This area has some really fine police agencies and San Luis Obispo is a phenomenal place to be,” Aeilts said. “But occasionally things do happen and we still need to take safety precautions.”

Another service University Police offers is an escort van that transports students within a half-mile radius of campus. The schedule for pick-up times is located in the University Union and in Kennedy Library.

In addition, campus police set up blue light phones that are located in various places on campus. The phones dial directly to a police dispatcher and students are encouraged to use them in emergencies.

New classes help students with computer skills
By Lyndsay Lundgren
MUSTANG DAILY STAFF WRITER

The College of Business, Kennedy Library and Information Technology Services (ITS) are providing computer training classes beginning today. The free classes include such topics as PowerPoint, Dreamweaver 4, Arc/View GIS and Access 2000. Open to staff, faculty and students, the classes provide for both beginning and advanced skill levels.

At the same time, the Kennedy Library is offering this fall a senior project clinic. The course offers help to seniors by exploring the dance. In addition to the general workshop, students can meet one-on-one to work with subject matter experts.

“Many of our students want to pursue computer-based careers,” said Maria Ruhls, computer lab supervisor at the library.

These classes are a free service to the university,” said Marsha Epstein, coordinator of user support services ITS. “They are a value and we do a good job teaching them.”

Such classes are available outside Cal Poly, but fees are high, Epstein said. Class subjects are often determined by need and demand on campus, she said. Most classes are taught in Windows, but there is a Macintosh teaching lab in the library. Most programs can now be learned on either Windows or PC, Epstein said.

In addition to the computer training courses, self-training courses are available online at calpoly.edu. This site offers 650 training modules ranging from business programs to Word. The licensing program, which was originally funded through the CSU chancellor’s office, expires Dec. 31.

“I am being assertive and creative in trying to identify a replacement solution given the available funding,” said Craig Schultz, PCLAN coordinator with ITS.

While the College of Business also offers computer training courses, they are not associated with ITS and Kennedy Library courses. The classes are open to faculty, staff and students. Online registration is required for classes and can be accessed at calpoly.edu. The College of Business offers courses in Microsoft Excel 2000, PowerPoint, HTML and Access. A course schedule can be found on the College of Business’ Web site. Many of the courses offered assist students with coursework.

“The classes help students prepare for course assignments,” said Matta Rezabough, computer lab operations supervisor.
Clinton suspended from Supreme Court

By Tracy Zupancis
The Hoy

(U-WIRE) WASHINGTON — Among the opening actions of the Supreme Court at the start of their term Monday was a suspension of former President Bill Clinton from practicing law in front of the Court.

Clinton has 40 days to show why he should not be disbarred from practicing in Arkansas, a decision that is a consequence of Clinton's admission to giving false and ambiguous statements concerning his relationship with Monica Lewinsky.

"If Clinton, of New York, N.Y., is suspended from the practice of law in Arkansas, a decision that he should not be disbarred from practicing law in front of the Court," the decision reads.

By admitting perjury, Clinton was suspended for five years from practicing law in Arkansas, a decision that Clinton and his lawyer, David Kendall, told The Washington Post that the decision is not appropriate, he said.

"Pursuant to the Supreme Court's order, we will show cause why disbarment is not appropriate," he said.

For more information call Commuter and Access Services at 796-6680.

Return the pledge form to Commuter & Access Services, University Police Department By 5pm Friday, October 5th.
NATIONAL BRIEFS
Reagan National reopens
WASHINGTON — The center of the nation's business and pleasure travel — Reagan National Airport — will reopen Thursday.

The Virginia airport is the only airport in the nation that is still closed since the Sept. 11 attacks. President Bush, according to the New York Times, spoke at the airport saying, "There is no greater symbol that America is back in business than the reopening of this airport."

While the plane that struck the Pentagon did not take off from Reagan National Airport, its close proximity to major government centers and landmarks made it a point of concern. The airport is the hub for lawmakers, politicians, business people and travelers alike.

Any long-term closing of the airport would have led to serious economic repercussions in the Washington area. The reopening of the airport emphasizes faith in America, said the President according to the New York Times.

Uncertainty after attacks causes fed rate cut
WASHINGTON — In an attempt to increase spending by consumers and businesses, the Federal Reserve cut interest rates for the ninth time this year. After cutting an important interest rate, the rate hit the lowest level since 1962. Alan Greenspan and his colleagues announced the new rate of the federal funds rate.

