Needing every drop

Caffeine: addiction, effects

By Andrea Parker
Mustang Daily

Caffeine, the global addiction.

According to a study by John Hopkons University School of Medicine, caffeine is the "most widely used psychoactive substance in the world." The same study found that some people are addicted to caffeine to the same extent that others are addicted to cigarettes or alcohol.

see CAFFEINE, page 2
NURSING THE CAFFEINE ADDICTION

By Nate Pontious
Mustang Daily

It's a rainy Wednesday night in the architecture building on campus, and while the majority of students are passed out over a set of miniature models. Katy Reerson, a civil engineering junior, is the image of enthusiasm, kissing his to-go coffee mug, nearly burning him with excitement, as he works overtime, building 26.

"I'm on a mission, wading through the paper and ruler is, for many, a superstitious thing. I would actually call it a ritual," Kelly Reerson said. "When I work, I would crave it. It would be shaky."

He said he had no trouble kick the habit once he came to school, however. Kelly also notices the stimulating effect of caffeine more when he hasn't been drinking it often.

"Caffeine is a luxury now, but once quarter with 0 clock classes, it will be a necessity," he said.

The more caffeine consumed, the less it helps. Tolerance increases with the greater amount of caffeine consumed, said Mary Pederson, a Cal Poly food science and nutrition professor.

"Basically, it's keeping you alert, but it's not helping you for more complex tasks," Pederson said. "Some complex tasks including drafting, any artistic work or complex mental function, she said."

These findings suggest there is a line, dividing too much caffeine and the right amount, depending on how sensitive an individual is. Too much caffeine can be lethal, though unlikely. The fatal oral dose is 5,000 mg, which is about 40 cups of strong coffee taken in a short amount of time. The more caffeine a person consumes, the less they need, less than 11 mg/day. A majority of college students increase consumption of caffeine from a variety of products during midterms and finals, according to "Caffeine," a new nutrition textbook by Dr. Lee's nutrition society, 1990.

Another food science and nutrition senior project by Diana Edwards in 1990 attempted to determine how many Cal Poly students use caffeine. She concluded that 61 percent of students, or students taking a course in coffee or two cans of Coke. Edwards' study also showed that 16 percent of students consumed more than 100 mg/day, two to three cups of coffee or two cans of Coke.

"There has not been any clear-cut evidence in showing that drinking caffeinated beverages while pregnant causes birth defects," said the MiHa Java Blast is the most popular drink on warm days. "On cold days, a mocha latte is more popular with flavored lattes."

Caffeine is toxic—any dose see ADDICT, page 5.

"I wish I had an L.V. of caffeine. That would be nice."

—Christina Jamison journalist junior

CAFFEINE continued from page 1

However, several differences exist between caffeine and other addictive drugs. Fast of all, it's legal for all ages. It is not difficult to quit consuming caffeine, and it doesn't cause the same physical harm as other drugs. This is because, caffeine, though stimulating, will not help sober up someone who has had too much alcohol.

Roth the amount of caffeine consumed and the pattern of consumption during the menstrual cycle may affect PMS, said Anne Rossignol, professor and chair of the Department of Public Health at Oregon State University in Corvallis.

"Caffeine has also been known in a dose effect, sometimes it makes your body of water," Pederson said. "I don't think of it as medicine," he said. "I don't like the idea of having to depend on it to get things to make it through the day."

Kelly also has qualms about coffee dependence. "I believe it's a mind-altering drug and should be used sparingly, if at all," Pederson said. "There is very little evidence to suggest that caffeine is harmful."

"We have shown that caffeine has very little effect on blood pressure," scientists reported in the Archives of Internal Medicine. "Some people sensitive to caffeine may experience a small, short-lived increase in blood pressure; others may experience a small, short-lived decrease in blood pressure.

"As a nation, we drink more than any other nation," according to Leslie Pope's 1986 nutrition senior project.

Caffeine on campus

Caffeine is also prevalent on campus. Beverages containing the sustenance are available at every food establishment and vending machines.

