Health & Fitness

Sexual Health 101

Your Perfect Fitness Plan

Healthy Top Ramen Recipes
Married student juggles school, family

Emily Romaner

This is the second part of a two-part series about married couples that attended Cal Poly.

Having a spouse can add many more time commitments to a college student’s life. But what happens when kids also enter the picture?

Journalism and English senior Tom McCauley, 32, has been married since September 2002 and has three children ages 3, 2 and 1 month old.

“Basically, I’m just juggling a lot of time,” McCauley said. “You’ve got your school schedule and your work schedule, married her husband, Chris Campbel. Septemhei 2002, and has three kids. But that’s not the case. If the kids are sick, you have to take care of my family — that’s my priority.”

In addition to a wife, three young children and a double major with 16 units per quarter, McCauley works full-time as a warehouse manager at Sears and a hip-hop DJ on KCPR, "The Family Show," which are Mondays from 9 a.m. to 12 p.m. He also DJ’s at local clubs and creates about 20 new songs per quarter.

McCauley started at Cal Poly in 1996, but dropped out after his freshman year. He met his wife, Jessica, in 2000, when they both worked at a phone company. They re-enrolled to return to college in 2002.

With so many commitments, McCauley has to block off time to spend with his family. He said his 6-year-old son is particularly vocal about how little time they see each other.

"He wakes me up early in the morning to hang out with me at like 6:30 a.m. because he knows he’s not going to see me for a while," McCauley said.

Having to work is necessary to pay the bills, it can also add to the time constraints that many married student couples face.

"The hardest thing for me would be finances," said modern languages and literature senior Orellia Llamas, 22. She married her husband, Chris Campbel, in August 2002. "Because once you marry, your families split away and say ‘OK, well you’re a little bit more on your own than you were before. They just look at you as more mature,’ " she said.

Because the Campbells are taking 20 units each to graduate in June, neither has time for a job. Instead, they rely mostly on the support of their families and "we budget really well," Chris Campbel said.

Orellia said she feels lucky considering how supportive their families have been. For some couples, early marriage can be skeletal of a shock to family and friends. But most of those interviewed said the reaction wasn’t too taxed, and all had dated for a substantial period of time before marrying.

"My friends were cool with it," said history senior Amy Fresa of her marriage to husband John Fresa. "They had questions about it, but I think they knew us enough to understand us."

For recently engaged communications junior Luke Llamas, 22, both his family and his fiancee were supportive, but they also wanted to make sure the couple was making the right decision.

"My dad was asking me questions to make sure she was the right one," Llamas said. "Her family really likes me. When her mom found out, her reaction was, ‘Oh, it’s about time.’"

While the reactions ranged from shock to acceptance, coming to class with a wedding ring can be a different issue. After all, college students are focused on academics and not finding a life partner.

"I feel like an old lady because some of the classes I take are really general ed classes," said Leslie Springer, 24, a biology and agriculture engineering senior. She and husband Matthew, 26, married in August 2004.

As a married, 32-year-old college student, McCauley expects a shocked reaction from his peers.

"It’s really strange, actually," McCauley said of being surrounded by mostly non-married students. "I’ve probably stranger for them for they find out I’m 32 and married with three kids. But at the end of the day I get to go home to two kids who come up to me and hug me and kiss me because they’ve missed me all day.”

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LOS ANGELES — Affirming the growing political clout of Latinos, Antonio Villaraigosa became the first Hispanic mayor elected in more than a century in a race that spanned assumptions that racial tensions would again deny him the mayorality.

The bare-knuckled Villaraigosa discouraged references to his ethnicity and ran as a racial bridgebuilder, defeating Mayor James Hahn by an unexpectedly wide margin, 59 percent to 41 percent. The victory came years after Hispanics became the dominant population group in the city, although their political force at City Hall lagged their burgeoning numbers.

SAN MATEO — A San Mateo man has been arrested and jailed after he allegedly beat a cat to death with a golf club and threatened a woman who tried to interfere.

