Editor's Note
Winter's chill has left the air, and it's time to get outside and enjoy the Central Coast. In this issue, Mustang Daily explores the outdoors that make life exciting.
— Kim Kowey, Mustang editor

Ocean Kayaking
Adventure from Shell Beach to Grover Beach leaves you wet, but the hot tub afterward is the best part. It's not hard, and you'll have a blast on this scenic tour of the coast.

Pozo Saloon
It's an adventure just to get to this bar in Little Portola at the entrance to trails in the Los Padres National Forest. Take a day and explore the back country of San Luis Obispo County.

Paintball plans
More and more women are trying to make their mark in this wild outdoor sport. Grab your gear, and get ready to make a mess.

Barbecue safety
Nearly 2,000 grills catch fire each year, injuring 300 people. Follow a few safety tips, and you will avoid a tragedy at your party.
Kayaking into the unpredictable ocean

By Andy Castagnola
Mustang Daily

“Can you plan all you want, but you’re dealing with mother nature out here.”

— Mych Dilbeck

Guide/owner of Born to be Wild

Wilderness Adventures

I had on my hat and glasses. I internalized it all. My kayak drifts upside-down out my class, and I have no concept of how to kayak. At this point, my panic mechanisms are at work, calls for me to climb into his makeshift surf.Kim:, I start kicking furiously toward land, though I soon find myself in someisultion: all the while pretending I’d see Pamela Lee cruise a kayak into the unpredictable ocean and ride it to shore.

The next stunt I know, “I’m Minersalt in...”

from Shell Beach.

Dilbeck admitted this trip was a little rougher than most.

“You can plan all you want, but you’re dealing with another mother nature out here,” he said as we paddled away from Shell Beach.

Dilbeck’s program attracts a variety of adventurers, mostly students. The price range for a Born to Wild excursions is $15 to $25 per person, including equipment. This means kayakers can use Dilbeck’s boats, lifejackets and wet suits at no extra cost. For the most rigorous hikes, Dilbeck equips adventurers with smoke-bite generators and machetes when necessary.

While the physical requirements may pose enough of a challenge, Dilbeck wants adventurers to challenge their spirits as well. He believes humans are equally divided into physical and spiritual beings. Nature helps maintain that balance.

“(The program) is designed to bring about a change in our perception of ourselves by having interactive experiences with nature and give new birth to our self-evolution,” Dilbeck wrote in his mission statement.

Anyone interested in rebirth can call Dilbeck at 1-800-262-10 to plan an event or check the upcoming schedule. Or you can just rent the Jacuzzi truck for a rocK’a party.

Step back in time in the Pozo saloon

By Jessica Niland

Mustang Daily

Just north of San Luis Obispo, tucked back in the fields behind Santa Margarita, lies the tiny oasis known as Pozo. While time stands still, a trip to this former bustling frontier town is a must for any Central Coast resident, but if you do go there, be on the look-out, or you might just miss it. My companion and I nearly did on a recent Sunday afternoon drive there.

“I think we just drove through,” I said, looking back at the four or five buildings which make up the town, and laughed beside my partner.

So, we turned around to experience Pozo.

The most popular attraction (and the only really the attraction) is the Pozo Saloon, first opened in 1859. Pozo used to be a busy commuter area during this time, as people would stop off on their way to the Valley. The town used to boast a hotel, Blacksmith shop, post office, barber shop, grocery store, saloon and dance hall. Today only the saloon and part of the hotel remain standing.

Walking into the saloon it truly feels like stepping into a cheesy old western movie. It’s not hard to imagine pioneer men and women stopping off after a hard day on the range. I half expected some of the patrons inside to brandish pistols and have a duel.

The specialty at Pozo Saloon is the Pozo Martini, a beer served in a Mason jar with a green olive garnish. There is also a champagne Sunday brunch each weekend, and frequent concerts. Also, each year the saloon is home to the annual Scottish Games contest, full of old-fashioned fun and shenanigans.

