

Defending the media

Daily columnist stands up for a questionable business ethic

Opinion, page 4

Defending yourself

SLO martial arts seminar teaches confidence and grace

Sports, back page

Defending the Earth

Colleges cash in by starting new conservation projects

News, page 2



High 83°
Low 53°

MUSTANG DAILY

Wednesday

October 7, 1998

CALIFORNIA POLYTECHNIC STATE UNIVERSITY SAN LUIS OBISPO

RIGHT:
Cars, cars, and more cars fill the landscape in the G1 lot by the Performing Arts Center.

BELOW:
Parking might be eased by the addition of a parking structure, scheduled to begin construction in November.

Colin McVey/
Mustang Daily



CSU OKs parking structure

Construction on 936-space, 4-level building could begin in November

By Rachel Robertshaw
Mustang Daily

Students may have an easier time finding a parking space on campus next year after Cal Poly completes work on a parking structure.

California State University trustees have approved the construction of a four-level, 936-space parking structure. Taking into consideration the 150 parking spaces that will be lost, the parking structure will add 786 parking spaces to campus.

During the 12 to 18 months of construction, 128 general parking spaces will be unavailable.

Matt Ceppi, program services assistant for Cal Poly Public Safety, admits that the loss of parking to

construction is going to be difficult for students.

"It's going to be a crunch," Ceppi said. "We realize it. The campus realizes it. But we just have to get through the year."

The parking structure will be built adjacent to the Performing Arts Center. Construction could begin as early as November, Ceppi said.

Forestry and natural resources sophomore Caryn Black said she hopes the temporary loss of parking spaces will prompt more people to carpool and use public transportation.

"There's other ways to get to school," Black said. "Besides, the parking structure will benefit the

see PARKING, page 2



Programs search for volunteers

A wide of variety of community activities for student activists

By Louise Attard
Mustang Daily

Cal Poly students came in droves to the Chumash Auditorium last Wednesday with only one thing in mind — helping others.

"I feel like I'm on an island sometimes. You want to get off the island and see the community and give back to them a little bit," said Katrina Whiteaker, director of Environmental Council, one of the student community service programs on campus.

"I feel like I'm on an island sometimes. You want to get off the island and see the community and give back to them a little bit."

— Katrina Whiteaker
Environmental Council director

Eagerly sitting in their booths and handing out information, the Student Community Services directors talked to students about their programs, hoping to recruit volunteers to help others less fortunate in San Luis Obispo County.

Season Conlan, president of Student Community Services, said that becoming a volunteer can enrich the education of students.

"We're here at Cal Poly to all get an education. But getting an education is so much more than being in the classroom. It's being with your friends and also getting to know people out in the community; finding out what San Luis Obispo means," she said.

More people turned up to this year's orientation than last year, which surprised Conlan.

"I'm totally excited. I'm very happy for all the directors. They put a lot of time and effort into it," she said.

This is Conlan's third year working with Student Community Services, and her first year as president. She said anyone can be involved in the nine different projects that Student Community Services offers.

see SERVICE, page 3

No need to scream for Cal Poly ice cream

After a two-and-a-half year absence, cartons are available at Campus Market

By Wendy Conti
Mustang Daily

Aside from the overpowering smell of manure, the first thing a visitor notices about the Dairy Products and Technology Center is its attractive

and contemporary exterior. Inside, it is air conditioned, spacious, and comfortable. Costing \$7.5 million to build, the center's creamery is equipped with a new 200-gallon-per-hour continuous ice cream freezer, in addition to a fluid-milk area capable

of processing up to 600 gallons of milk per hour.

Yet, despite the new facility and state-of-the-art equipment, Cal Poly ice cream has been unavailable for more than two years.

Since the creamery's operations moved from the Food Science Building to the new dairy center two years ago, Cal Poly ice cream has dis-

appeared from campus food vendors and local supermarkets. When asked if it would sell Cal Poly ice cream in the future, Julian's answered no.

David Maisonneuve, dairy science senior and student manager of the creamery, has other plans in mind for Cal Poly ice cream.

"By October 13," Maisonneuve said, "we want to have Cal Poly ice

cream for sale at the Campus Market. That's our goal."