BOSTON — Harvard President Lawrence Summers committed his university Monday to spending $50 million over the next decade on a range of programs — from mentoring to child care to late-night transport — aimed at improving the climate for women scientists, many of whom were angered by his remarks questioning female aptitude for top-level math and science.

Summers said he would implement recommendations made by two committees he appointed in February; at the height of the outcry over his remarks at an academic conference a month earlier. The recommendations range from better advising for students to earmarking money for developing a more diverse faculty.

WASHINGTON — John R. Bolton planned to ask then-CIA Director George Tenet to help publish a government intelligence analysis that disagreed with Bolton, and then misled a Senate committee about the matter, says a Democratic draft report obtained by The Associated Press.

Bolton pushed for months to have the analyst removed from his job or otherwise disciplined, but testified under oath at his confirmation hearing to be United Nations ambassador that he "made no effort to have discipline imposed" on the man, the report said.

SAN JOSE — A man who lost part of his finger in a work-place accident was the source of the finger tip used in an alleged scam against Wendy's restaurants, and gave it away to settle a debt, his mother said.

"My son is the victim in this," Brenda Shouey said in an interview published in Wednesday's San Francisco Chronicle. "I believe he got caught in something and he didn't understand what was going on."

Anna Ayala, 39, was arrested April 21 at her Las Vegas home on suspicion of attempted grand theft for allegedly costing Wendy's millions of dollars in a plot to shake down the company by claiming she found the finger in a bowl of chili in a San Jose restaurant.

Ayala was to be arraigned Wednesday afternoon.

Shouey, of Worthington, Pa., said her son, Brian Paul Rooster, 26, of Las Vegas, lost part of his finger in December in an accident at a paving company where he worked with James Plascencia, Ayala's husband. His hand got caught in a mechanical truck lift, she said.

She said he gave it to Plascencia to settle a $50 debt.

San Jose police announced last week the finger was obtained from an associate of Plascencia, but they refused to identify him because he is cooperating in the investigation.

— Associated Press
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The unidentified man known as 'Piano Man' walks on the grounds of Medway Maritime Hospital, Kent County, southeast England, on April 7.

When staff at the Medway Maritime Hospital in Gillingham found him writing materials, he drew detailed pictures of a grand piano and, when shown the piano in the hospital chapel, sat down and played for two hours, causing staff to nickname him "Piano Man."

Baffled staff said their problems have been compounded by the fact that all the labels were cut off the man's clothes. "That is a real twist — and it's enough of a mystery without that," said Adrian Lowther, spokesman for the West Kent National Health Service Trust, which is caring for a patient who washed up ashore in Cornwall, lowther said the National Missing Persons Helpline has received numerous telephone calls.

"When he plays, he is totally focused — he cuts out everything else and it makes him calmer," Lowther said. "But the 'Piano Man' does not seem to be more than an accomplished amateur."

Michael Camp, the man's social worker, said that when he is not playing the piano, he remains very anxious. "Someone, somewhere must be missing him," Camp said. "At the moment we only have six weeks of history of this man to work on, which makes it very hard," he said.

Hospital chaplain the Rev. Steve Spencer said the man "is not the virtuoso that he has been portrayed in the press."

"He knows a small number of tunes and plays them over and over," Spencer said. "I recognized some John Lennon and a snippet from Tchaikovsky's 'Swan Lake.'"

"When he plays, he is totally focused — he cuts out everything else and it makes him calmer," Hospital staff have already ruled out reports that he recently attended a funeral locally.

Interpreters from Poland, Latvia and Lithuania were brought in to see if the man was from Eastern Europe and possibly an asylum seeker, but no one was able to get through to him.

"Apart from mentally, the man is healthy — but he does not communicate at all, so he cannot receive counseling," said Adrian Lowther, hospital spokesperson.

The National Missing Persons Helpline has received 320 calls and 70 e-mails focused — he cuts out everything else and it makes him calmer."
College Health Q&A

Allergies are driving me crazy, what can I do?