When traveling to Pozo, the main reason to go is not the Saloon however, but to experience the vast open spaces and beautiful wild life that abounds in this area, and to savor it for days. “It’s really neat here,” Kitti L. said. “It’s really neat here, but it’s cold, too.”

Down the road a bit from the actual town of Pozo is Turkey Flat, an area where people park to enjoy the vast wilderness areas of the Los Padres National Forest. Los Padres encompasses 912,220 acres of wilderness trails. Pozo has the most high elevation vehicle trails in the forest, and is one of the most popular national forest OHV areas in the state.

Hilary Kattre, a recreation administrator for the Forest Service, enjoys riding motorcycles with her boyfriend near Turkey Flat.

“It’s amazing back there, you can ride for days,” Kattre said. “It’s really neat here, but it’s cold, too.”

To get to Pozo, take Highway 101 south for about 15 minutes to Santa Margarita and detour onto Pozo Road. But be sure to keep your eyes open, or you might just miss it.
**Watch out — barbecues can be dangerous**

**By Christine Janocko**

*Mustang Daily*

Summer is here, and you know what that means — flames, catalytic balls of propane-fired fire erupting from your backyard grill while bystanders flee your backyard in terror.

Yes, it could happen. According to the National Fire Protection Association, nearly 20,000 gas grills catch fire each year, injuring about 400 people. While some of these fires are extinguished without incident, many result in extensive property damage and human casualties.

Take, for example, the case of Robert Rapier. In 1993, Rapier was at a church cookout in eastern Contra Costa County when a 3600-degree fireball shot from his neighbor’s propane grill, giving him second- and third-degree burns on his legs, according to an article in the San Francisco Chronicle.

Another barbecue accident occurred in Modera in 1998. While barbecuing hamburgers on her porch, Linda Gomez caught fire, causing her hair, clothing, and her hands and legs to burst into flame, as the Chronicle reported.

And in 1992, gas grill explosion in Vancouver, Canada, two duplex homes caught fire, leaving five families homeless and one woman dead, according to a San Francisco Daily Journal article.

From singed hair to third-degree burns, the hunting of barbecues misfires can inflict evil.

However, your backyard barbecue doesn’t have to end with burnt hot dogs and an impromptu fireworks show. Most gas grill accidents can be prevented.

Overfilled propane tanks are a common cause of such accidents, according to the U.S. Consumer Product Safety Commission.

Liquid propane in a spare tank stored near the hot grill or in the sun expands, and excess gas escapes through the pressure-release valve on the tank. Once that gas hits the fire from the grill, it ignites, causing flames and fireballs.

Spare tanks should be stored away from heat sources to prevent the gas pressure from increasing, according to the CPSC. Keeping propane tanks filled at the proper capacity, between 4.5 to 4.7 gallons of a five-gallon tank, also minimizes this risk.

The barbecue industry has been taking steps to prevent these accidents from occurring. Many manufacturers have eliminated the area underneath the barbecue in which many people improperly stored their spare propane tanks, and special “stop-fill” valves that prevent propane tanks from being overfilled have also been developed.

Entrepreneurs have joined the barbecue safety effort as well. Frank Bartels, a mechanical engineer, has created a heat-reflective cover that fits over a propane tank.

The tank cover, ProCover Plus, is a metalized cover that reflects heat off the tank, much like a firefighter’s protective suit. Bartels said, “A cool tank means less chance of the gas pressure increasing and causing an explosion.”

The ProCover Plus website calls the tank cover “the equivalent of a seat belt for propane tanks,” noting that the cover helps protect the tank as well as the people who use it.

“Overall, propane is a very safe fuel. My invention makes it safer and environmentally more friendly,” Bartels said.

**Splat! You’ve been ‘killed’**

**By Andrea Parker**

*Mustang Daily*

I was only one of the few good women about to set foot on a man’s battleground. I had to try not to think about the horrible stories of golf-ball-sized welts and testosterone-fueled mayhem.