The creamery is also working to ready its cheese for Poly Packs food gift baskets in time for the holiday season. At the present time, however, the cheese must stand alone. Maisonneuve and the creamery staff are obligated to crank out the ice cream.

see ICE CREAM, page 3

PARKING

continued from page 1

students eventually. We should help out."

The loss of parking spaces during the construction period concerns nutrition senior Carleen Raminha.

"I really think that losing that many parking spaces will be a problem," Raminha said. "But it may be worth it because right now parking is a nightmare."

Cal Poly officials hope the new

parking structure helps Cal Poly's parking crunch.

In Spring 1998, Cal Poly sold 6,857 student parking permits. The total number of general and resident parking totaled 4,110 which means that there are 1.67 permits sold for each single parking space available. This does not include the average 9,000 daily and weekly general permits that are purchased each month.

Last spring, there were 2,062 staff permits purchased and 1,262 staff parking spaces available. This means that for every single staff parking

space, there are 1.63 permits sold. A recent study showed that Cal Poly is not an extreme case. On the average for CSU campuses, there were 1.67 permits sold for each parking space.

"It's always hard to find a parking space, except after hours," civil engineering junior Julianne Chu said.

Agricultural engineering sophomore Andy Parsons rides his bike to school rather than fight for a parking spot. "Parking is ridiculous, and it costs too much," Parsons said. "It seems like something should be done to make the situation better."

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Report: Saving the environment saves colleges money

Campuses make an impact on economy and natural resources

SALT LAKE CITY, Utah (U-WIRE) — Thanks to conservation projects on college campuses, \$16.8 million is being saved across the nation.

Green Investment, Green Return, a new report released recently by the National Wildlife Federation, shows savings of \$16.8 million were achieved through 23 cost-cutting conservation programs at 15 post-secondary institutions across the nation.

Savings per project ranged from \$1,000 to \$9 million, which works out to an average of \$728,500 per campus.

Possibilities for savings would be even more impressive if the 3,700 higher education institutions in the country began projects of a similar nature, according to the report.

In a press release, the NWF stated, "Because college campuses are microcosms of society, they possess incredible potential for making a substantial impact on the environment and the economy."

The University of Utah, for example, has approximately 25,000 people on campus at any given time. According to Orfo Costrenciah, a financial analyst at the U of Utah, students, faculty and staff consume 180 million cubic feet of water annually, along with 235 thousand kilowatt-hours of electricity at a combined yearly cost of nearly \$9 million.

According to the report, cutting usage by any amount could lead to massive savings when multiplied across such a large community.

60 arrests, 42 kegs seized in weekend victory celebrations

COLUMBUS, Ohio (U-WIRE) — More than 60 arrests were made and a total of 42 kegs taken from parties near campus Saturday night, following the Buckeye victory over Penn State.

"Our operation was a success," said Steve Hasseman, agent in charge of the Columbus District Liquor Enforcement. Liquor enforcement made arrests for crimes including underage possession of alcohol, drug abuse, false identification, illegal sales of alcohol and an escape charge.

Most of the arrests were made in the south campus area, primarily near

E. 12th Avenue.

Liquor enforcement also confiscated 42 kegs — about 651 gallons of beer —

including 39 from an apartment complex on 70 E. 12th Ave. Each keg holds about 15.5 gallons.

"We needed to use a U-Haul truck to confiscate the kegs from the party..."

— Steve Hasseman
Columbus District Liquor enforcement

"We needed to use a U-Haul truck to confiscate the kegs from the party on 12th," Hasseman said. "Early on there was potential for trouble in a couple of areas, but seizing that much alcohol, which keeps it from being consumed, stopped a lot of problems for the citizens of that area." The kegs were confiscated before 11 p.m. Saturday.

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SERVICE

continued from page 1

"It doesn't take that long to volunteer. Take an hour, an afternoon, free time on the weekends. Even giving a little bit makes a big difference in the end," she said in her opening speech.

Helping Hands is a program that gives children living in low-income housing complexes the opportunity to beautify their communities. The volunteers not only assist in the manual work, but act as mentors to the children.

"We're really into fun, recreational, educational, supportive activities for the children because a lot of them need role models. The volunteers really do act as role models and mentors for the children," said Matthew Huy, a forestry and natural resources management sophomore. He is one of the directors of Helping Hands.