Caitlin Donnell
MUSTANG DAILY

One problem many college students face is how to eat healthy, especially for students cooking for themselves for the first time.

Cooking and making healthy choices when dining out does not have to be difficult. With the help of Peer Health Education and helpful college-catered cookbooks, there is hope.

The nutrition team offers peer counseling and consultations for students and gives presentations about eating healthy.

"We see many students who are interested in losing the freshman 15 or 20 they may have gained in their freshman year and students who are interested in eating more healthy," said Stephanie Enright, nutrition senior and Peer Health Educator.

Most students want a quick fix for eating healthy and losing weight, Enright said. The nutrition team helps students with nutrition information and offers suggestions for students interested in eating healthy on campus.

Whether students live on campus or not, many are here all day and inevitably eat on campus. For campus meals, the team suggests cutting back on sodas, eating more salads and wraps offered at The Avenue and Campus Market, buying fruit and vegetable portions and controlling the portions better than better meal.

My snoring is giving my roommate a headache, what can I do?

Megan Alpers
MUSTANG DAILY

Our generation is 10 times more likely to drink bottled water than our parents, even though tap water is safer than ever.

Bottled water is seen as trendy and sometimes marketed as important for your health.

Take Glacéau’s Vitamin Water for example. Officially, the product is a “nutrient-enhanced water beverage” like Arbor Mist is a “slightly-sweetened wine product.” Not really the same thing but close enough.

Glacéau, which also makes Smart Water, jumped on the health-conscious bandwagon and brought us a “nutrient-enhanced water beverage” that boasts vitamins from A to Z and proudly proclaims, “Think of it as a drinkable Swiss army knife.”

Even though enhanced water is a new trend Glacéau did not pioneer the concept. Instead they have added their own twist.

"It totally works," Wolfe said. "It’s instead of chips and watching portion sizes.

"After the dorms, I definitely used to eat a lot of ramen and other cheap food for dinner because it is so easy to make," business administration junior Zach Tsuruda said.

Top Ramen and Easy Mac are not the only quick, cheap and easy meal options for students. Students can find healthy alternatives in "The Healthy College Cookbook," which provides inexpensiveness, easy-to-make recipes especially for the busy, penny-saving college student.

The authors of the cookbook are three students from Williams College in Massachusetts who compiled more than 200 recipes such as Banana Chocolate Chip Muffins, Quick Pinto Bean Supper, Twice-Baked Potatoes, Crispy Cracker Chicken and Turkey Burgers.

The cookbook outlines essential kitchen equipment, staple ingredients for your kitchens, basic cooking lingo, hints for preserving leftovers, healthy substitutions and an entire chapter for vegetarian meals, all of which are geared toward college students.

The cookbook even offers a recipe for Ramen Noodle Stir-Fry, adding a twist to the traditional college staple by adding green and red bell peppers, onion, garlic and oregano to make a more flavorful and nutritious meal.

Making food for yourself is often much healthier because you know the ingredients in the food and you can control the portions better in a restaurant, Enright said.

Cooking takes planning, but Enright said that it definitely worth it for better nutrition and a better meal.
The fitness plan that works best for you

There are dozens of reasons to work out, including: losing weight, increasing muscle tone, and improving health. Finding a reason to work out is easy, but finding a plan that works may not be. What one person may find motivating or even pleasurable could be torture for another. From magazine covers to the Internet, an exerciser-to-be searches for "the perfect plan" reveals that there is more than one answer.

To formulate a workout that not only fits your schedule but also your lifestyle, look into various fitness programs that fit your needs. Cardio exercise is the most effective way to burn fat, while strength training involves weight lifting to build muscles. Flexibility training reduces the risk of injury. A fitness plan that integrates all three of these draws the best from each category and builds on each plan to increase the total effectiveness.

Read on to find out why each of these fitness programs should become a part of your daily routine.