Julian's, the coffee shop in the Student Recreation and Campus Market, offers caffeine-containing chocolate, espresso and coffee drinks, and sodas. Sara Crossman, who has worked at Julian's in the UU for two years, said the MiHa Java Blast is the most popular drink on warm days. "On cold days, a mocha latte is more popular with flavored lattes."

Caffeine is toxic—any dose see ADDICT, page 5.

CAFFEINE FACTS

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"(I'd drink caffeine) to be able to stay up to finish schoolwork and to be able to stay awake during classes because of staying up late.

—Craig Weber
City and regional planning junior

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NEWS

Mustang Daily
Local coffeeshops serve up themes of all flavors

By Rachel Robertson

When Cal Poly students wake up, they smell hot coffee. They also smell hot chocolate, cafe mocha, cappuccinos or anything else that may be brewing at the nearest coffeehouse.

San Luis Obispo seems to have a coffee shop on every corner. Whether students want to hook up to the net, sit by a roaring fireplace, or study into the wee hours of the night, many have been finding exactly what they want at the local cafes.

SLO Perk

SLO Perk, located across from the Mission on Chorro, is one of the only cafes in the area that provides on-line computers to their customers. Barista Nicole Sigman said, although they have a lot of regulars, they don't get many students as customers.

"It's surprising that we don't have more students, since we do have three computers they can use," Sigman said.

One of the smaller cafes in San Luis Obispo, SLO Perk serves smoothies, as well as the basic coffee and espresso drinks. They also have soup, sandwiches and burritos. They provide fresh baked pastries every day and four different coffee choices.

Linnaea's Cafe

Linnaea's is often crowded with students hitting the books, especially in the evenings. Barista Rachel Robison said all different types of people come to Linnaea's — from business people to families to students.

"There's a lot of myths about Linnaea's," Robison said. "We have a hugely diverse clientele. We're not as strange and bizarre as people are misled to believe. Your grandpa comes here, your mom comes here, and so does your little brother."

All coffee served at Linnaea's is a type of French Roast. It is all organically grown, without synthetic fertilizers, fertilizers, pesticides, insecticides or other chemicals.

"We're the only coffee shop in that area that does that. We try to serve the best," Robison said.

All food served at Linnaea's is vegetarian. They serve breakfast, lunch and specialty dinners made by local chefs on most nights.

Linnaea's welcomes students, but has had problems in the past with students who will buy only one cup of coffee and stay at the Garden street cafe for four or more hours.

Linnaea's also regularly schedules entertainment including folk music, piano trios, poetry readings and art shows.

Rudolph's Coffee and Tea Co.

Students who need a place to study are welcome at Rudolph's. Baristas at Rudolph's say it is more of a family-oriented coffee shop, and students can study because it's quiet.

Rudolph's specialties in their house coffees and offers a lot of flavored coffees. There are two house blends and a decaf blend served each day. The cafe, located across from Leoni's on Higuera street, offers indoor and outdoor seating.

Apollo Coffee

Apollo is one of the newer coffee shops in San Luis Obispo, located in the new Mortgeld Center, Cal Poly city and regional planning junior Emmunael Darkwa, who works at Apollo, said that different artists will exhibit their work at the cafe, since it has an artistic theme.

"Students are welcome to bring their artwork to Apollo, just to display it, or they can sell it if they want," Darkwa said.

Darkwa said there is no other coffee shop in the area like Apollo.

"It is very unique and original — like Coca-Cola," Darkwa said. "There has been none created like it. It stands alone because it isn't a chain coffee shop, like Starbucks.”

Apollo offers plenty of indoor and outdoor seating for students who want to spend the afternoon studying. Darkwa thinks a lot of students would like to study there if more knew about it.

"It's very quiet," Darkwa said. "It has nice scenery, but it is also close to the shops."

Uptown Espresso and Bakery

Uptown claims to be the "home of the velvet foam." In the evening, Uptown is usually crowded with students who keep warm by the roaring fireplace inside the cafe. Baristas at Uptown brew fresh coffee hourly. All food is prepared at the cafe. As far as pastries go, they offer pies, muffins, pound cake, and specialty desserts.

Uptown worker Johanna Schafer said the cafe gets a lot of regulars and business people in the morning, but at night students seem to take over.

