



WEATHER TOMORROW

Jennifer Coolidge brings laughs to Chumash.

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Human tendencies lead to grapples with power.

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Search for wrestling coach continues.

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# mustangdaily

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## Cal Poly students create kayak for disabled users

Amanda Sedo

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Bryan Gingg, who suffers from quadriplegia, kayaked through Morro Bay last Friday.

Gingg's adventure was made possible due to the launch of a new and improved SoloQuad kayak — a motorized kayak that responds to a sip and puff system or joystick as a control mechanism.

Kevin Taylor, head of the adaptive paddling program at Cal Poly, developed the idea for the SoloQuad project. He said in an email that the first SoloQuad kayak was developed in 2008 but the control mechanism failed, causing Gingg to be towed back to shore.

This time, however, that was not the case.

Kevin Bezerra, a kinesiology senior, said the launch was a complete success this time around.

"The sip and puff mechanism worked without a hitch; there was no overheating of the motor," he said. "It went about as well as you could hope for."

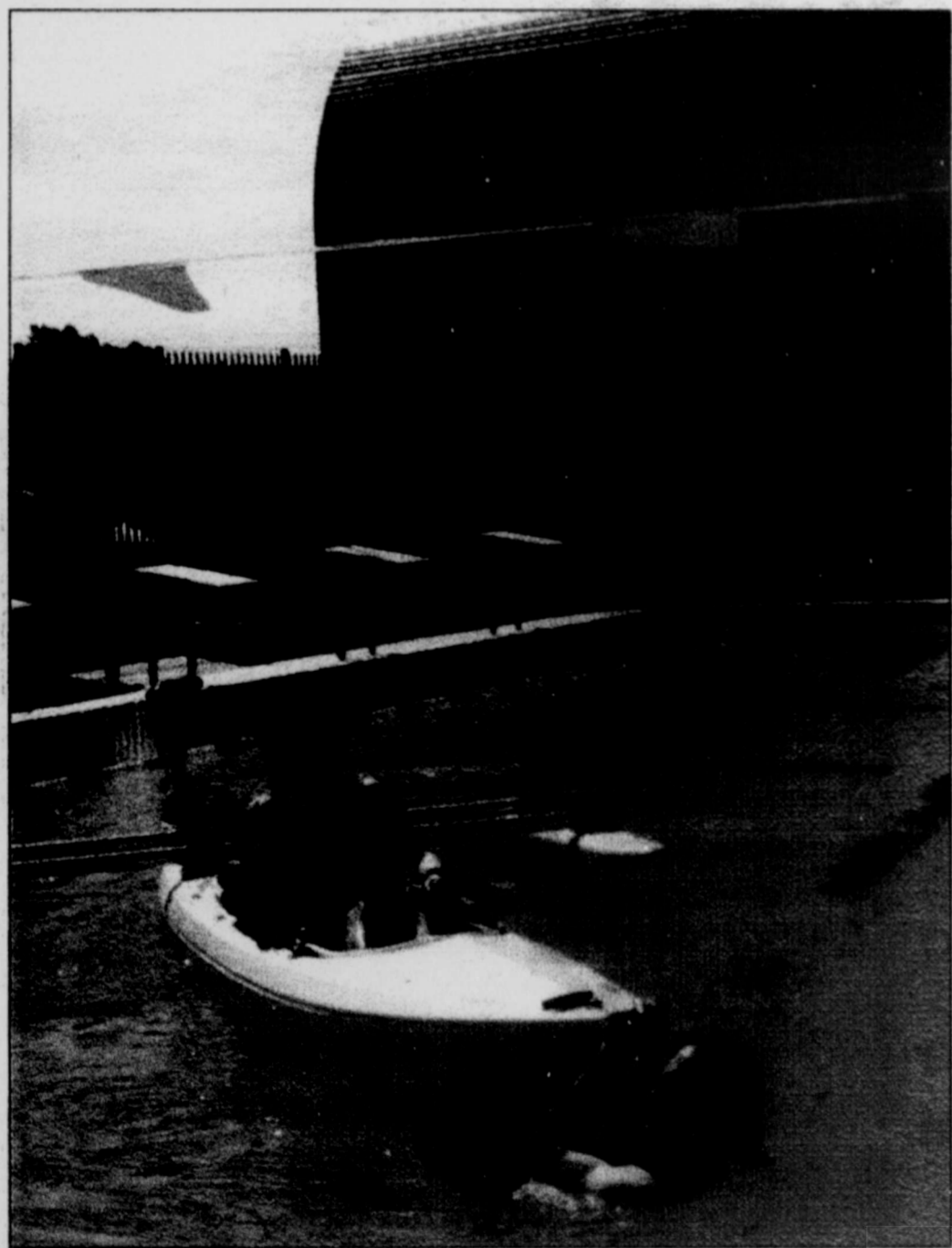
Bezerra said the sip and puff system consists of a straw, which can be used to control the kayak through breathing.

"A person can control and steer the boat through the straw based on puffing or sipping air," he said. "For example, a short puff would move the boat forward."

Bezerra works alongside Taylor, and is also a part of the team who successfully got Gingg out on the water.

"This was a great opportunity to allow someone to go out and do something that they have been told they could not do," Bezerra said. "In some ways we were pretty much

see *Kayak*, page 2



COURTESY PHOTO

The SoloQuad kayak is a motorized kayak built by Cal Poly students for use by quadriplegics — those who have lost the use of their limbs through paralysis.



## Reviving the state of music with KCPR

PHOTO COURTESY OF UNIVERSITY ARCHIVES, CALIFORNIA POLYTECHNIC STATE UNIVERSITY

Victoria Billings

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Hidden on the third floor of the Graphic Communication Building, in between a computer lab and CPTV's studio, is the headquarters of KCPR, Cal Poly's student-run radio station since 1968. On any given day, at almost any time, even in the wee hours of the morning, anyone can walk up to the windows of KCPR and watch disc jockeys on-air.

This week, May 23 to 29, KCPR will hold a pledge drive to pay the cost of broadcasting its programming across the Central Coast. KCPR has a goal of raising \$2,000 this year, which will pay for equipment, technology and merchandise such as T-shirts and sunglasses, with a small portion going toward the salary of KCPR's general engineer — the only paid employee.