— Rachel Moospiiz

**Stretch**

The connection between stretching and fat burning is often overlooked. Programs like yoga and Pilates increase range of motion while helping balance muscle groups that might be overused during exercise. Flexibility increases the effectiveness of the rest of your fitness program in several ways. Stretching before and after cardio or strength-training workouts reduces the risk of injury and next day soreness. It also improves coordination and builds endurance.

When stretching, hold each stretch for 15 to 30 seconds. Hold the position until you feel a gentle pull on your muscle. Be sure not to bounce. As an added benefit, flexibility training can help relieve stress.

**Cardio**

Cardiovascular or aerobic exercise is the best way to burn fat. Cardio in any physical activity that gets your heart to beat 60 to 85 percent of its maximum. Generally, it is

One benefit of lesser muscles is a faster metabolism. Calories burn faster, even at rest. For each extra pound of muscle, you'll burn 12,000 calories a year without having to lift a finger. That is about what it takes to lose three pounds of fat.

To see results, perform strength-training exercises at least three times per week. If you exercise more than twice a week, alternate between upper and lower body days. Design your workout to hit specific muscle groups such as the chest, shoulders, arms, buttocks, thighs, calves, abdominals and lower and upper back. Make sure to give your muscles at least one day of rest between strength training sessions.

**Strength**

During weightlifting, you challenge your body with resistance. In turn, muscles will adapt and grow stronger. The muscle will take a sculpted and more toned physique, but not big and bulky muscles.

**Workout routines**

Beginners:
- Start slowly with a basic cardio program and a full body resistance routine. You'll want to have recovery days to allow your body to rest and your muscles to heal from your new routine.

**MONDAY:**
- Cardio: 20-30 minutes
- Stretch: 5-10 minutes

**TUESDAY:**
- Strength training: full body
- Stretch: 5-10 minutes

**WEDNESDAY:**
- Cardio: 20-30 minutes
- Abdominal workout
- Stretch: 5-10 minutes

**THURSDAY:**
- Rest or yoga

**FRIDAY:**
- Strength training: upper body
- Stretch: 5-10 minutes

**Saturday:**
- Cardio: 45 minutes
- Abdominal workout
- Stretch: 5-10 minutes

**WEDNESDAY:**
- Cardio: 30 minutes
- Strength training: lower body
- Stretch: 5-10 minutes

**THURSDAY:**
- Rest or yoga

**FRIDAY:**
- Strength training: full body
- Stretch: 5-10 minutes

**SUNDAY:**
- Cardio: 30 minutes
- Intermediate/Advanced
- Goal: Muscle gain
- To gain muscle mass and strength, focus on your strength training routine. Avoid doing too much cardio before lifting.
  - Strength training: upper body
  - Stretch: 5-10 minutes

**TUESDAY:**
- Cardio: 45 minutes
- Abdominal workout
- Stretch: 5-10 minutes

**WEDNESDAY:**
- Cardio: 30 minutes
- Strength training: lower body
- Stretch: 5-10 minutes

**THURSDAY:**
- Rest or yoga

**FRIDAY:**
- Strength training: full body (one hour)
- Stretch: 5-10 minutes

**SUNDAY:**
- Cardio: 30 minutes

College Health Q&A

What are some healthy changes I can make without starting a diet?

Here's some tips: Eat at least five servings of fruits and vegetables a day, choose low fat milk, decrease your serving size, exercise, lose fat and sweat. Instead of cutting three large meals a day cut several smaller meals. Most importantly, only eat when you're hungry.

I only smoke cigarettes when I go out, am I doing long-term damage?

Nicotine is an addiction that it becomes "poured" in your brain with experience. Each time you smoke while drinking, your brain builds a stronger connection between smoking and drinking. It can be a person who has a few cigarettes a week will not notice that it

I fell last weekend and am still hurting, could it be a concussion?

A concussion is an injury to the brain caused by a blow to the head. Symptoms include: vision disturbance, headache, memory loss, confusion, blurry vision, ringing in the ears, nausea or unable to speak. If you have these symptoms, seek medical attention immediately.