About 20 of my friends drove up Highway 101 to Santa Margarita’s Central Coast Paintball field at the KOA campground. The place is only open on weekends and for private parties during the week.

We drove up the dirt road at 9 a.m. to a 10-foot net fence surrounding the battlefield — a veritable junkyard valley of paint-splattered buildings, giant cable spools and other obstacles.

We walked up to the headquarters’ shack and signed the waiver — if I got killed while paintballing, my parents would not have to understand.

The handful of us clad in old cargo pants, faded T-shirts and ragged jeans wanted to get our rental guns while watching a group of middle-aged men in full army fatigues and semiautomatic guns listen to the orientation.

Our attention quickly turned to the cashier as he took our money, only $12.50 with our coupon — it’s usually at least $25.

We were ushered to the referee, who told us we would be firing hard, colorful balls of paint roughly 200 miles per hour.

With that, I took a deep breath, put on my mask, and hoped I had enough adrenaline to make up for my general lack of military savvy.

The first game was Capture the Flag. When the whistle blew, I ran searching for adequate shelter.

My first shots were at nothing in particular. I just wanted to see how far I could shoot. Being able to see the paintball leave the barrel and watch it hit a target fascinated me.

We stationed ourselves in a shack and waited for the paintballs to fly.

We waited and watched through squinting silence. Then split, splat. I was instantly amidst the continuous barrage of splattering paint as enemy fire came through the window.

We decided to move outside the building to get some more of the action. I dug the walls and peeked around corners like I’d seen in so many action movies. It almost felt real. The adrenaline was there.

One guy was about 15 feet away behind another shack. In the midst of my rapid fire and taking cover and his return fire, I was so excited about cocking the gun correctly, aiming and checking myself for large paint splatters that I hardly heard him when he said “hit” and stopped shooting.

I hesitated long enough to get shot by his partner. I didn’t feel it, though, because it was on the top of my face mask.

The referee called me out, and I joined my cohorts outside the net fence.

Saturday was the first time I mucked up to the paintball challenge — and given the opportunities, I’d do it again.

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*Mustang Daily*
Editor:

Recently, through an English class at Cal Poly, I participated in a program called "Class and Community Connections." Through the program, I was obligated to a 10-hour community service position at a local agency of my choice, and then do some sort of project for it in return. I randomly chose to perform my service requirement at the local animal shelter, Woods Humane Society. Not really knowing what to expect, I started my volunteer work after a brief training session. What I discovered was a wonderful world of animal-related activities that I want to encourage everyone in the community to experience.

The program was directly involved with what Woods consisted of walking the dogs that were up for adoption and being a companion to the cats who were also waiting for a new home to come along. At first, I was saddened by the situation at the shelter. Some of the animals had been there for a really long time, up to a year in some cases. Because the shelter is run on limited funding from donations and the small fees they charge people to drop off an animal, only a few employees are there to take care of the animals. This is a big responsibility, because not only do the animals need the basics, like food and water, they also desperately need big doses of love and attention only a human can give. Although the employees at the shelter truly care about the animals, they can only do so much for each individual animal. This is where the role of volunteers comes into play. In each instance when I was at the shelter volunteering, I noticed several other people wearing a volunteer badge. These people are there to take on as many dogs as they can to let them run in the exercise yards. What have we witnessed is the look of sheer joy on the dogs' faces as they get to play fetch and have the wind blow through their floppy ears. Even though the dogs may only get to be out for a few minutes, the excited wag of their tail is enough to say thanks to the person who chose to play with them. Although the shelter has several people who volunteer on a regular basis, Woods could still use more help and isolation looking for more animal lovers to volunteer, even if it is for only five to ten minutes at a time. If volunteers at Woods don't fit into someone's busy schedule, another important way to help the shelter is to adopt a dog. Rather than going to the pet store, someone who is looking for the perfect pet just may find them waiting at Woods. Before trekking to the local pet store, a person looking for a furry friend should first check out all the great animals at Woods. Woods is very proud to say that since 1993, 90 percent of all the animals brought in to the shelter have been adopted by new owners. This percentage is one of the highest in the nation, and I'm sure Woods wouldn't mind boasting a percentage of 120 percent in the future. With the help of the community, this is very possible. I want to urge anybody who claims to be an animal lover, like myself, to stop by Woods Humane Society and see what it is all about. Most likely you'll take one look at the eager and earnest animals seeking your affection and fall in love. Woods is an important entity in the community, and it needs you and the support it can get.