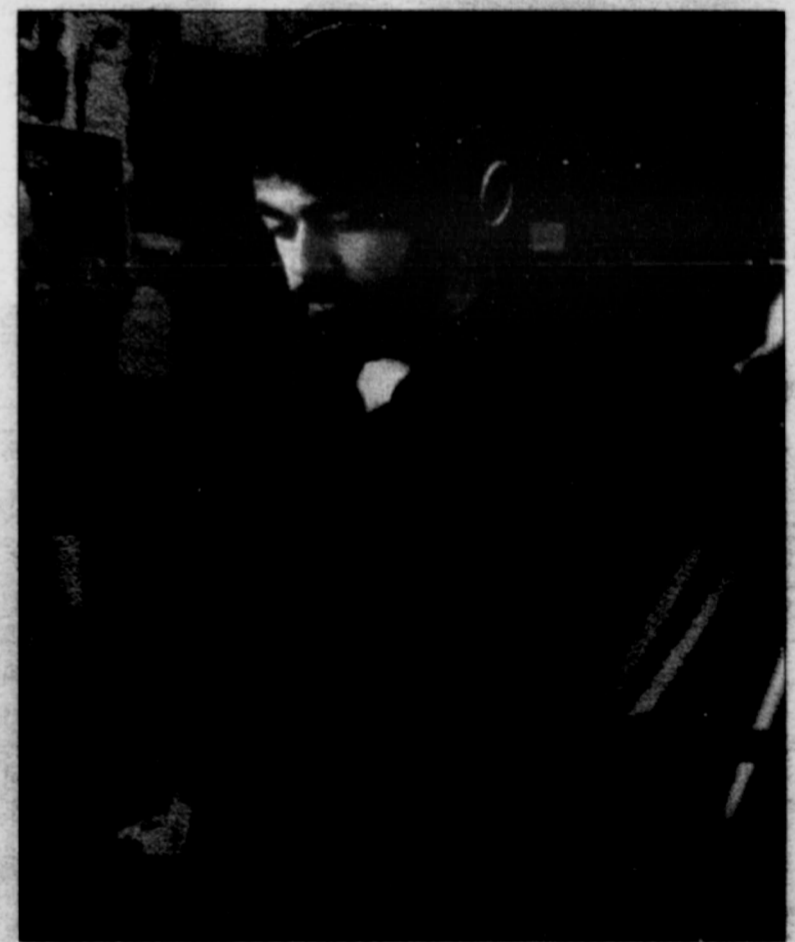
Though KCPR receives some money through Cal Poly, most of its funding comes from the pledge drive and an annual auction. Laurie Fraser, a soil sciences junior and future business director of KCPR, said the pledge drive is crucial to keeping the station running.

"It's not very much money that takes us to run, so that's pretty cool; but the auction and pledge drive are really important because that's where all our money comes from," Fraser said.

Fraser and the rest of the KCPR staff, approximately 70 disc jockeys every quarter, volunteer their time to keep the station running, which helps keep costs low.

The number of volunteers has improved the quality of programming at KCPR over the last few quarters, said physics senior and co-general manager Ted Andreas. The station typically receives around 60 applications for DJ positions each quarter, and accepts eight to 14.

"It's becoming more competitive so people realize you have to do a good show and put in the hours to be



VICTORIA BILLINGS MUSTANG DAILY

KCPR has promoted alternative music since it was founded in 1968. Student DJs, such as architectural engineering sophomore Krisna Sorathia (bottom picture), continue to volunteer.

on the air," Andreas said.

The hours put in help create the individual shows that define KCPR. These shows are broken down into two categories: regular format and genre.

Regular format shows are typically hosted by one or two DJs, and have no particular theme, except to include new music. Fraser hosts one of these regular for-

see *KCPR*, page 2

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# Kayak

continued from page 1

able to break the stereotype that people with quadriplegia can't be active."

The idea for the SoloQuad began with Taylor in 1999. From then, the adaptive paddling program received a grant from the Christopher and Dana Reeve Foundation to build the first prototype for the SoloQuad. After the failed first attempt, another grant from the National Science Foundation allowed for the second launch of the SoloQuad.

With a team of kinesiology and engineering students (who called themselves Team Albatross), the SoloQuad was outfitted with an electric motor and sip and puff control.

This time around, the SoloQuad consisted of a display board which allowed Gingg to see exactly what commands he was giving to the kayak, said Marian Watson, a kinesiology senior involved with the project.

"This version of the SoloQuad was basically a tightened up version of the one before it," Watson said.

**It gives the user personal control. To be able to give someone control back is the greatest gift that we can give them**

— Roern Tourn  
Computer engineering senior

"There's a heat sensor and a display board showing what directions it has been given. And the prior team didn't make anything waterproof, so this team went in and got that done."

Roern Tourn, a computer engineering senior who was a co-leader and in charge of hardware for the SoloQuad, said the goal was to make a quality device.

"We wanted to make a device that could move the client on the water safely," he said. "It gives the user personal control. To be able to give someone control back is the greatest gift that we can give them."

The hardware that was used to

make the SoloQuad will eventually be open source so that everyone can download it, Tourn said.

"It is not published quite yet but our hope is to have it available sometime after summer," Tourn said.

Watson said having open source information is another way the adaptive paddling program can change more lives.

"The fact that people around the world will be able to download the information means that there is the potential for more of them to be built," Watson said. "That way Bryan's life won't be the only life that is changed — we can help more people."

Bezerra said the launch of the SoloQuad will not only change the lives of the participants, but the lives of those around them as well.

"If you asked people, they wouldn't think it was possible or a good idea for someone with quadriplegia to be out on the water on their own," Bezerra said. "With innovations like the SoloQuad, we can start breaking misconceptions."

# KCPR

continued from page 1

mat shows on Saturday afternoons, and enjoys the musical freedom.

"I pretty much play whatever I want plus new stuff," Fraser said.

Genre format, on the other hand, are shows that adhere to specific themes, such as "Lo-Fi, Hi Five!" or "Musica Americana." Electronic engineering graduate student Felipe Bravo is one DJ with a genre show, a Saturday night program called "Eurotrash," which plays dance and club songs.

"My Eurotrash show is basically trying to promote dirty dancing and tips for how to pick up ladies at a dance club," Bravo said.