I have been working out everyday for two weeks, when will I see results?

Your body should already show some results such as improved heart rate. After a few weeks, small decrease in body fat and slight increase in lean body weight occur. Try not to focus on weight loss. Instead, notice how energetic you feel. Be patient and your body will thank you.

How much water should I be drinking?

Eight 8-ounce glasses is a general guideline. There isn't a dependable indicator of how much you need to drink, especially if you are exercising a lot. As a general rule outside, drinking more water is imperative.
Sex education is more than just putting a condom on a banana. College students need to be aware that they have the highest likelihood of getting a sexually-transmitted disease than any other age group.

Chlamydia is the most prevalent sexually transmitted disease not only in San Luis Obispo County, but also in the United States. However, in a 2002 report by San Luis Obispo Public Health Department, San Luis Obispo is actually lower compared to the state average in reported Chlamydia and Gonorrhea outbreaks.

"The most important things for Cal Poly students to remember are that not all STDs have symptoms," said Aimee Williams, a speech communication junior and former Peer Health Educator. "A lot of times there are no symptoms but a disease can still be transmitted."

Today, 65 million people in the United States have a viral STD and half of all new STDs in 2000 occurred in people ages 15 to 24, according to the American Social Health Association. Williams said she hopes to be a sex health educator after graduation, thinks the prevalence of STDs is overlooked in education.

"There is not enough focus on oral sex. Oral sex is on the rise and it is important that people be aware that STDs can still be transmitted orally," Williams said.

Some studies show that two out of three college students will not contract an STD by the age of 24. While some people think this is true, other Cal Poly students are not so sure.

"I thought it was more like two-thirds of people would contract an STD," English junior Keely Sweeney said. "I think the more likely the statistic of not getting an STD will be true."

The American Social Health Association also estimates that one in four Americans have genital herpes, but only 10 percent are aware of it. Williams said herpes, HPV (genital warts) and Chlamydia can all cause cancer in women. Although Sweeney is not a sex educator, she said it is important that everyone is informed about their bodies.

"People need to take responsibility for themselves and show respect for the people they are with by getting educated," Sweeney said.

There are many different resources in San Luis Obispo to get more information and testing. Sweeney said the best way to stay safe is to have resources.

"Education and access are a must," Sweeney said. "Having the ability and money to go to health services are the most valuable tools."

The Economic Opportunity Commission is a private non-profit that specializes in community-based programs. It began in 1965 and offers pregnancy testing, counseling and STD screenings and is located at 709 Grand Ave.

Planned Parenthood in San Luis Obispo offers exams for sexually transmitted diseases, contraception as well as counseling on safe sex. It is located at 743 Pinto St.

The health center at Cal Poly is also convenient way for students to get the resources they need. Free condoms are available. It offers testing for STDs and birth control, as well as peer counseling programs like EROS (Educational Resources on Sexuality). The health center is located in building 27 next to the Rec Center.

"Let's talk about sexual health"
Gumby stretches back into action

Terence Chea
ASSOCIATED PRESS

Five decades after Gumby captured the nation's imagination, the little green guy and his chums are starring in a new art exhibit — the first in a series of events to mark the 50th anniversary of the television icon's creation and launch his comeback.

"Gumby and Friends: The First 50 Years," attracted fans of all ages to Saturday's opening at the historic Lynn House Gallery in Antioch, about 45 miles northeast of San Francisco. Creator Joe Clokey, now 83, signed Gumby figurines at the two-story exhibit, which featured photographs, toys and other memorabilia.

"Gumby is an icon," said Diane Gibson-Grey, 49, executive director of the Arts and Cultural Foundation of Antioch, which is sponsoring the monthlong exhibit. "He's a cultural icon that many of us grew up with."

There's a whole new generation that's going to embrace and love Gumby because he loves children. He wants children to have something of value on TV," said Joe Clokey, who lives just outside San Luis Obispo near his father. "He did Gumby because he loves children."