Jenifer Hansen is a speech communications sophomore.

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 should be type-written and signed and include your major, class standing and a phone number.

Letters containing less than 400 words and those received via email will be given preference. Editors reserve the right to edit length and grammar without changing the meaning.

Letters can be mailed, faxed, delivered or e-mailed to opinion@mustangdaily.calpoly.edu
Seal plays Santa Barbara Bowl Sunday night
By Bryce Alderton
Mustang Daily

Tickets for nine shows at the Santa Barbara Bowl this summer are still available beginning with Seal, who plays Sunday at 7 p.m. "Ben Harper, Mary Chapin Carpenter and The Brian Setzer Orchestra are good shows, and I look for a good college turnout at those concerts," said Eric Shitlept, marketing coordinator for the Santa Barbara Bowl. "Seal is pretty well established and I think he may not be as at the height of his popularity. I expect there to be tickets at the door for his show."

Seal, a Grammy-award winner, appears on the Late Late Show with Conan O'Brien June 22. At the Santa Barbara Bowl, he'll likely perform his early hits "Crazy" and "Kiss from a Rose," as well as songs from his new album titled "Human Being."

Ticket prices at the Santa Barbara Bowl are cheaper than prices at Ticketmaster. The only drawback: The bowl doesn't take phone orders.

Sam Scranton, general manager for the Santa Barbara Bowl, said Ticketmaster adds to the price of tickets for the convenience of the service.

"Ticketmaster will quote a base price when you first call up wanting tickets, but by the end of the transaction, there may be extra charges, tacked on such as phone charges and shipping and handling fees," Scranton said.

Shitlept doesn't anticipate any problems with obtaining tickets to the shows through Ticketmaster.

In addition to the base charge that goes to the performer, the Santa Barbara Bowl charges a $2 facility restoration fee that goes to the renovation of the bowl, a structure more than 60 years old.

The bowl also charges a $2 box-office fee to maintain the box-office staff.

Tickets are $45, $37, $30 and $24. Ben Harper will perform Saturday, May 29. Tickets cost $29, $26 and $22. Hille will perform Friday, June 4 and tickets go for $29, $22 and $15.

Mary Chapin Carpenter with Shawn Colvin will play Saturday, June 5 with tickets going for $40, $34, $26 and $24.

Ethnic Studies reads student writings Tuesday
By Carla Flores
Mustang Daily

The ethnic studies department will celebrate student achievement with a reading of students' writing from the department's publication "Olyo" on May 25.

Several of "Olyo's" student authors will read portions of their work at the reception as a way to honor writers who had an avenue of expression through the ethnic studies curriculum.

This is the fifth volume of "Olyo," which means "hello" in Cherokee.

"Olyo's" collection is a representation of student writer's quality writing that fit together in a coherent way with the theme of this particular edition," Ghid said.

Students in all ethnic studies classes have the opportunity to submit their papers, essays and other writings for inclusion in "Olyo." Only papers determined excellent because of insight, innovation and overall scholarship or creative substance and sincerity are published.

"Students whose work was published in "Olyo" had a way of demonstrating quality writing," Ghid said.

The reading of Olyo will be held Tuesday, May 25 in the University Union Art Gallery at 6 p.m. The journal will be for sale at the event for $7.

LON ANGELES (AP) - Tom Selleck doesn't look worried.

"He's calmed out of the fray against a cabal of insensitive warriors and this macho man of actors would rather daydream about kicking back on his ranch."