The volunteers help for two hours a day every Monday and Thursday. Although many students signed up to volunteer on open day, "we always need more help," Huy said. "There's always another child who needs some extra help."

Marcy Ryan, a child development junior, Brad Beachler, an aeronautical engineering sophomore, and Neil Jenest, a mechanical engineering sophomore, are the directors of Poly Pals.

The mission of Poly Pals is to provide positive Cal Poly role models to children who have special needs or circumstances. For three hours a week, the student mentor and the child share a one-on-one relationship that encourages personal growth and development.

"Poly Pals is a big brother-big sister organization. It gives children a friend," said Ryan. "Some come from very low income families and need someone to get them out of their house and play with them."

Poly Pals is always short of male volunteers, Beachler said, as the applicants usually want male role models for their sons.

Jenest said he enjoys spending time

with his pal, Russell Phillips. Russell is 9 years old and goes to elementary school in the Laguna area.

"Basically we just hang out, watch TV, play games, all sorts of stuff," he said. "He's a lot of fun to hang out with. You learn a lot from these little kids."

Like the other programs, Poly Pals organizes big events with the volunteers.

This quarter Poly Pals is organizing a trick-or-treating event. While the children will be asking for candy, the Poly Pals will be asking for canned

good to feed the needy.

Amy Heckendorf, a liberal studies senior, is the director of Youth Education. Volunteers in the program tutor in after-school homework classes up to four hours a week in San Luis Obispo elementary and middle schools. They can also become a "study buddy," where volunteers focus on

individuals who need extra attention, from kindergarten to the twelfth grade.

"A lot of them are underprivileged kids who wouldn't get help from their parents," said Heckendorf. "If we don't help them with their homework, it just doesn't get done."

Heckendorf said the program plans on starting a homework club at the homeless shelter.

"There's a lot of homeless kids that come through there," she said.

Heckendorf said she wants to be a teacher after she graduates and finds volunteering a valuable experience.

"It's really rewarding to see them get excited to learn and know that maybe down the road school won't be so difficult for them," she said.

Michelle Montgomery, a biology freshman, signed up to tutor in the Youth Education program. In her high school days, Montgomery tutored children in elementary school. She said it is important to get involved in activities other than school.

"I need to not do just school. I need to do other activities to make me - it sounds cheesy - but more complete. If I get too caught up in my own school work, I'll lose perspective," she said.

ICE CREAM

continued from page 1

Over the summer, the creamery staff produced small amounts of ice cream for a flavor development company. The trial runs proved successful, and now they are ready for the "real thing" — good news for a struggling enterprise.

After moving to its new location in 1996, the creamery continued to produce fluid-milk for a year. Because fluid-milk production is not a very profitable business venture, Maisonneuve explained, the creamery was losing too much money. Moreover, the experienced student workers all graduated, leaving less experienced students to adjust to the new facility. Quality suffered.

"We want to be a reliable source of dairy products with consistent quality," Maisonneuve said. "Otherwise, we're just wasting shelf space." As a result, the creamery

halted fluid-milk production. Without milk, there is no cream byproduct—an essential ingredient in ice cream.

Consumers haven't seen Cal Poly ice cream since that time. Today, most first- and second-year students aren't even aware that Cal Poly sold dairy products, according to Maisonneuve.

Many older students, on the other hand, remember Cal Poly ice cream fondly.

"It was really, really good," says Annie Carlson, a physical science senior who has attended Cal Poly since 1992. "I'd get the plain vanilla at Julian's. I wish they still sold it."

Fortunately, a consulting engineering firm helped solve the creamery's problems in its whole processing system, particularly in piping design. The creamery is back in business, and students, faculty, staff and the ice cream-loving public can enjoy Cal Poly ice cream again.