The goal has always been about what's good for kids and what's fun for kids," Clokey said. "If you've got a heart, then Gumby's a part of you.' That's what it's all about.'"

Animators who worked on the Gumby series have gone on to work for Pixar, Disney, Dreamworks and other companies. They are developing new episodes of Gumby as well as a new movie.

"The goal has always been about what's good for kids and what's fun for kids," Clokey said. "If you've got a heart, then Gumby's a part of you.' That's what it's all about.'"

In mid-June, the Museum of the Moving Image in New York City will open a six-month exhibit about Gumby and creator Clokey. Later that month, Clokey's family will celebrate Gumby's 50 years at a birthday extravaganza in San Francisco, said Joe Clokey, 43, who now runs the family's Gumby business, Premavision/Clokey Productions.

The first Gumby video game and a DVD of Gumby-shows from the 1960s are scheduled for release this summer. And the family hopes a documentary film about Art Clokey's life will be broadcast on television.

Joe Clokey, who owns a company that produces educational videos, said that six years ago, his father asked him to take over the Gumby business and bring the gingerbread-shaped hero back to children.

"My dad wanted to bring back the name of an eligible student for nomination at this UUAB meeting.

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**GOOD, BUT NOT GOOD ENOUGH**

Elizabeth Engelman

Kaylene Wagner and Sharon Day are two of the nation’s best high jumpers, and both are Cal Poly students.

She said the Olympics are not on her mind right now.

Day agreed saying her schedule is full right now.

She is also one of Cal Poly’s best soccer players. When asked if she would choose between the World Cup and the Olympics she looked genuinely distraught at the thought.

"The World Cup is a huge deal, but being an Olympic is something that you can say you accomplished for the rest of your life. With Track, since it’s more individual, it’s almost more rewarding because it is your own abilities," Day said.

While Wagner went to the Olympic Trials last year, Day opted to compete in the Junior World Team trials. It was the last year she would be eligible for the team.

"I wish I could have done the Olympic Trials just to see where I was compared to other athletes, but I thought it was important to take my last opportunity to do the Junior World Trials," Day said.

Wagner and Day have more than just eager coaches and fans hoping to see them at the Olympics. Teammate Courtney Stafford said she hopes they will compete alongside her in Beijing.

"They both have great personalities and are sincere with all that they do, and it shows in competition," Stafford said. "I know both ladies will be successful in their event. They are great teammates as well as friends."

Wagner and Day decided to attend at Cal Poly for different reasons. Wagner originally came because of the animal science department, but soon switched into kinesiology. Day said it was more the recruitment strategy that drew her to Cal Poly.

**THE DEBATE ON SUPPLEMENTS AND CREATIVE RAGES ON**

Garrett Leight

In the world of professional athletes, steroids and performance-enhancing drugs come up almost as often as the Yankees win the pennant.

Competitive athletes always look for ways to get bigger, stronger and faster than the rest of the field. With the recent popularity of performance-enhancing drugs, the debate remains whether these supplements help athletes perform at a higher level.

Because athletes such as Lance Armstrong, Barry Bonds and Marion Jones are accused of using steroids, a number of young athletes man ask themselves, "If these guys can do this, why can’t we?"

A legal substance that many athletes are trying to improve a natural component and muscle mass. Creatine, unlike anabolic steroids, is a natural occurrence in the body that can be created in the muscles to perform short bursts of intense action. Steroids are synthetic hormones and are not naturally created in the body.

Creatine is acquired from an individual diet and is generally created in the body. It can be produced from amino acids available during digestion or obtained directly from protein-rich foods such as meat that contain creatine.

Recent studies have shown that creatine supplementation can improve performance in short bursts of intense action. Steroids are synthetic hormones and are not naturally created in the body. Creatine is acquired from an individual diet and is generally created in the body. It can be produced from amino acids available during digestion or obtained directly from protein-rich foods such as meat that contain creatine.

**MORE OF THE SAME**

The debate on supplements and creatine rages on

Garrett Leight
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