"It's a totally different place in the morning than at night," she said.

Last year Uptown was voted "best cup of coffee" in the New Times SLO County Readers Poll.

Julian's

As the only on-campus cafe, many students dash to Julian's between classes. Others lounge around the University Union, slowly sipping a latte and munching on a scone while studying.

Manager Jeanette Kimball said that Julian's probably gets 1,500 customers per day, a large majority of which are regulars.

Cal Poly agriculture business junior Johanna DelBoeuf said she only goes to Julian's a few times a month. She said many students go there because of the location.

"It's right in the middle of campus," she said. "(Students) just want to get something on their way over.

Julian's serves scones, muffins, cookies, cheesecake and ice cream, all to go.

Various blends of coffee are served daily as well.

Starbucks

There are two Starbucks in San Luis Obispo, one in the Downtown Center, and one on Foothill. Shelley Wall, who works at Starbucks, said many people choose to come to Starbucks because they say the coffee is "simply better."

"We have higher standards for coffee," she said. "We use a diverse flavor of blends."

see SHOPS, page 6
The midterm ambush can be a work of art

I've never seen a spring term so packed with exams. Most of my classmates have opted for the "stalker" strategy, which involves going to class right before your class ends so that you can make a break for the door. Meanwhile, ambushing is the act of sneaking onto the last day of class to receive the test you haven't been able to take. It is a treacherous world we live in, and it seems that the only people who aren't part of this game are the ones who make sure it never happens.

But, for those who are part of this game, what are the strategies? Some students prefer the "evil twin" strategy, in which they go into class late and find their evil twin sitting in their seat, ready to ambush them. Others prefer the "sneaky ninja" strategy, in which they sneak into class right before it starts and hide in the back of the room, ready to ambush anyone who tries to take the test.

Still others prefer the "saboteur" strategy, in which they go into class late and then proceed to sabotage the test, making it impossible for anyone to take it. This can involve anything from changing the questions to tearing up the exam, but it always has the same goal: to prevent anyone from taking the test.

Of course, these strategies are not without their risks. The stakes are high, and the consequences of failing can be severe. But for those who are part of this game, the rush of adrenaline and the thrill of victory make it all worth it. After all, who doesn't love the feeling of defeating the system?

Nate Pontious

Parking Game

Editor:

Nobody likes being stalked when going out to the car, so I devised a game to play with these stalkers. When you see them staring in your direction, lock your car door, walk briskly so they don't have time to ask if you are leaving. Once they are hot on your heels, cut into a row of cars as if you have reached yours. Walk slowly so they think you are looking for your keys. Imitate their rage when you continue wandering through the lot.

Now the fun really begins. Watch as they fly around the end of the lot in hope that your car is in the next row. Should they hit something (another car running for "your spot", a light fixture, etc.), you are the grand champion. Should they hit another pedestrian, you lose. Near collisions don't equal victory, however it will cause the stalker to slow down and humiliate him.

I wonder if these folks realize that if they would not try to get a spot to drive, they would spend less time in their cars. Simply drive out to the sleepy unit and walk. We are all young at heart. Walking is the only exercise most of us get all day. Here is a free tip, folks: There are no spots left right next to the library after 7:40 a.m. But hey, keep trying, the folks that drive around looking for that imaginary spot farty closer to the real spots.

Damien Alvarado is a computer engineering sophomore.

Dustin Smith is a construction management senior.

Column topics need more relevance

Editor:

I am occasionally flabbergasted when I read students' opinions over the issue of diversity. I've seen students write about how wonderful diversity is, and how it's a shame that anyone would even suggest that we should have diversity on campus. But, when I read these articles, I wonder if these students have any idea what diversity means. Diversity is not just about having people from different backgrounds, it's about having people who are willing to learn from each other.

For example, if you're a student who grew up in a small town, it can be difficult to understand the experiences of someone who grew up in a big city. But, if you're willing to listen, you can learn a lot from that person. And, if you're willing to learn, you can help to create a more diverse and inclusive community.