Editor's note

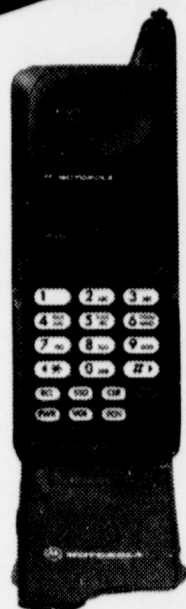
This is part one of a two-part series on Student Community Services programs. Thursday's installment will explain the following:

- Beyond Shelter
- Environmental Council
- Senior Services
- Youth Challenge

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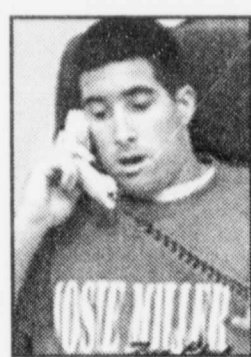
- **Customer Dynamics:** This service line transforms how clients market, sell and service their customers. These solutions leverage process design and new technologies to improve clients' front office operations. These transformations occur throughout the development of new strategies for customer value, process integration of marketing, sales and service, and transformation of customer interface channels through new technologies.
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6:15 - 8:30 pm
Sandwich Plant

Social Event
Thursday, October 15
6 - 9 pm
Performing Arts
Center



**Alan
Dunton**

Following suit

Drop in on a beginning journalism class and you'll see students wrestling with the question of the media's purpose. Ambitious yet naive students quickly derive that the media's purpose is to inform the public in a clear, concise and accurate manner. Furthermore, they agree that news should be delivered without bias and as close to the absolute truth as possible. They attack so called tabloid news broadcasts like "Hard Copy" and publications like "The Inquirer" as being miserable stains on the soul of journalism.

Outside the major, people constantly remark that journalism is losing faith because of biases and dishonesty. For argument's sake, I'll agree that the media needs help in its ethics department. Just one problem, though. I would like to know when the institution of journalism has ever been truly honest and therefore accountable to such high standards.

Near the onslaught of journalism in this country, we had something called the "party press." During this time, roughly the late 1700s to the early 1800s, political parties owned the papers and used them as platforms for their political opinions. Next came the "penny press" and the beginning of advertising. Papers could be sold for nothing because editors began to figure out that audiences were just waiting to be told what to buy.

Bias in the media surged as the Civil War approached. American journalism witnessed the birth of several publications whose purpose was to argue that slavery should be abolished. Again, unadulterated news took a back seat to strong editorial bias. Post-Civil War America gave way to an advertising explosion. Editorial content and advertising coexisted, with editorial content taking cues from advertising dollars.

"Tabloid journalism," a term actually denoting paper size, evolved into a profane term at the end of the 1800s when highly competitive newspapers flooded the market with sensationalism. Sensationalism, exaggerated stories with loud headlines and big pictures, led to "yellow journalism" — more like fiction and less like reputable news as editors, driven by monetary desire, did anything to beat their competitors.

Today, third-rate news shows clog up the networks, offering nothing more than good-looking women and jazzy intros. The Internet is also in dire need of stricter accountability. Anyone can post "news" on the Internet, forcing the question of the web's legitimacy. Topping it all off, relatively few ultra-rich business men own the media and only care about their own assets. Journalism integrity is sacrificed for the bottom line.

Stop complaining that journalism isn't honest, moral or free from bias. It never has been and never has claimed to be.



What is your remedy for relieving stress?



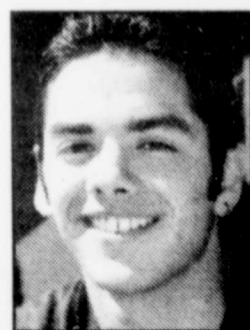
◀ "Since I live in Shell Beach, I go there with my dogs and play with them."

Sarah Smalley
nutrition science senior



◀ "I take a ride. A bicycle ride that is, usually around Poly Canyon."

Will Wright
physics freshman



◀ "I don't usually get really stressed out, but when I do I just take a deep breath and smile."

Rusty Dalrymple
business junior



◀ "I just go to the beach in Avila and sit out there. I also like to go to the cave that's out there."

Amber Shoop
ag business sophomore

People misunderstand Islamic law

Editor:

The basis of this response is not to offend, reply, or write for the sake of doing so. The article (Sept. 30) in response to the picture presented in the Mustang Daily, I believe, was by no means a ploy or opportunity to impose Islamic beliefs on anyone.

The intent in the last article could simply be seen as clearing prejudices about Islam.

The response article to that clarification (printed on, Oct. 5) is a clear representation of

the misunderstandings that people might have about Islam.

I implore you, as students in an institution of education, to please make or pass judgment on others with some basic understandings of who, what, or how they are.