It seemed inconsequential to him that the former head of the wartime comedy "The Love Letter," was opening on the same weekend as the hyper-anticipated "Star Wars" prequel.

The business side of show business bow the 54-year-old Selleck, who is so philosophical about his profession, he sounds more like Don Quijote than Thomas Magnum, the playboy private eye he portrayed for eight years on television.

He said the hardest part is keeping the irresistible anecdotes about "how much will my movie gross," from tumbling over his tongue.

"Otherwise you develop a cynicism about what you're doing," he said. "You have to connect with the audience, and there are no excuses with them. They don't care if you haven't worked in a week, or if you're unhappy. That's not in the credits at the end."

Selleck has played affable roles such as one-third of the freewheeling team of brothers in "Three Men and a Baby.""I've always had a job as a young gaw­ jorist in "In and Our."

His character in "The Love Letter" is aBaby."

So what was the best part about working the playwright Joe who falls for a woman who finds an anonymous love note? The antique fire engine George uses to take women out on dates, Selleck replied.

"I'd spend a lot of time waiting for the next scene, and I had the chance to play around inside this thing," the 6-foot-four-inch actor said, grinning without a parsley and he had to work odd jobs to pay the rent."

"I have to stop myself now and say, I need to do what my obligations as a father, no matter how much I want these other parts, whatever they may be," he said.

Selleck has taken time off to spend with his family and tend to his Southern California ranch. "If you have the financial resources to take time away from work and you don't, isn't that a little more indicative than if you have free to work to put food on the table?"

Selleck also dips into political and social issues when taking time off, and there was a time earlier in the decade when supporters were pushing him to run for the U.S. Senate.

Although he's championed conservative causes, including public support for the National Rifle Association, he declined comment on renewed calls for greater gun control in the aftermath of the school shootings in Littleton, Colo. He was simply tired of talking about it.

Macho-man battles force
By Chris Conner
Cal Poly Daily

In a tense opening round of the 54th annual California Polytechnic State University Academy Awards, a skilled private eye battled a hardy mountain goat in a separate ring of the 56th annual Santa Barbara Bowl.

The film opens tonight at the Downtown Centre.

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Video camera helps police catch suspect

By Cassandra Jones
Mustang Daily

Campus police have tracked down an alleged porn thief with the help of surveillance cameras.

"Without the cameras, we'd still be looking," Cal Poly Police investigator Ray Berrett said.

On May 17, Kim Voss, a recreation administration freshman, reported that someone had stolen her new .44-caliber hand gun. According to police, the theft occurred when she went to work at McPhee's Cal Poly video arcade and bowling alley. She left her purse on the front desk and walked away. When she came back, it was gone.

"Thankfully everything (the suspect) did was captured on videotape," Berrett said.

The thief waited around 7 p.m. Approximately 45 minutes later, the suspect tried to use Voss's Visa card at the West Station on Madonna Road. It is unknown whether Joyce was successful, according to Berrett.

The morning of May 19, Foundation security gave Berrett and officer Lori Hasbian a still photograph of the suspect from its security camera. Berrett and Hasbian showed several people on campus the photograph, and at around 1 p.m., the suspect was reported to be back on campus.

"Employees in the University Union said he was in Mort Gum," Berrett said. Hasbian and Berrett went there and were told the suspect was seen walking back to the UU. They saw him on the first floor, and after a chase, took him into custody.

The suspect, Joni Joyce, who told police that he is a San Luis Obispo resident and a Cuesta College student, has been charged with theft. Property belonging to Voss was found in his possession. Additional property was found during a search of the suspect's dorm room.

School shooting hits Georgia

CONVEX, Ga. (AP) — A boy aped over a broken romance shot and wounded six students Thursday in another school attack in a comfortable suburban community, then fled to a neighbor's house in his moth and surrendered there.

"Oh, my God, I'm so scared," he said.

Evacuated a month after the school, birth in Colorado, the 13-year-old sophomore, armed with two guns, opened fire with a rifle about 7:59 a.m. 20 minutes before classes were to be atypical Hight School. It was the last day of class for seniors.