So, next time you write an opinion article, think about what you're really trying to say. Are you just trying to sound like you're woke, or are you actually trying to make a difference? If you're trying to make a difference, then you should be willing to learn from others. If you're not willing to learn, then you're just adding to the problem.
QUIT COMPLAINTING, START APPRECIATING

Editor:
I read many articles in the Mustang Daily that bemoan the parking situation on campus or curse the lack of seats in classes. I would like to put all these complaints in a different perspective by comparing our campus to a UC campus somewhere near Santa Barbara, California.

I feel as though I am a part-time UCSB student, because my girlfriend is a freshman there. Every weekend I make the trek down the scenic 101 to enjoy her company, and I have come to appreciate Cal Poly by what I’ve observed and what she has told me.

There is a parking problem at UCSB. (Surprise, surprise.) To help remedy the situation, a new parking structure was built and recently finished. The structure has made little impact on the parking problem, because people that previously rode their bikes or took the bus now drive because there are “more” spots.

Here at Cal Poly you can get a day parking permit for the bargain price of $1.50. That much cash will buy you a measly half hour on the asphalt of UCSB. If you want to park there all day and have not purchased a quarterly permit, you still have to pay six times. Did you all here that? See backs for one day? Oh, and their quarterly permits cost roughly as much as an annual at UCSB.

I assume that most students here came to see the campus at least once before deciding to enroll here. Why did you decide to come? At UCSB, you will have to say six hours. Did you all here that? Six bucks for one day! That, and their greek counterparts. Greek organizations provide opportunities for study groups and many require at-risk members to attend special study sessions. Members are encouraged to succeed academically.

When discussing the issue of alcohol abuse, there have been alcohol violations involving greek organizations. Since 1994, there have been 14 violations. That is 14 violations in a Greek community of thousands in four years. I do not wish to down play violations, or excuse them, but simply put them in perspective. The rest of the Cal Poly community has had more than 14 incidents in a quarter. Secondly, the university can actually monitor greeks for alcohol violations and in many cases, suspend or revoke a house’s charter.

Greeks have rules to follow and are required to educate their members about alcohol. This is not a perfect system, but it does increase safety and offers greeks knowledge that many other students may not receive.

No logic, no facts ... no deferred rush

Editor:
The argument on deferred rush is really a simple one. No facts or logical reasoning to support this new policy exist, yet there is a wealth of precedence, constitutional rights and court decisions against it. We’ve heard arguments of grade point average, alcohol abuse and the belief that greek organizations/home in on confused freshmen to fill a quota. A weak, factual argument has not been presented as to why this policy was enacted.

GPA was the first target against the greeks. If greeks fall below the Cal Poly average, then maybe a good argument for deferred rush exists. I have yet to see any comparative data indicating the difference academically between the average student and a greek. A national study found greeks have a higher graduation and retention rate than their non-greek counterparts. Greek organizations provide opportunities for study groups and many require at-risk members to attend special study sessions. Members are encouraged to succeed academically.

When discussing the issue of alcohol abuse, there have been alcohol violations involving greek organizations. Since 1994, there have been 14 violations. That is 14 violations in a Greek community of thousands in four years. I do not wish to down play violations, or excuse them, but simply put them in perspective. The rest of the Cal Poly community has had more than 14 incidents in a quarter. Secondly, the university can actually monitor greeks for alcohol violations and in many cases, suspend or revoke a house’s charter.

Greeks have rules to follow and are required to educate their members about alcohol. This is not a perfect system, but it does increase safety and offers greeks knowledge that many other students may not receive.

So how does alcohol relate to deferred rush again? If we are trying to protect students from alcohol, how does taking away their right to rush affect their decision on whether or not to drink?

Let me clear up the belief that greek organizations target confused freshmen to meet quotas. Although many houses have some type of goal or target, the competition to recruit new members is between different houses. No organization wants to recruit someone who is not ready to join, just to lose them in a few quarters. That’s why rush is in existence—for organizations to get to know potential members. Most students who rush know that they want to join an organization; they just rush to find out which organization is right for them. Most find what they are looking for, some decide they are not interested and still some may decide to return in the spring. But this is their choice, a choice made by adult individuals, preparing themselves for life in the real world and a choice guaranteed by the Constitution of the United States.