If we cannot learn how to make our opinions educated, we as students only encourage the behavior of those like Hitler and Mussolini.

Shahzad M. Khan is an architecture junior.

Letter policy

Columns, cartoons and letters reflect the views of their authors and do not necessarily reflect those of Mustang Daily.

Mustang Daily encourages comments on editorial policy and university affairs.

Letters to the editor should be type-written, double-spaced, signed and include a phone number. They can be mailed, faxed, delivered or e-mailed to opinion@mustangdaily.calpoly.edu.

Mustang Daily reserves the right to edit for grammar and length due to spatial constraints.

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"Does anyone have something I can suck on?"

It's an 'American' thing

Editor:

I just returned from Europe, where like many students I took part in the summer ritual of Euro-railing and hosting from one country to the next. When taking a break from the museums and cathedrals, I would buy an American newspaper and head for the nearest cafe. Every issue I read contained a front-page article about the Lewinsky affair.

The Europeans I met all marveled at the fuss our press was making. They consider Clinton's mistakes to be insignificant and even understandable when committed by a man caught up in the trappings of the most powerful political office on earth. They wonder how a country that tears itself apart over such minor issues will be able to lead them and the rest of the world through the truly important global challenges in the coming century.

Prosecutor Starr's agonizingly long and expensive crusade to nail President Clinton on something, anything, has culminated in this: A politician cheated on his wife with a younger woman! The same politician lied to cover up the affair! Mon dieu! As American pundits try to convince us the sky is falling, most non-Americans scratch their heads. To them, it seems ridiculous that we should demoralize our president for the same acts so many other leaders have engaged in with impunity.

Even most Americans seem to realize that Clinton's supposedly impeachable crimes and misdemeanors don't impact their lives one bit. During his 1992 campaign, Clinton kept a sign on the wall reminding his supporters, "It's the economy, stupid!" Americans agreed and elected him to two terms. Apparently, most now view our President as the CEO of U.S.A., Inc., and as long as the company's stock is soaring, we shareholders don't care

what he does in his spare time.

Those in Congress handling this hot potato look either disgusted or scared, it's hard to tell which. We recently learned that House Judiciary Committee Chairman Henry Hyde, the man primarily responsible for the release of the Starr report and grand jury videotape, once had an extra-marital affair that broke up a marriage. He claims it was a youthful indiscretion, even though he was 41 years old at the time.

Republican house members Helen Chenoweth and Dan Burton, two "family value" champions who latched on to Clinton's leg like rabid bulldogs, recently experienced the unhinging of their hypocritical jaws: they also were reported to have had affairs.

This whole mess seems to be the result of partisan politics gone too far. By granting a crazed Clinton-hater like Starr free reign all these years, the Republicans unwittingly created a Frankenstein monster. They're finding out that, once unleashed, the creature can easily turn on its creator.

By exploiting the daytime talk show aspects of Clinton's private life, the conservatives have swept away the last vestige of civility in the American political arena. More important than any domestic fallout, however, is the effect all this has on our ability as Americans to influence global change.

To lead the world into the next century, we need to pull together as a country and regain our dignity. It is time to forgive and move on to issues that really matter. Only then will other nations see us as a united force that demands respect for our policies and our president.

Steve Barbaccia is a MBA student.

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Players say they're not on strike

NBA players go on offense, blame owners for lockout

PURCHASE, N.Y. (AP) — On the day NBA training camps were supposed to open, dozens of players around the country took their case to the public Tuesday with a simple message: We are not to blame.

"We're here to show the public that we, as players, want to play," union President Patrick Ewing said. "We just want everybody to know that the players want the season to start on time."

Ewing spoke in a parking lot outside the New York Knicks' practice facility as part of a media blitz that was unprecedented for a union that historically has been considered disorganized and weak.

In all, players appeared at 14 training camp sites and NBA arenas in an attempt to influence public opinion over a labor battle that has grown increasingly acrimonious since the lockout began July 1 when the collective bargaining agreement expired.

Talks are scheduled to resume

Thursday, and an agreement must be reached in a few days to prevent the cancellation of regular-season games for the first time in league history. The NBA already has canceled the entire exhibition season.

"They locked us out. It's not like we're on strike," said Rockets free agent Mario Elie, one of several players who have been working out at Houston's Westside Tennis Club. "Everybody's got to get that corrected. It's not on us. The onus is on them. They're the ones that closed us down."