Witness said the gunman was running and shooting at no one in particular and firing at students below the waist as to not to kill them. "People were falling on the floor, a lot screaming, people trying to help each other," said Joel Thomas, 14.

Students in the common area and cafeterias covered for cover under benches and behind plants. Others raced outside the long one-story brick building into the parking lot and an area of tall pines.

The suspect was not identified by authorities. He was charged as a juvenile with a juvenile with a juvenile with armed assault, and possession also was considered a charge with weapons violations and cruelty to children, District Attorney Richard Reid said.

The gunman must go before a juvenile court judge before he can be changed as an adult, and that probably won't take place until Monday, Reid said.

None of the victims' wounds were considered life-threatening. The girl friend who had broken up with the gunman was not among the wounded.

Heritage, 20 miles east of Atlanta, is a mostly white, suburban school, like Columbia High in Littleton, Colo.

Chris Dunn, a sophomore, said he had seen guns at the teen-ager's home but never heard him mention plans to shoot anyone at school.

But Karie Bir, a freshman, and a friend of the gunman's ex-girlfriend, said: "People have been saying he's been wanting to do this all year long.

200 Poly students join honor society

600-member Poly chapter started in 1997

By Rena L. Spiraman
Mustang Daily

Two hundred Cal Poly students packed Chaminade Auditorium Wednesday night to be inducted into the Golden Key National Honor Society.

The Cal Poly chapter of the Golden Key Honor Society held its annual spring induction ceremony, honoring students with scholastic achievements. There are more than 600 members in the society, which inducts about 250 each year.

According to Melissa Robinson, president of the society and an English senior, the society requires five qualifications for potential members.

"I'mok, it's a great opportunity for students to be in the society. It's a great way to be a leader, and I'm looking forward to the opportunities offered by the organization," Berrett said.

Electrical engineering junior Eric Wells was one of the many engineers inducted into the society Wednesday.

"I got the letter in the mail from the Golden Key, and it intrigued me to join," Wells said. Internationally, the Golden Key is 22 years old, however, the Cal Poly chapter has been around since 1997. The Cal Poly Golden Key chapter has been an active member of its organization in the community.

"We do a tremendous amount of community service from our numerous blood drives to our Thanksgiving canned food drive," Robinson said.

Local politician tries to spark student interest in voting

By Joel Smith
Mustang Daily

A local politician with ties to Cal Poly wants students to realize the benefits of voting.

Former county supervisor David Blakely gave a speech entitled "The Real Story about Local Politics" to more than 25 Cal Poly students and faculty Wednesday afternoon.

"If more students voted, (they) would have a noticeable influence on the way things operate in this country," Blakely said.

"They who do not vote are, Blakely said, "those who have the board controls about $250 million for the county."

"You are taking a big chunk of a change to be distributed among five people," he said.

More of this money could go toward students, Blakely said, if only students voted on issues important to them.

"Part of the problem is right here in this town," Blakely said. "Students do not participate in local politics."

The students in attendance expressed an interest in learning more. Even students who were not political science majors expressed an interest in local government.

"I always had an interest in politics, I just never had the opportunity to get involved," said Christopher Stein, a local science freshman who attended the discussion.

Another student attended to see what local government is all about. "It's what shapes our lives," said Stephen Kenmoyer, a manufacturing engineering junior.

Despite this interest, less than half of the students at the speech said they are registered to vote.