"It seems like every day there's something new, either something that was going to happen or something that might happen tomorrow," said Todd Ile, 36, an office administrator at Ernst & Young on the 15th floor in an interview with The New York Times. "It's getting out of hand, but at the same time, I want to hear about it."
Redemption for the bean with a bad rep

By Audrey Amara

It's 8 a.m. on Monday after a busy weekend. As the teacher starts the lecture by reading straight out of the book, your eyes slowly start to flicker in a losing battle to stay open and you wonder why you are even there. "What are you doing it?" you wonder, then notice something sitting on her desk through your sleep-blurred eyes. It is a coffee cup full of steaming hot coffee.

Over the years, research has tried to prove that coffee has negative effects on health, but so far, results have turned up in favor of the popular morning beverage.

"Coffee is a delicious beverage with positive effects," said Mike Merrell, manager of Campus Market and an avid coffee drinker. "Coffee is bad because caffeine is an addictive drug," he continued. "Caffeine is the only drug that people can take in very large doses that they build up a tolerance for being addicting, or dependency to a given dose, or the need for more and more of the substance; 2) to lose control of, or the need to consume the substance at all costs.

Evidence shows that coffee drinkers do not exhibit these symptoms of addiction. However, people like Meredith Rogers, a nutrition senior, has "headaches and mood swings," if she tries to go without coffee for as much as a day. Only about 3 percent of individuals experience caffeine withdrawal, which includes mild headache, nervousness, and/or drowsiness, according to the American Psychiatric Association's Task Force, who also rejected caffeine withdrawal as a separate diagnosis.

Since the first coffee house opened in Italy in 1645, coffee seems to have been a big hit with people around the world. Forty percent of Americans drink coffee every day, representing 110 million daily drinkers. Fourteen thousand pounds of coffee were sold in Campus Dining at Cal Poly last year.

Associate Director of Campus Dining Alan Cushman has seen coffee and caffeine change with the times. "People have been drinking coffee for a long time. In my day it was caffeine pills and they decided to put it into a drink," he said. "There are more specialty drinks now," said Cushman, comparing the recent coffee drinks bought now to when Julian's opened in the late 1980s.

Many people enjoy a complicated drink every now and then. "Every Friday I have a double mocha latte with hazelnut," Cushman said. "A lot of people order crazy drinks," said Brett Torres, who was working the morning shift at Julian's. Even though coffee has a bad reputation for being addiction, or "being bad for your teeth," as Torres said, a huge majority of students at Cal Poly believe coffee is fine if it is consumed in moderation.

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Recipe of the Week

Coffee Extract Cocoa Pecan Brownies

Combine the melted butter and sugar in a mixing bowl. Blend well until smooth. Add the salt, vanilla, coffee and cinnamon, and blend until smooth.

Add the eggs, one at a time, and mix until smooth. Combine the cocoa powder and flour, and sift. Add the cocoa-flour mixture to the butter mixture and to form a batter. Add 1/2 of the nuts and blend well.

Grease a 9 by 13-inch baking dish. Pour the batter into the dish. Sprinkle the surface with the remaining 1/2 cup of nuts. Bake for 35 to 45 minutes.

Rethinking the food pyramid

By Valerie Green

(Tufts Daily Tufts U.)

(UWIRE) MEIRIO, Mass. — Geraldo Rivera likely recognizes the Food Guide Pyramid, a graphic designed by the U.S. Department of Agriculture (USDA) as an easy-to-follow guide to healthy eating. The pyramid’s designers thought that by featuring common foods, more people would make use of it in order to achieve a balanced diet. But some researchers are not happy with the nutrition message conveyed by the USDA pyramid. They think the government’s recommendations rely too heavily on animal foods and refined grains and they give “heart healthy” vegetable oils too little recognition.

Harvard University’s Dr. Walter Willett is one critic who has gone a step further. He devised his own pyramid. His version, outlined below, represents the most recent advances in nutrition and health research.

No. 1: Build your own base. Daily exercise and weight control are the foundations of Willett’s pyramid. Scientists now know that the more chronic diseases such as diabetes, heart disease, obesity and osteoporosis that plague Americans are a direct result of inactivity.

The scientific consensus is that Americans should center their days around being active in enjoyable ways—walking the dog, going for a bike ride or going to the gym.

No. 2: Hello fat, goodbye pasta! The bread, cereal, rice and pasta that appear at the base of the original pyramid are all high in carbohydrates, the body’s primary source of fuel. In addition, grain products are high in fiber, minerals and other vitamins.

But the USDA pyramid ignores the fact that the most common grain products on grocery store shelves—white bread, crackers, pasta and cereal—are made with refined flour that has lost nutrients during processing.