Seattle center Jim McIlvaine spoke outside the Bucks' locked practice facility in Racine, Wis., where players stood in the rain.

"I was more optimistic than pessimistic over the summer, but lately that's turned around," he said. "This Thursday's meeting will be big. The only way we're going to get the season started on time."

But such a dramatic turn seems highly unlikely with the sides far apart on the main economic issues. In a league with almost \$2 billion in annual revenues, the owners want to install a "hard" salary cap system with an absolute

limit on how much money is paid to players.

The players, meanwhile, want to keep as much of the old system intact as possible, including the so-called "Larry Bird exception" that allows teams to exceed the salary cap to retain their own free agents. Such a rule allowed Michael Jordan to make \$33 million last season when the cap was \$26.9 million.

The NBA did not immediately comment.

"We're battling an enormous PR machine," said free agent Steve Kerr, one of only two members of the defending champion Chicago Bulls to appear at Berto Center in suburban Deerfield, Ill., where the Bulls practice.

"I don't expect any sympathy at all from anybody," Kerr said. "The fact is, though, we're the 400 top people in our profession in the entire world and we're in a billion-dollar industry. There is no reason why we should be restricted in what we're making while the owners are cashing in."

BIATHLON

continued from page 8

courtesy of Art's Cyclery and a week-end's stay in San Diego from Gulliver's Travel.

Competition is not limited to individuals. Many choose to participate as teams, with each member completing only a portion of the course. This allows each member of the team to concentrate on what he or she excels at most — running or bike racing.

The biathlon has been noted for its non-competitive nature: its emphasis is sportsmanship rather than winning. Cuesta College Athletic Director

Warren Hansen believes this is why the biathlon has remained popular.

"Those who complete the course and do their best are regarded as winners," Hansen said.

According to second-time competitor Gabriel Vargas, 27, of San Luis Obispo, it's competitive without being intimidating.

The last chance to register is on Sunday, right before the biathlon starts. Competitors should show up at the Cuesta gymnasium between 6:30 a.m. and 7:30 a.m. For those who register on the day of the event, the cost is \$30 for individuals and \$60 for teams. The biathlon begins at 8 a.m., rain or shine.

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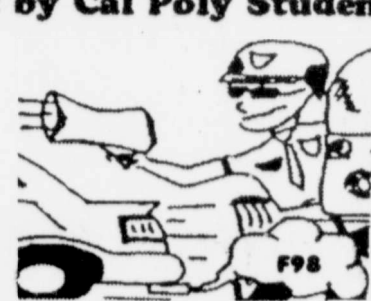
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YESTERDAY'S ANSWER

Mickey Mantle holds the record for most World Series home runs with 18.

No one submitted the correct answer!

TODAY'S QUESTION

Which team is the only undefeated team in the NFC at 5-0?

Please submit answer to: jnolan@polymail.calpoly.edu
Please include your name.
The first correct answer received via e-mail will be printed in the next issue of the paper.

BRIEFS

BATON ROUGE, La. (AP) — San Francisco 49ers owner Eddie DeBartolo Jr. pleaded guilty Tuesday and agreed to pay \$1 million for concealing an alleged scheme by former Louisiana Gov. Edwin Edwards to extract payoffs for a riverboat casino license.

As part of the plea bargain, DeBartolo agreed to testify against Edwards and Edwards' son and also received two years' probation.

He resigned as 49ers chairman and turned management control of the team over to his sister, Denise DeBartolo York, in December 1997, shortly after prosecutors told him he was a target of the investigation.

NFL commissioner Paul Tagliabue said that arrangement would continue through the 1998 season.

"Until our office is able to complete a thorough review of today's agreement and related matters, I have directed Mr. DeBartolo to continue his current inactive status with respect to both the affairs of the 49ers and the NFL," Tagliabue said in a statement.