Between genre and regular format, KCPR is able to fill almost all its airtime with live disc jockeying. Only several programs are pre-recorded broadcasts of shows such as "Democracy Now."

### Out of the box

KCPR's mission now is to take the 24/7 programming to new audiences, said Steven Ramsey, the co-general manager.

"Before, we had this idea of being like this box transmitting out to the world, but now we want to bring people into the box," Ramsey said.

KCPR is bringing people in by first heading out and becoming more active in the community. The station has decided to establish lo-

cal newscasts to supplement its music by advertising for a news director.

They've also begun a public relations campaign, with promotions like Palm Wednesdays, in which students can receive a discount on movie tickets at The Palm Theatre simply by mentioning KCPR at the window.

Finally, they've established a booth at Farmers' Market on Thursday nights.

Directly across from the perpetually long F. McClintock's line, KCPR DJs stand at a booth passing out program schedules, free CDs and records to anyone who stops by. The albums are ones that have been listened to and ultimately rejected by the staff, and are now used as promotional material.

Though there are plenty of people out at Farmers' Market, only a few stop to see what is at the new booth. Out of the throngs of people, one man drifts up to the table and examines the sign.

"Does Weird Al ever come by and say hi?" the man asked.

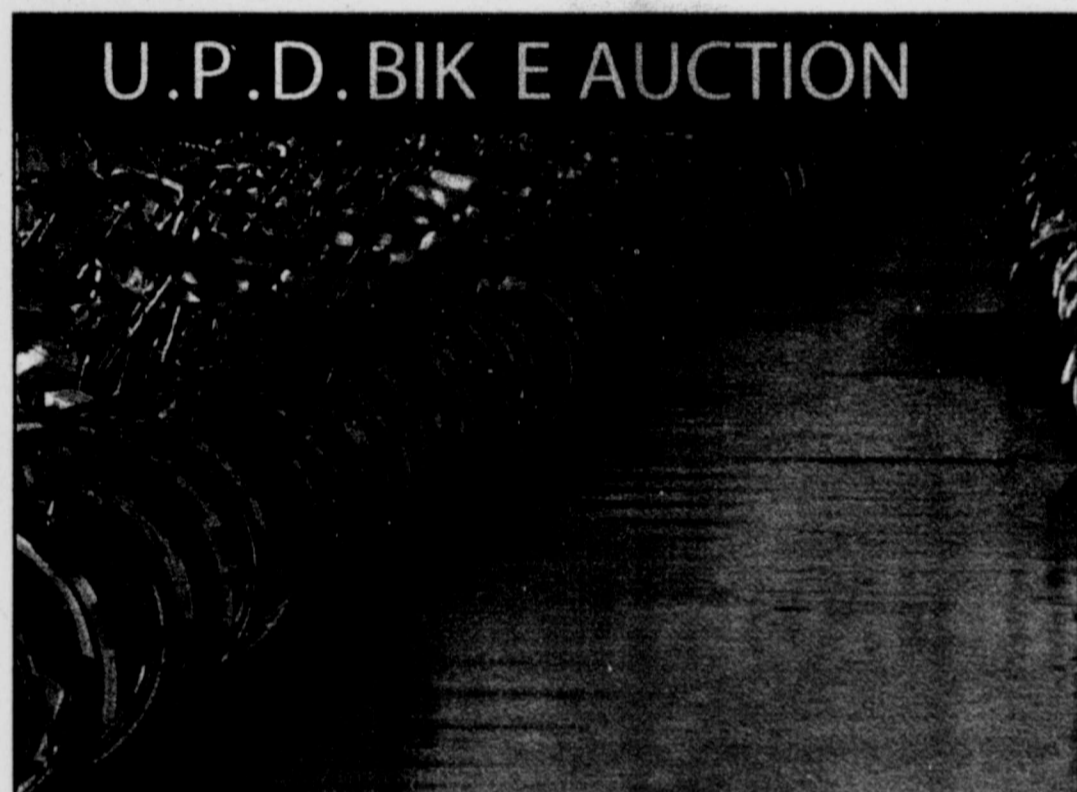
Andreas, who helps man the booth, said Weird Al may have in the past, but he has never personally met the former KCPR DJ.

Privately, Andreas and Ramsey said the station is trying to distance itself a little from its most famous DJ. Instead, it would like to stand on the merits of its programming, a predominantly alternative music-based fare.

"Our focus is independent music as an alternative to what else is on the radio," Ramsey said.

And for now, that programming continues around the clock.

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## Congress takes first steps toward extending controversial Patriot Act

**Lisa Mascaro**

TRIBUNE WASHINGTON BUREAU

Congress headed toward approval of a four-year extension of expiring provisions of the Patriot Act after the Senate voted overwhelmingly Monday to advance the anti-terrorism law over the objections of a coalition of conservatives and liberals.

Because of strong support from the Obama administration, a bipartisan majority in both the House and Senate is expected to ensure passage this week, preventing a lapse of the federal enforcement powers. The

provisions expire Friday.

"It is essential to avoid any hiatus in these critical authorities," the White House said in a statement of administration policy.

The law has troubled civil libertarians and conservatives since its enactment after the Sept. 11 attacks. The debate has drawn new interest from the tea party movement, whose supporters argue that the law gives the federal government too much authority to spy on terrorism suspects.

Sen. Rand Paul, R-Ky., led opposition on the Senate floor Monday, arguing that the act allows the federal

government to peer too deeply into Americans' private lives. He questioned the wisdom of trading privacy for national security.

"We cannot give up our liberty. If we do, if we trade it for security, we'll have neither," Paul said.

Sen. Dianne Feinstein of California, who chairs the Senate Intelligence Committee, defended the provisions as tools needed by federal law enforcement to investigate suspected terrorists, especially after the death of Osama bin Laden, when threats may rise.

"This is a time when our vigilance must be heightened," Feinstein said.

The sections of the law expiring Friday include the so-called roving wire tap provision, which allows investigators to continue eavesdropping even when a suspect switches phones.

Another section allows authorities to conduct broad personal records investigations, a provision that has become known as the library records provision. And a so-called lone-wolf provision allows the government to track foreign terror suspects even if they are not linked to a known terrorist group.

In all cases, a court order is required for monitoring. Congress struggled earlier this year to approve even a brief

extension after conservatives in the House, including freshman lawmakers aligned with the tea party, mounted a surprise opposition to the measure.