"We're doing something about this culture," Blakely said. "It's not an active culture."
SPORTS

MLB STANDINGS

East Division

W L Pct. GB
Boston 23 16 .561
New York 21 17 .551
Tampa Bay 21 20 .514
Toronto 20 22 .476
Baltimore 14 25 .359

Central Division

W L Pct. GB
Cleveland 29 10 .744
Kansas City 20 18 .526
Chicago 18 19 .486
Detroit 17 22 .436
Minnesota 13 27 .325

West Division

W L Pct. GB
Texas 22 18 .550
Oakland 21 19 .521
Seattle 19 21 .475
San Diego 16 22 .421
Colorado 15 21 .417

NATIONAL LEAGUE STANDINGS

East Division

W L Pct. GB
Atlanta 25 14 .641
New York 21 18 .538
Philadelphia 21 18 .538
Montreal 12 26 .316
Florida 11 29 .275

Central Division

W L Pct. GB
Chicago 29 10 .744
St. Louis 20 18 .526
Cincinnati 19 18 .514
Pittsburgh 19 20 .487
Milwaukee 18 19 .485

West Division

W L Pct. GB
Arizona 23 18 .561
San Francisco 23 18 .561
Los Angeles 21 19 .538
San Diego 16 22 .421
Colorado 15 21 .417

Friday, May 21, 1999
An athlete’s nutrition is pretty basic

By Sara Henrikson
Mustang Daily

Athletic nutrition is a personal choice for each sport, different nutritional concerns exist, though the basics are the same for every athlete. A healthy diet should follow the U.S. Department of Agriculture Food Guide Pyramid’s recommended daily intake. The Pyramid recommends 11 servings from the bread, cereal, pasta, and rice group; three to five servings of vegetables; two to four servings of fruit; two to three servings from the meat, poultry, fish, dry beans, eggs, and nuts group; and two to three servings from the milk, yogurt, and cheese group.

Some people prefer eating five or six small meals a day, while others prefer three larger meals. Webb recommends eating five small meals a day because it keeps blood sugar levels and energy levels steady throughout the day. Athletes should also keep protein levels high to prevent muscle loss and to promote muscle growth.

“Most people eat during heavy exercise — it’s the body’s way of keeping cool,” Webb said. “Excessive sweating can lead to dehydration and loss of some salts, like sodium and potassium chloride. Gatorade is better than water if you need to replace fluid, carbohydrates, and electrolytes at the same time. At a certain level, what we call maximum aerobic capacity, some people are intolerant to sugar drinks, so water is the best option.”

After competition, Webb recommends eating simple carbohydrates to replenish lost stores of glycogen. Simple carbohydrates include oranges, apple juice, and bananas. A little later, add complex carbohydrates, like pasta, grains, and vegetables. Good sources of protein include vegetables, lean meats, chicken, and fish.

Webb will run a body composition analysis to find the person’s level of see NUTRITION, page 7

-league opener-

By Danny Hill
Mustang Daily

Roadrunners vs. Los Angeles in Mustang Stadium at 7:30 p.m.

A DEUDA (AP) — A man suspected of being an ex-con against basketball star Dennis Rodman, accused of grabbing her breast while she was working at the Las Vegas Hilton.

Donna Eldert claims in the lawsuit filed Wednesday that Rodman embarrased and humili- ated her when he grabbed and shook her breast in front of a crowd of people.

“At the time of sexually assaulting the plaintiff, the defendant was making loud com- ments in the presence of numer- ous patrons, employees, and other employees,” the lawsuit claims.

Eldert seeks unspecified dam- ages in the case.

“A responsible employee did not immediately return a phone call seeking comment,” the lawsuit states.

Three lawsuits filed in Las Vegas in June 1998 involve allega- tions about Rodman’s behavior in Chicago.

A Las Vegas Hilton employee accused him of grabbing her sides near her breasts and hitting her off the ground in April 1998.

Another Las Vegas woman accused Rodman of sexually assaulting her in April 1998 at the Las Vegas Hilton by grabbing one of her breasts and shoving it.

The two have been central to San Francisco's solid start, dating back to Mark Gardner's emergence as a top-of-the-rotation starter.

The Giants, who have played the past month without Barry Bonds, began Thursday with Aramis Ramirez for the first time in the NL West. "I look at them as some pitchers but the are pitching like they've been around a long time," outfielder Travis Shaw said.

Ortiz has gone 5-for-20 with a .250 ERA, both ranking near the top of the league. He has won his last four decisions, a