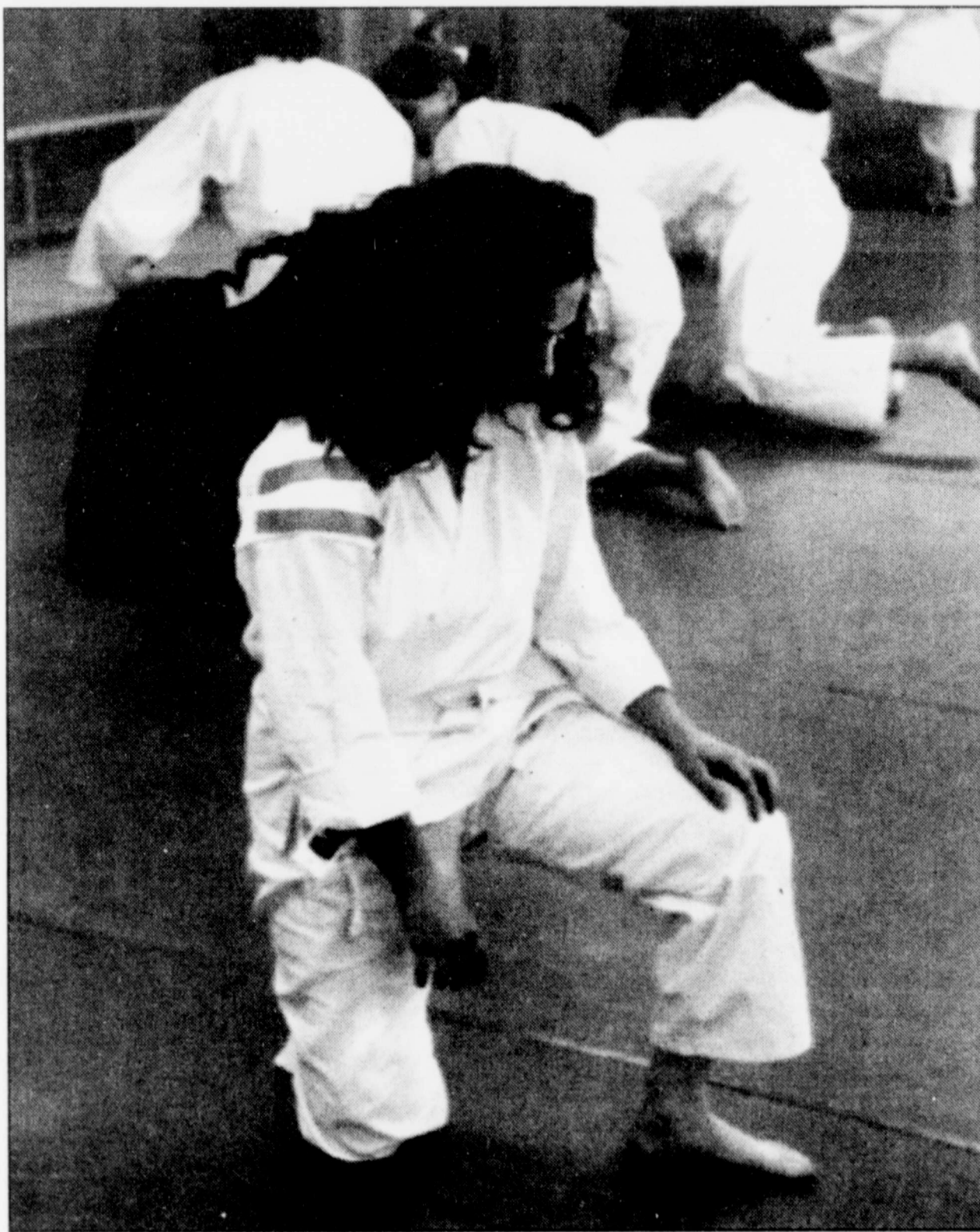
"Today's developments will thus have no effect on the current operations of the 49ers," Tagliabue said.

NFL rules give Tagliabue broad discretion to ban owners connected to criminal activity.

DeBartolo said pleading guilty to the felony was "like visiting a little piece of hell."

The formal charge against DeBartolo was "misprision of a felony" — knowing about a crime and not reporting it. The 51-year-old DeBartolo could have gotten up to three years in prison.

Martial art seminar kicks into gear



By Britt Fekete
Mustang Daily

Grace, control, and flowing, powerful movements are the essence of the Japanese martial art, aikido.

The Self Defense & Empowerment Training Center, which is also the aikido of San Luis Obispo dojo (training hall), promotes a safe, supportive and fun environment for more than 40 students.