I was an individual who found what I was looking for. My fraternal connections have given me job opportunities, invaluable leadership skills and the desire to become a better person. When I made the choice to rush Alpha Gamma Rho, I had the right to decide my future and that right should continue on far into the future. My continued success has been attributed to the decision I made back in the Fall 1996. The choice on whether or not a greek organization may not be the same for everyone, but it is your choice. Don’t let the university take that right away from you.

Kris Elliott is a agricultural science junior.

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Women's history month kicks off with reception

By Whitney Phaneuf
Mustang Daily

Women and men packed into the University Union Galerie on Tuesday for a multicultural presentation of music, poetry and lecture celebrating women's history. The opening reception for the annual Women's History Celebration brought around 150 people, most of whom were students, according to Women's Programs Coordinator, Pat Harris.

"I am really pleased with the number of students who were there and I'm happy they had the opportunity to hear a little about women's history from a cross-cultural perspective," Harris said.

Art and design junior Char Atanasiu enjoyed the blending of so many cultures around ISO people, most of whom were students.

Women's History Celebration brought history.

Women's History Celebration celebrated Native American, African American, Chicana women.

Women's History Celebration is an important tune to recognize their contributions to women's history.

"I think we have been the invisible, forgotten women and when the women's movement began we were ignored. Women of color have been a very important part of the movements," Velasquez said.

The performance incorporated poetry, music and song, including singing by Havas, as a tribute to African American women.

"It is important to have your horizons broadened by people of different backgrounds, especially when it's done so eloquently," said history senior Fiona Morgan. Albenlo Velasco, an electrical engineering senior, said he attended the reception to see his friend Monreal play guitar and to support Velasquez.

"She always has inspirational things to say about Chicano people," Velasquez said. He also saw the reception as an opportunity to support Women's Programs.

"I think we have to keep an open mind when it comes to women's issues. In general, a lot of Latinos come from male-dominated families," Velasquez said.

Carolyn Stefanco, History Department chair and former director of the women's studies program, spoke about "Why Women's History?" She explained the factors leading up to the study of women's history and discussed its role in women's studies.

Morgan, a history major, recognizes the need to celebrate women's history.

"It's important to take time out to realize how far we have to go to have a history that's herstory," Morgan said.

The current UG Aligant exhibit, "Chinese Garden Designs," also provided a different element of culture to the reception. The exhibit features garden designs by the Landscape Architecture students of Professor Alice Loh, with special guest artists Mr. Cheung Ping of Hong Kong and Ms. Gu Hong of Harbin, China, and Cal Poly alumna, Ms. Sandra Johnson.

"The goal was to provide both an artistic and academic medium for showcasing women's issues," said political science senior Kathleen Lovell, student coordinator of Women's History Celebration.

February 1999 marks the 17th annual Women's History Celebration at Cal Poly.

This year's theme, "Looking Glass," refers to the visual representation of women in media and the effect that representation has on women's identities and self-esteem. Events, workshops and special lectures will be presented throughout the month.

For more information and a complete schedule of Women's History events, please call Cal Poly Women's Programs at (805) 756-2600 or check their web site at http://www.calpoly.edu/wps.

"It's important to take time out to realize how far we have to go to have a history that's herstory.

— Fiona Morgan
history senior

ADICT

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over 10 grams is fatal, according to a fact sheet maintained online by Alejandro Lopez-Ortiz (http://www.hyperreal.org/drg/stimulants/FAQ-Caffeine). A 6-ounce cup of brewed coffee contains roughly 100-150 milligrams of caffeine. Death may come one cup at a time, but 100 shots later, a die hard caffeine fiend may find himself in the hospital.

ADDICT

continued from page 3

Starbucks also offers a wide variety of espresso drinks that can't be found at other coffee shops, including the frappuccino, the caramel macchiato, and the tazza.

Barnes and Noble Cafe

Although it's often thought of as another Starbucks, the Barnes and Noble Cafe is a completely different company, although they do use Starbucks' coffee. The tables are usually full of people talking, reading or studying.

Lindsey James, a Cal Poly ornamental horticulture senior, is a barista at Barnes and Noble Cafe, and said it is a great place to study. "It usually doesn't get too loud because we're not as big as some of the others," James said.