House GOP leaders said they are confident the bill will pass. The Senate voted 74-8 Monday to advance the bill, with four Democrats, three Republicans and independent Sen. Bernard Sanders of Vermont opposed. A final Senate vote expected later in the week.

Several senators are seeking to amend the bill, and a bipartisan amendment from Paul and Sen. Patrick Leahy, D-Vt., would impose limitations and oversight.



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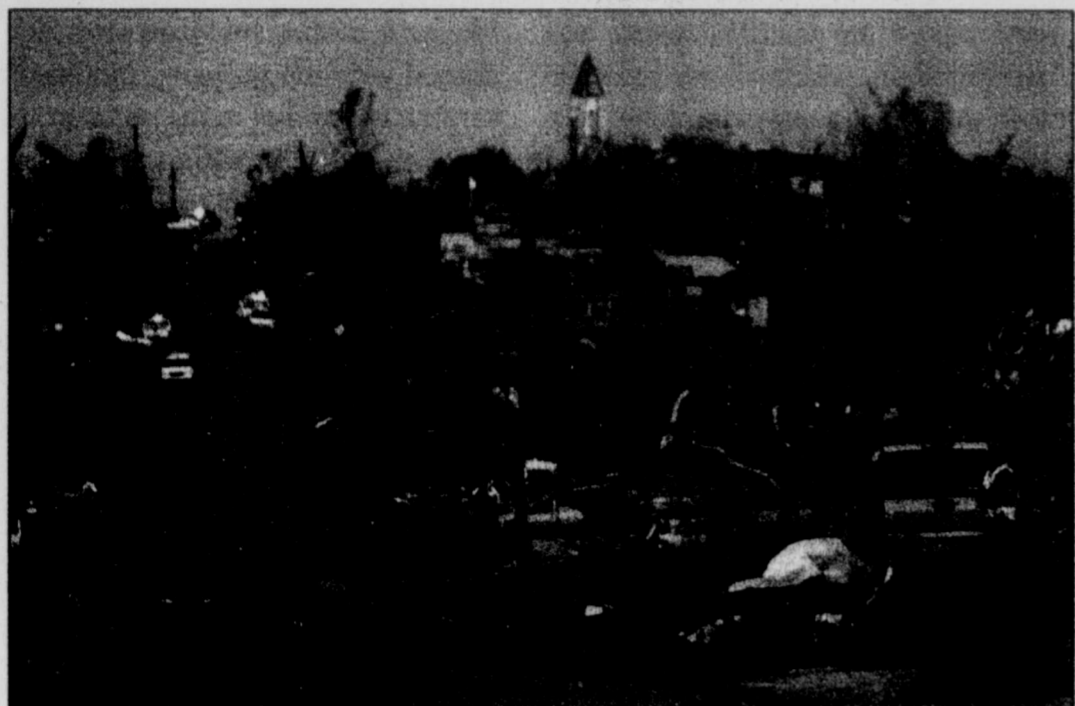
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# Missouri town residents picking up the pieces after violent tornado



On Sunday evening a tornado roared through Joplin, Mo., leaving 116 dead and a trail of devastation in its wake. Residents are now trying to rebuild their lives, with the assistance of the Federal Emergency Management Agency (FEMA).

Nicholas Riccardi  
Matt Pearce  
Robin Abcarian  
LOS ANGELES TIMES

When the tornado hit, Staci Perry, a scrub technician at St. John's Regional Medical Center, had just left the operating room to grab a piece of equipment for a surgery in progress. An urgent announcement came over the loudspeaker: "Execute condition gray." That was the hospital's code for an impending disaster, though in drills, the command was always preceded by "Prepare for condition gray." There was no time to prepare. As she heard the glass walls crack, Perry, 33, dashed back to surgery. "The pressure in everyone's ears was just tremendous," she said. A physician's assistant threw himself against the door so it wouldn't blow in and destroy the operating room. The lights went out. The wind howled.

"Literally, the hospital imploded," said Dr. Jim Riscoe, an emergency room physician at the 230-bed facility. There is an emergency plan for disasters, he said, "but they don't anticipate the emergency being the hospital."

When it was over, just after 5:30 p.m. Sunday, a six-mile swath roughly a half mile wide had been gouged. At least 116 people died. Five were hospital patients.

his way to Joplin to coordinate federal disaster relief, said White House spokesman Nick Shapiro.

The National Weather Service said Monday that the Joplin tornado, with winds as high as 198 mph, was the deadliest single tornado since 1953, when 116 were killed in Flint, Mich. It was rated F-4 on the Fujita scale, one step below the strongest tornado.

The weather service agency also said more than 100 tornadoes have occurred in May, which is the most active month for tornadoes. The May record of 542 tornadoes was set in 2003.

Dr. Jason Persoff, 39, a Florida internist and storm chaser, had been in southeast Kansas on Sunday with his storm-chasing partner when they realized they were seeing something huge. "This storm will do incredible things," Persoff remembered thinking.

But as they headed into Missouri, they heard on the radio that a "debris ball" had been spotted on radar — a mass of material torn from the ground, carried along by the turbulence. Persoff's excitement turned to terror. He pulled off the highway into Joplin and saw crumpled semi trucks.

He flagged down an emergency worker and got directions to the nearest functioning hospital, where he and his friend helped treat patients all night, amazed at the dedication of the hospital staff.

"They didn't know what happened to their families," Persoff said, "and yet they were focused 190 per-

cent on keeping people alive."

A few blocks from St. John's Hospital, where a helicopter had been blown off the roof, Zach Simonds was cleaning floors at the Greenbrier Nursing Home when he heard a "code red" announcement on the intercom. About a dozen staffers tried to gather the 85 patients into the central hall, since the home had no basement.

The tornado tore the roof off the nursing home. Simonds saw cars being tossed around overhead. "Everybody was praying, you could hear people praying, 'Please God, don't kill me,'" he said. Then, the glass-plated front of the building burst.

"It just sucked everybody out," said Simonds, who was able to duck into a closet-sized room with a few other people, including a man in a wheelchair. When he left to find help, he had to pick his way past decapitated bodies. And there was no help to be found. All the buildings he passed were destroyed. "I didn't think anybody was alive."

Behind the nursing home, a

Catholic church was destroyed. All that stood was a cross. All around Joplin, families reunited gratefully, still puzzling over their fates and those of others less fortunate.