Beginning tonight, and continuing each Wednesday from 7:30 p.m. to 8:45 p.m. until Oct. 28, people interested in learning aikido can enroll in the Beginners' Aikido seminar taught by black belt instructor Michele Simone.

Simone, who has been teaching aikido at the center since 1990, said the philosophy of aikido emphasizes harmony, grace under pressure and building power within oneself, rather than by competing or harming others.

"Aikido is similar to karate in the way that it teaches you how to develop inner power, but is different because it is non-aggressive," Simone said.

The body movements in aikido are also different than those in karate.

"Karate uses linear movements, whereas the movements in Aikido are very circular," Simone said.

The self-defense techniques of aikido are designed to neutralize an attack with the least amount of harm possible. Proper body alignment, joint manipulation, pins and throws aim to redirect the energy of an attack.

Aikido was developed early this century by Japanese master Morihei Ueshiba, who was one of the strongest warriors in Japan. His philosophy that the true purpose of martial arts is not to take life, but to protect life, aided him in the development of the martial art.

While mastering Ueshiba's philosophy, the aikidoka (a student of aikido) simultaneously learns the body movements and the importance of achieving harmony within oneself as well as in interactions with others.

Randy Lee, an instructor for two years, has found that the aikido principles of non-aggression and inner strength have enabled him to explore non-aggressive ways to solve problems. He said when people use aggressive means to resolve conflicts, there is some mental scarring that stays with them.

"(Aikido) is a physical metaphor for the way I deal with pressures of everyday life," Lee said. "Aikido is a wonderful way to express built-up physical energy and relieve stress in a safe environment."

"Aikido is an art where you learn to cope in a centered way with a physical and psychological attack," Simone said. "The purpose is to establish a unity of the mind, body and spirit."

The aikido program is part of SAFE-SLO, a non-profit organization established by Mary Tesoro, who also teaches classes. All of the instructors volunteer their time to teach the aikido classes and model mugging classes (which focus on full-contact self-defense).

The beginners' aikido seminar is \$35 for all four sessions. Organizers say no prior experience is needed, but participants should wear comfortable clothing.

ABOVE: Aikido students warm up for the day's instruction. The Japanese martial art is based on the philosophy of non-aggression and inner strength.

RIGHT: An Aikido student practices a low kick. Students are taught at the Self Defense and Empowerment Training Center.

Colin McVey/
Mustang Daily



Cuesta Biathlon will run Sunday

By Rachel Robertshaw
Mustang Daily

Twice a year the Cuesta College gymnasium resembles an Olympic stadium, swarming with athletes of various ages and levels of training and spectators.

Runners and bicyclists from all over the Central Coast gather to participate in the Cuesta College 50k Biathlon. This popular event will take place this Sunday.

The race consists of a 10k run and a 40k bike ride. The route begins at Cuesta and follows a course through the countryside and neighboring towns. The biathlon has taken place in the spring and fall for the past 14 years.

The purpose of the biathlon is to

promote health and fitness for people of every fitness level. All proceeds will help support the Cuesta College athletic fund.

Serious athletes are not the only contestants in this event. Many of the 400 expected participants have never entered a race before. Recreation administration major Carlie Johnson has never competed in the biathlon before, but decided to enter this year because, "It's just a fun thing to do on a weekend."

Todd Marshall, 28, of San Luis Obispo participated in the race last spring, and encourages new participants.

"It's a really fun course," Marshall said. "It's not too demanding. They have good door prizes, so even if you

"Those who complete the race and do their best are regarded as winners."

— Warren Hansen
Cuesta athletic director

lose, you could get a good prize."

Recreation administration senior Noel Daly, who has been in the race three times, recommends people to take part in the biathlon.

"For sure!" Daly said. "It's a pretty long race — about a six-mile run and a 25-mile bike ride. If you don't do any kind of prep work ... you're going to hurt."

The race begins with a 10k run which begins at the Cuesta gymnasi-

um. It follows a course along the flat campus roads, and finishes back at the gym where the bike ride begins. The 40k bike ride makes a loop on O'Connor Way to Los Osos Valley Road, continues on South Bay Boulevard to Highway One and returns to Cuesta College, where riders cross the finish line.

The grand prizes include a bicycle

see BIATHLON, page 7