Theresa Audino, a Cal Poly English junior, who works at the cafe, said a lot of their business is students.

"It's warm, she said, "It's a great people-watching place, and there's always plenty of good reading material."

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BASEBALL
continued from page 8

the offensive that they have to worry more about us than us worrying about them," she said.

The game opened with the Mustangs taking the lead but the Tigers responded with a 3-run rally in the second inning.
The game continued in the early innings with both teams struggling to get the run they needed.

Payton’s transplant spurring inquiries about organ donations

NEW YORK (AP) — Walter Payton found something positive Thursday in his desperate need for a liver transplant. The Hall of Fame running back said the publicity engendered by his announcement that he has a rare interest in organ donations.

"We're very evenly matched," said Mike Ditka, who was Payton's coach with the Chicago Bears and now is with the Chicago Bulls.

The toughest pitcher the Mustangs face will face the senior left-hander Mark Vollecrea.

"Mark Vellickas is their No. 1 starter," he said. "We recruited him and he's a quality guy. He beat us as a year ago."

The Mustangs play the first of a three-game series Friday at 1 p.m.

Payton's transplant spurring inquiries about organ donations

"Thousands of people are calling, finding out how to become donors," Payton said.

His plight made people "realize that you never know what's going to happen," Payton said.

"I'll call out of it to see if you find out the most precious thing in the world. And you know, from a coach, ... sometimes he can be a little wise."
Baseball opens play with USD
By Trisha Thorn
Mustang Daily

The Cal Poly baseball team will take the field for the first game of the season when they go up against the University of San Diego, Friday at Sondheim Stadium.

According to head coach Ritch Price, USD is a worthy opponent.

“We need (Matt Elam and Steve Wood) to be leadership-guys, to set the table for us and take the pressure off of everybody else. I think that will give us a chance to be successful offensively.”

— Ritch Price
head baseball coach

IN TRAFFIC: Freshman guard Megan Turner takes it up with several defenders in her face.

see BASEBALL, page 7

Poly faces must-win games
By Adam Russo
Mustang Daily

The Cal Poly women's basketball team desperately needs a victory tonight versus the University of Pacific in Mott Gym at 7 p.m.

To make matters worse, the team will have to do it without one of its key players, Krissy Baker, who has a ligament strain in her left leg.

“It certainly hurts us; she's a tremendous player and a tremendous leader,” head coach Faith Mimnaugh said. “Our other perimeter players that want to step up need to step up and fill the gap.”

Baker’s shoes will be hard to fill, since she leads the Mustangs in 3-point field goals per game (2.4) and assists per game (4.9) and is second on the team in points per game (11.1).

“As far as we know, (Baker) has gone to get an MRI (Wednesday),” Mimnaugh said. “It’s not looking good. She will either be out a minimum of two to three weeks or a maximum of see BASKETBALL, page 7

Cal Poly Sports Statistics

MEN’S BASKETBALL

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see BASEBALL, page 7

Eastern Division
Conference | Player | G | FG | FT | PPG  |
---|---|---|---|---|---|
New Mexico State | 7 | 1 | .51 | .85 | .49  |
Boise State | 6 | 2 | .51 | .85 | .49  |
Idaho | 6 | 3 | .51 | .85 | .49  |
Utah State | 4 | 4 | .51 | .85 | .49  |
Oregon | 3 | 5 | .51 | .85 | .49  |
North Texas | 1 | 7 | .51 | .85 | .49  |

Western Division
Conference | Player | G | FG | FT | PPG  |
---|---|---|---|---|---|
UC Santa Barbara | 6 | 2 | .51 | .85 | .49  |
Pacific | 3 | 3 | .51 | .85 | .49  |
Long Beach State | 5 | 4 | .51 | .85 | .49  |
Cal Poly | 4 | 4 | .51 | .85 | .49  |
Cal State Fullerton | 1 | 7 | .51 | .85 | .49  |
UC Irvine | 1 | 7 | .51 | .85 | .49  |

see BASEBALL, page 7

see BASKETBALL, page 7

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