Melissa Clark and Richard Slimp, both 26, took refuge with their four children and six neighbors in the basement of their white clapboard house.

When the tornado passed, they emerged to find their house seemingly intact, except for the windows. But Monday afternoon, torrential rain poured through the roof. "Every one of our walls look like we mowed in here," waving at the mud and grass and debris surreally caking the vertical surfaces.

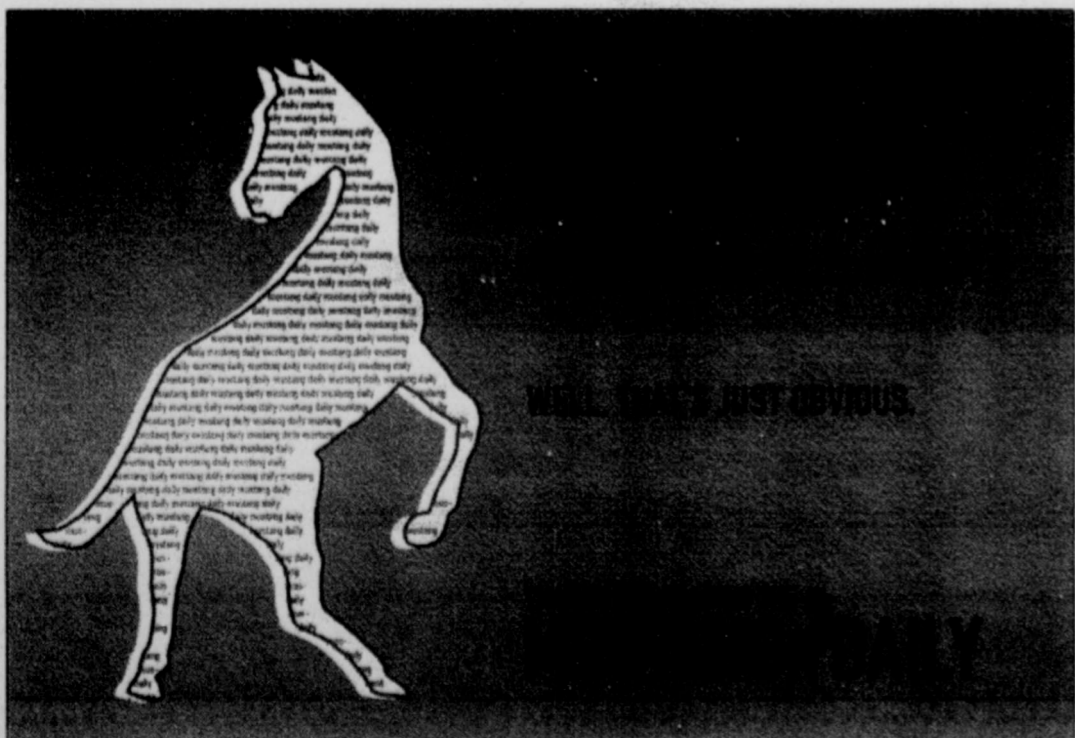
David Utter, 26, was driving with his wife, and two children when the tornado touched down. "The rain started going sideways, and it lifted us up and pushed us into the oncoming lane," Utter said. They were unharmed; their van was untouched. "I've lived here my whole life," he said, "and I no longer recognize where I am."

**“Everybody was praying, you could hear people praying, ‘Please God, don’t kill me.’”**

— Zach Simonds  
Joplin resident

**“They didn’t know what happened to their families, and yet they were focused 190 percent on keeping people alive.”**

— Dr. Jason Persoff  
Florida internist and storm chaser



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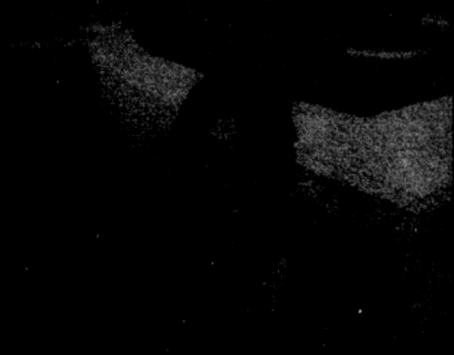
# Tuesday Tunes

What are you listening to?



"An't No Rest For The Wicked" by Cage the Elephant

— Matt Bauzon, mechanical engineering junior



"We're So Far Away" by Mae

— Duyen Pham, graphic communication senior



"Tim McGraw" by Taylor Swift

— Alina Amaral, animal science junior



"You Belong With Me" by Taylor Swift

— Alina Amaral, animal science junior



"Past My Shades" by B.o.B

— Travis Moelter, landscape architecture junior



"Don't Ask Your Story" by Mumford & Sons

— Lisa Wong, nutrition senior

## California ordered by Supreme Court to solve prison overcrowding problem

Michael Doyle  
MCCLATCHY NEWSPAPERS

A closely divided Supreme Court on Monday cited "serious constitutional violations" in California's overcrowded prisons and ordered the state to abide by aggressive plans to fix the problem.

In a decision closely watched by other states, the court concluded by a margin of 5-4 that the prison overcrowding violated constitutional protections against cruel and unusual punishment.

Pointedly, the court rejected the state's bid for more time and leeway. "The violations have persisted for years," Justice Anthony Kennedy wrote for the majority. "They remain uncorrected."

The court agreed that a prisoner-release plan devised by a three-judge panel is necessary to alleviate the overcrowding. The court also upheld the two-year deadline imposed by the panel.

"For years, the medical and mental health care provided by California's prisons has fallen short of minimum constitutional requirements and has failed to meet prisoners' basic health needs," Kennedy wrote.

Driving the point home, the court's majority made the highly unusual if not unprecedented move of

illustrating the decision with stark black-and-white photographs of a jam-packed room at one state prison and cages at another. The court cited, as well, particularly vivid examples of what has happened to inmates as a result of the overcrowding.

"A psychiatric expert reported observing an inmate who had been held in ... a cage for nearly 24 hours, standing in a pool of his own urine, unresponsive and nearly catatonic," Kennedy recounted in one of several similar examples.

Attorneys for the inmates praised the court's action.