Some scientists think a diet high in refined grain foods like white rice, potatoes and products made from white flour may actually be fueling the increases in diabetes, heart disease and obesity throughout the country.

Whole-grain foods like whole wheat, brown rice or couscous, on the other hand, are good sources of fiber, which slows the release of carbohydrates into the bloodstream and stops insulin levels from spiking. Keeping insulin on an even keel, scientists say is key to weight control.

Willett said fat belongs at the very bottom of the pyramid, right next to whole grains. The USDA pyramid places fat far at the top, to be consumed in very limited quantities. But not all fats are the same. Saturated fats—found in meat and dairy foods—can contribute to the development of heart disease. But vegetable oils such as olive and canola oil will deserve a prominent place in the American diet. These monounsaturated and polyunsaturated fats are considered “heart healthy” because they do notraise blood cholesterol levels and may even help slow the progression of heart disease.

No. 3: Vitamins, minerals, fiber and phytochemicals. Vegetables and fruits in abundance will provide essential vitamins and minerals and enough fiber and disease-fighting phytochemicals to help you stay healthy. Although five servings a day is the standard recommendation, Tufts scientists say that the more you get, the better.

No. 4: Protein. Not only do proteins provide high-quality protein, they also come packed with “good” fats, or fats that help lower “bad” cholesterol. Beans are another good source of protein, with the added value of fiber, which helps to control appetite. Beans might help reduce the risk of heart disease, and might even fight cancer.

No. 5: Fats, polyunsaturated and eggs. The USDA pyramid puts nuts, legumes, red meat, fish and eggs in one category. While this suggests these are similar foods, research shows they are very different. Unlike red meat, fish has almost no artery-dragging saturated fat. Instead it has lots of “essential fats,” the kind that help produce important hormones to regulate body functions and might help prevent heart attacks.

No. 6: Dairy. A growing school of thought in the nutrition community believes it’s not necessary to rely solely on dairy foods for calcium. According to research by Tufts nutrition expert Katherine Tucker, if Americans focused more on whole foods like whole grains, legumes and produce, they would create a positive mineral balance and easily meet their daily calcium needs. Not all plant foods contain calcium, though, so try some good alternative sources of calcium, such as seafood products and calcium-fortified orange juice, before you ditch dairy from your diet.

Willett’s revised pyramid ranks red meat, butter, white rice, white bread, potatoes and sweets into one category at the very tip of the pyramid, all to be consumed sparingly. Red meat and butter contain a lot of harmful saturated fat, while potatoes, refined grain products and sugars contain “empty calories” that may contribute to weight gain and diabetes.

Regardless of how researchers package it, though, most nutrition advice is basically the same: Eat a diet high in fruits, vegetables and whole grain foods; eat less red meat and more fish; choose low-fat dairy foods.

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Cal Poly at Sea
Spring Quarter 2002

Information Meeting: I am Thursday, Oct. 4th
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Can’t make the meeting? Send us an email at calpolyrugby@gmail.com
The fact that there's a housing problem in San Luis Obispo should come as no surprise to anyone in Paso Robles, but for many this reality has not quite hit home.

I know one person for whom it did not, me. As the lease on my previous apartment near downtown was up, I was in the process of moving into one of those places where land speculation and people scrambling for whatever could afford them.

Many months ago, I started looking to live in the fall. Since then, I've found a few possibilities. Of course, I decided to keep looking; I had plenty of time. I found a few possible places. My friend Sandy had already moved, so I saw that last weekend.

In response to the column, "Reader will not K *} be put onto IH cards that use the bus. This means if you're on campus, you're forced to buy a certain amount of tickets, like $5 a month or $15 a quarter."

This would not necessarily be a critique of the system, but for the fact that the nation has not quite hit home yet. It has not been discussed in many circles, and except for calling a few, not enough to accept it as a viable option for getting to and from school.

With the amount of people who ride the buses, having a small fee, like $5 a month or $15 a quarter, students who drive to school. As many of you, I dread driving to campus. With the amount of people who ride the buses, it is a fairly progressive kid, I have never endorsed anyone else to. But we see. These fundamentalists, who are Islam, are here and they are not going away. Get ready, the Kimbs are coming. The cycle of death and destruction based on the Islamic jihad movement because it is a fascist, abusive and murderous force. Yes, we put this oppression and support Osama bin Laden and his retribution.