"This landmark decision will not only help prevent prisoners from dying of malpractice and neglect, but it will also make the prisons safer for the staff, improve public safety and save the taxpayers billions of dollars," declared Donald Specter, the director of the nonprofit Prison Law Office.

Conservative dissenters, in turn, warned that dire consequences will result from the plan, with Justice Antonin Scalia calling the decision a "radical" one that will force the release of a "staggering number" of felons who might start preying again on innocent Californians.

"I fear that today's decision, like prior prisoner release orders, will lead to a grim roster of victims," Jus-

tice Samuel Alito added.

The court's decision fell along the conventional ideological lines, with Chief Justice John Roberts Jr. and Justice Clarence Thomas joining in the conservative dissent.

Justices Ruth Bader Ginsburg, Stephen Breyer, Sonia Sotomayor and Elena Kagan helping Kennedy form the majority.

Reducing overcrowding doesn't necessarily mean that thousands of inmates will be let loose.


Alternatives include transferring some to other jurisdictions, diverting nonviolent inmates to jails and reforming parole so that fewer violators are returned to prison.

"I will take all steps necessary to protect public safety," California Gov. Jerry Brown said in a statement, adding that "full and constitutionally guaranteed funding" now must be secured to solve the prison overcrowding problem.

Last month, Brown signed a bill that would shift to counties the responsibility for incarcerating many low-risk inmates.

Up to 30,000 state prison inmates could be transferred to various county jails over three years, under the bill.

First, however, California state officials must agree on a way to pay for it.



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# Jennifer Coolidge brings sassy act to Cal Poly

**Sarah Parr**  
SARAH.PARR.MD@GMAIL.COM

Stifler's mom seduced again — but this time, she seduced Cal Poly.

Jennifer Coolidge, known for her roles as Stifler's mom in "American Pie" and manicurist Paulette in "Legally Blonde," brought her boldness and raunchiness to Chumash Auditorium May 20.

Coolidge has starred in more than 80 titles, including "Epic Movie," "Date Movie," "Click" and "Best in Show." She currently plays Betty in "The Secret Life of the American Teenager" on ABC Family.

Coolidge danced on to the stage wearing a lacey mini-dress with a plunging neckline, and silver, glittery stilettos. She began her hour and a half stand-up routine with jokes about the end of the world supposedly occurring the next day, May 21.

"The coolest thing about why I get to be here is because the world is ending tomorrow," she said about

being in the so-called happiest town in America. "I just couldn't imagine running from a mushroom cloud in this dress."

She said she encountered a handsome homeless man with teeth whiter and straighter than hers near the Madonna Inn where she was staying.

"When the homeless men are beautiful, you know you're in the right town," she said.

Coolidge said the reason she decided to go on a stand-up tour was to get "the fuck out of Los Angeles."

The 47-year-old spent the bulk of her show sharing her humorous experiences living in L.A. and working in the entertainment industry, and how she's considered different types of roles, such as those in pornographic films.

"Imagine what the bend and snap could really be," she said.

To refresh the audience's memory, she listed all the roles she's been in, including small roles that no one caught, such as a bartender in

"Brokeback Mountain." She was told to improvise her role since she said she's good at it.

Unfortunately, she joked, the role was cut because she spoiled the whole plot of the film when Heath Ledger and Jake Gyllenhaal first walked into the bar.

"Hey, you two are cocklovers!" she said she shouted in the axed scene from the film.

Although she claimed she almost had the part in "Brokeback Mountain," she said she still didn't enjoy the film because it was obvious that a straight man made it.

"No gay director would have had the ass-loving scene right after the bean-eating scene," she said.

She also expressed doubt toward the entertainment industry in general.

"My biggest complaint is how full of shit everyone is," she said.

When Coolidge saw actress Sophia Loren tell Oprah she merely used rosewater to attain her youthful

look, she said "I wanna get some of that rosewater because it has stitches in it."

However, Coolidge said she learned a lesson from an actress, even though she was full of shit — Penelope Cruz.

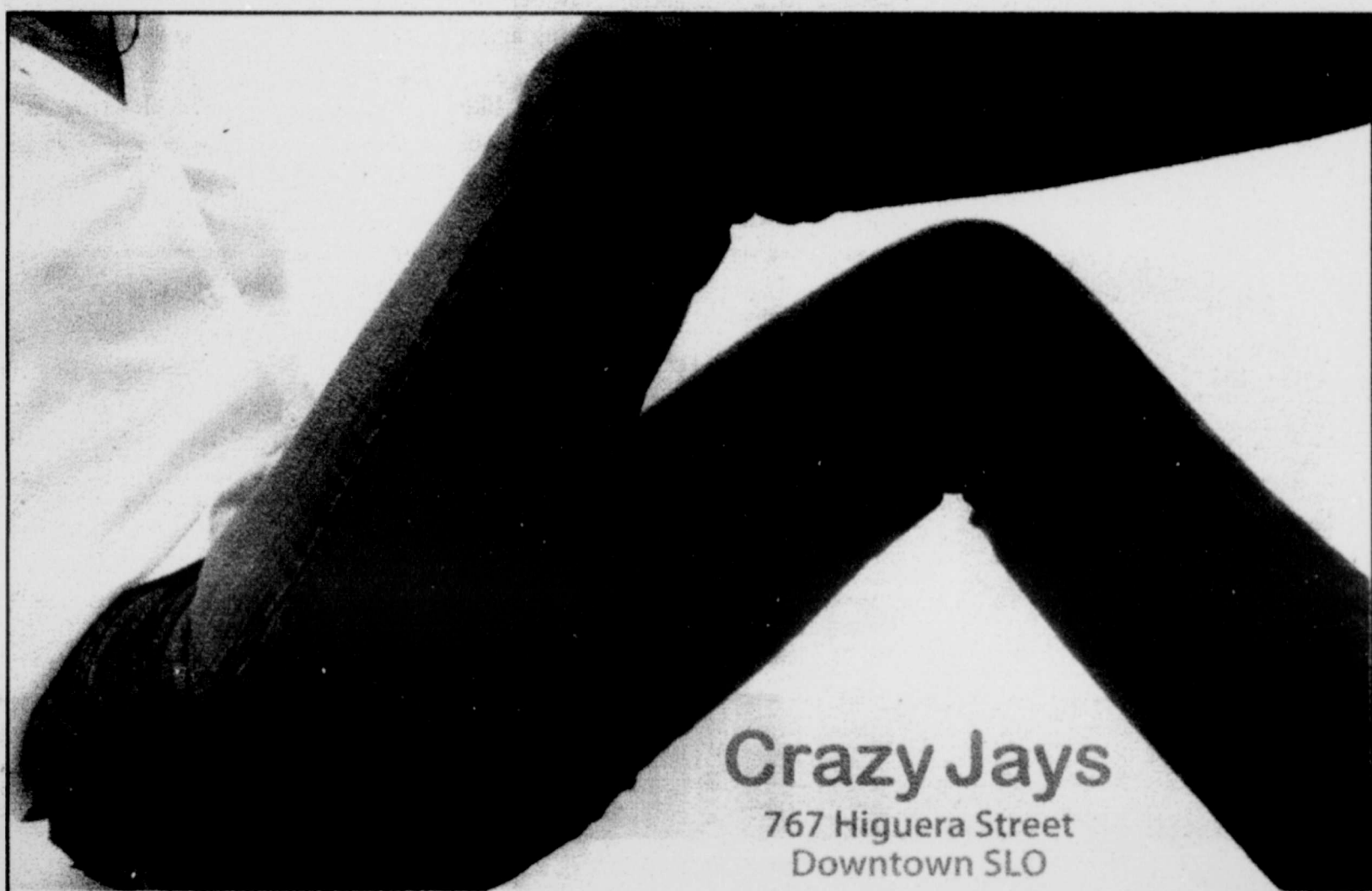
"She got me through a horrendous time," she said.

She told a story about her naiveté with men, especially the time she caught her ex-boyfriend having sex with her skinny neighbor and believed him when he said he thought

he was getting it on with Coolidge. Her ex-boyfriend said he had a condition called "faceblindness" — in which he had trouble identifying faces. She said she believed him, and ended up creating a "faceblindness" awareness campaign for him.

Later on, Coolidge and he broke up. Miserable and consuming mass amounts of fatty foods, Coolidge said she saw Cruz on Oprah with actor Daniel Day Lewis promot-

see Coolidge, page 8



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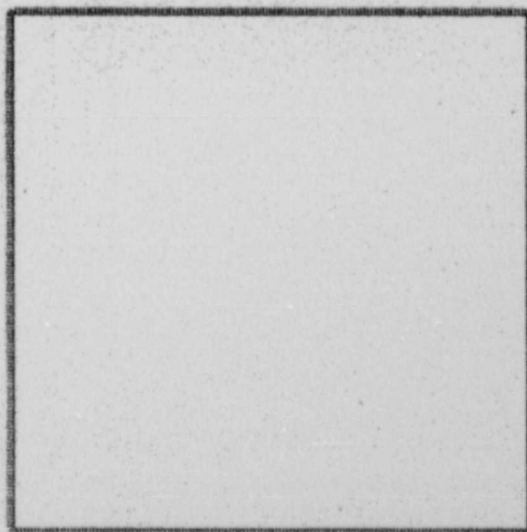


SARAH PARR MUSTANG DAILY

Actress Jennifer Coolidge brought her comedic act to Cal Poly last Friday.

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# Who needs sleep?

## How to make time for a good night's sleep in college

Erik Hansen is a graduate student pursuing a Master of Public Policy and the "When I Was a Mustang..." columnist.

Many of us have tested the bounds of sleep deprivation this past year. It always seems like there is never enough time in the day to squeeze in class, work, homework, studying, reading, exercise and a social life — let alone getting a full eight hours of sleep. Every day ends up being a test of one's time management skills and endurance.

As you start getting to bed later and later, and the amount of sleep you get becomes less and less, it's not just your 8 a.m. physics class that suffers — eventually your mind and body will follow. To make matters worse, some of you might begin feeling the added effects of stress as we wrap up the school year and head into finals.

According to Dr. William Dement of the Stanford University School of Medicine, the average college student needs approximately eight hours of sleep. However, the University of Illinois McKinley Health Center states that college

students obtain an average of only six hours of sleep per night. As such, many college students are experiencing the effects of sleep deprivation, creating what Dr. Dement calls a "sleep debt."

A 2007 article in "USA Today" summarized the findings of a St. Lawrence University study on sleep deprivation, which found that sleep deprivation can significantly impair a college student's academic and athletic performance. Also, in December 2010, the UK's "Independent" reported that when researchers showed people photographs of the faces of volunteers who had been deprived of sleep, the volunteers were found to be less healthy-looking and less attractive than photographs of the same volunteers when they were well-rested.

If that's not enough to scare you right to sleep, according to WebMD, short-term sleep deprivation can result in decreased performance and alertness, memory and cognitive impairment and an overall reduction in one's quality of life. Long-term sleep deprivation can also result in high blood pressure, obesity, psychiatric problems and

mental impairment.

To perform at your best, and for those who routinely lack adequate amounts of sleep, try 1) making more time for sleep and 2) making the most of your sleep; emphasis on the word "making."

To help, the following tips have been compiled from, or are inspired by, the websites of the various "sleep institutes," which specialize in addressing sleep disorders.

### Making more time for sleep

**Get stuff done earlier:** Take inventory of the activities that are keeping you up late at night. This could include activities such as homework, household chores and/or emailing friends and family. Now, take this list of activities and schedule them for earlier in the day.

**Stop procrastinating:** Rescheduling those activities that keep you up late at night for earlier in the day can help address procrastination. People tend to put off activities that don't excite them, and/or which are boring or mundane. Whether it's delaying finishing a paper, or ignoring a sink full of dirty dishes, the task isn't going to complete itself. There's no such thing as a magic bullet for procrastination other than rationalizing the short- and long-term benefits and consequences of completing tasks in an efficient and timely manner.

**Schedule your bed time:** While you're rescheduling those activities that keep you up late at night, also try scheduling a time by when you'll be in bed. Realize though that scheduling is the easy part; sticking to your schedule is the hard part.

### Making the most of your sleep

**Transition to bed:** If you do schedule a time by when you'll be in bed, try to also set aside an hour right before for you to "transition." This means creating a time period



when you don't do anything physically or emotionally taxing.

**Limit/Eliminate your stress:** Everyone handles stress differently. Meditation, music, reading and video games are just a few examples of activities people use to deal with stress. These types of activities are also appropriate for that time period during which you're transitioning to bed.