Jason Joyce is a chemistry senior and a member of the PSA. If all of you who have read in the papers about us supporting these people, how many can write a decent summary of their ideologies and goals? I have no clue what these people think and neither does G. W. Bush. This is a fair and sensible policy for the United States to deal with the war on drugs. So I must read the papers about us supporting these people, how many can write a decent summary of their ideologies and goals? I have no clue what these people think and neither does G. W. Bush. This is a fair and sensible policy for the United States to deal with the war on drugs. So I must read the papers about us supporting these people, how many can write a decent summary of their ideologies and goals? I have no clue what these people think. It is the university's responsibility to promote universal peace.
ALMOST HALF of college students who were victims of campus crimes said they were drinking or using drugs when they were attacked. Getting totally drunk at a party isn’t just stupid — it puts you in danger.

PARTY FOUL

• Space drinks and try alternating food and drink.
• Limit your drinks to a sensible amount. Know your limit and respect it — don’t be bullied into drinking more than you should.
• Consider not drinking at all. Ask for a soda and don’t apologize or feel guilty for not drinking.

Be safe. Drink smart or don’t drink at all.

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News

Student wins in strip search case

By Tracy Whitehair
MOTION CLASSIFIED

(U-WIRE) MISSOULA, Mont. — Missoula County has settled a lawsuit brought against it in April by a local civil rights attorney, agreeing to pay a University of Montana student $20,000, change policy and retrain employees regarding strip searches at the local jail.

Alan Blakley, attorney for University of Montana senior Eric Lynn, said Monday that while the monetary award was less than he originally hoped for, the re-training and changes in strip-search procedures are welcome.

Lynn said that while the county did not offer an apology, he considered the change in the policy and the money offered as a positive gesture.

"I take this settlement as an admission of wrongdoing," Lynn said. "I'm happy with it."

Blakley filed the suit April 5 against Missoula County Sheriff Don Chese, Missoula County Undersheriff Michael McMeekin, who is also supervisor of the Missoula County Detention Center, nine unnamed Missoula County police officers and Missoula County.

The complaint alleged that county police officers violated Lynn's civil rights by illegally strip searching, humiliating and degrading him at the Detention Center after his arrest on July 29, 2000. The arrest stemmed from conflicts that broke out during the July 28-30 weekend as citizens, including Lynn, protested what they say was an excessive police presence in response to the Hell's Angels visit to Missoula.

According to the lawsuit, officers violated Lynn's constitutional rights by strip searching him without probable cause or reason to believe he was carrying any weapons, drugs or other dangerous materials. The suit also claimed that officers intimidated and degraded Lynn while he was in jail.

Blakley said the reduced award was sufficient because Lynn didn't have any out-of-pocket medical expenses to cover. Blakley also said he was concerned that if the case were to trial and jury, sympathies for Lynn's "utter freedom of embarrassment" would seem trivial in light of the recent terrorist attacks in the United States.

Blakley said that as part of the settlement, the county will bring in an outside law firm to train the proper standards and methods of strip searching.

Hal Luttschwager, risk manager for Missoula County, said Monday that the county brings in lawyers to train employees when policies are changed.

Agreeing to settle was part of the mediation process, Luttschwager said, and avoiding the expense and uncertainty results of a trial motivated both sides to discuss the options. Through a federal magistrate who acted as mediator, both sides made requests, offers and counteroffers.

"And $20,000 is a pretty good apology."

Alan Blakley
attorney for Eric Lynn

offers ranging from $24,500 to $20,000, and while Luttschwager said the county still didn't believe it did anything wrong, the settlement was the best way to resolve the case.

"Compromise is the essence of these matters," he said.

The $20,000 will be paid by Missoula County from the risk-management fund, which is a self-insurance plan funded by tax dollars that covers the cost of defense, judgements and settlements in lawsuits, Luttschwager said.

Missoula County Undersheriff Michael McMeekin said Monday that changes in the strip search policy were made between July and August, and plans to update were made before the complaint was filed by Lynn. The previous policy stated that strip searches could be performed whenever an inmate was being booked for a stay in jail, according to the settlement record.

McMeekin said the new policy, as mandated by the 9th Circuit Court, is that no strip search can be conducted unless there is a "reasonable suspicion of contraband." No additional changes to the policy would be made, McMeekin said.

Blakley said he had initially sought an official apology, but dropped the request when the county offered a settlement and agreed to retrain employees on the updated strip search policy.

"And $20,000 is a pretty good apology," Blakley said.

Luttschwager said that while not completely pleased with the settlement, he is satisfied that the matter has been resolved.

"It's done, it's time to move on," Luttschwager said.

Lynn said he expects to get approximately $12,500 after Blakley's 35 percent and deposition fees. He said he's not sure when he'll receive the money, or what he will use it for, but paying off student loans is a likely possibility.
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