**Tune the atmosphere:** Control the climate, increase the darkness and decrease the noise. Eye shades and earplugs are two cheap and easy ways to positively modify your environment and help you fall asleep more quickly.

**Cut the caffeine:** In the morning, try to limit your caffeine intake to a healthy level — typically less than 500 to 600 milligrams, or approximately three cups of drip coffee. As the day goes on, try to avoid caffeine in the afternoon and evening — this also means avoiding some sodas, teas and chocolate. With a half-life of approximately five hours, this will allow your body to process the caffeine in your system by the time you head to bed.

**Get your drinking in early:** If you're going to drink, try drinking

earlier in the evening so your body has enough time to metabolize all of the alcohol in your system by the time you head to bed. As a general rule of thumb, your body is able to metabolize one drink — or half an ounce of pure alcohol — every hour; that's one beer, five ounces of wine or one shot. If you plan on being in bed no later — or earlier — than 10 p.m., having two drinks with dinner is fine, so long as you wrap up your drinking by 8 p.m.

**Exercise:** Not only does exercise exhaust your body, but it can also help your body better manage stress. However, similar to caffeine and alcohol, try to exercise earlier in the day or evening, finishing your workout at least two hours before you plan on being in bed. This will give your heart plenty of time to slow down, your body plenty of time to cool off and your mind plenty of time to come down from the adrenaline surge.

**Don't go to bed too hungry or too full:** Striking that happy medium isn't as hard to do as it may seem. By not skipping dinner, but not eating after 8 p.m., you can prevent your stomach from keeping you up at night.

## HOROSCOPES

TUESDAY, MAY 24

**GEMINI** (May 21-June 20) — You're likely to begin the day feeling as though you are somehow under the gun, but later you'll fall into a more relaxed mode of behavior.

**CANCER** (June 21-July 22) — Take the time you need to prepare for what you know lies ahead. Forget to take all eventualities into account and you'll be sorry.

**LEO** (July 23-Aug. 22) — Others may be willing to help you every step of the way, but what you are facing will have to be faced alone — at least for the time being.

**VIRGO** (Aug. 23-Sept. 22) — A last-minute change of plans has you more relaxed about what you will be doing, but it may be difficult for you to see all the angles.

**LIBRA** (Sept. 23-Oct. 22) — What was easy for you only yesterday may prove suddenly quite difficult. It may be that you've reached critical mass.

**SCORPIO** (Oct. 23-Nov. 21) — While waiting for others to prepare themselves for what you have in store, you can make use of the time doing something entirely unrelated.

**SAGITTARIUS** (Nov. 22-Dec. 21) — What you have to offer may not be highly valued by everyone, but the support you receive from a certain few can prove invaluable.

**CAPRICORN** (Dec. 22-Jan. 19) — What starts as something of a whim is likely to prove far more serious as you find yourself immersed in a major new project.

**AQUARIUS** (Jan. 20-Feb. 18) — Someone you've been mentoring for some time is ready to strike out on his or her own. You're ready with some last-minute advice.

**PISCES** (Feb. 19-March 20) — You may feel as though others are trying to distance themselves from you, but in fact it is you who are drifting away from them in some way.

**ARIES** (March 21-April 19) — You must try to make a strong start even though you may be feeling rather unfocused and unmotivated.

**TAURUS** (April 20-May 20) — You can get good results even by going through the motions. Later on, you'll begin to feel it a bit more energetic.

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# Asparagus: the speediest veggie



Heather Rockwood is a food science junior and Mustang Daily food columnist.

In the fast-paced culture of America, we want everything to be accomplished instantly and with little to no time spent waiting.

Unfortunately for us, that is not how the world of nature typically plays out. In nature there are seasons, days, weeks, months and even years of waiting for a crop to finally be ready to harvest, but if we are patient, there is one veggie that seeks to catch up and grow at the rapid production pace we deem vital to the American lifestyle.

Asparagus, a member of the Lily family, and a close relative to onions, leeks and garlic, takes quite some time to warm up, but once it hits its prime season it produces like nothing you have ever seen before. After the crowns are first planted, the grower must wait up to three years before the first crop is ready for harvest, but then it is a challenge just to keep up with this vivacious veggie. Within 24 hours, a stalk of asparagus can grow up to 10 inches. This peak growing season lasts late spring to summer totaling about six to seven weeks — until the asparagus once again remembers it's not an American and rejects instant productivity, and instead embraces nature's call to wait until the next season.

When purchasing asparagus from the market, it is important to keep a few things in mind. First, in true

American style, bigger is better — the larger the diameter of the stalk, the more tender it will be — but watch out for a woody stalk.

Also, look for closed tips with firm stems. There are three color varieties to choose from. The most common is green, and then there is white — this variety is accomplished by packing sandy soil on top of the growing stalks to eliminate the sun from reaching the plant and thus stopping the production of chlorophyll (pigment responsible for the green color). Finally, there is the purple variety, which has a slightly higher sugar content and a much fruitier taste. This variety also has higher levels of anthocyanins (helpful antioxidants).

After purchasing comes storing the asparagus. The truth is, storing asparagus is not highly recommended. Along with their extremely quick growth rates, these veggies have high respiration rates — the rate at which starches are broken down to sugars due to the plant's intake of oxygen after being harvested. For the best quality it is important to consume these vegetables within 48 hours of purchase. To maintain the best quality within those 48 hours of storage, you can either wrap a damp paper towel around the bottom of the stalks, or place them upright in 1 to 2 inches of water.

One of the major health benefits asparagus has is its excellent source of folacin (folate). This is the natural form of vitamin B9 found primarily

in leafy green vegetables as well as the stalks of asparagus; often people recognize the synthetic form, folic acid. Folacin, a member of the B-complex vitamins, is an essential element in supporting the growth and formation of red blood cells as well as skin cells within our body. Folacin is also a key factor in pregnancy, protecting the baby from harmful neural tube defect such as spina bifida.

With graduation just around the corner and multitudes of celebrations coming up, you will need a quick and easy appetizer, but don't cop out and just grab boxed snacks. Impress all your friends by providing a delicious, healthy and elegant asparagus appetizer. Not to mention you can look rather insightful when you inform them that the use of asparagus was your attempt at a symbolic gesture — after years of patiently waiting (in classes and underground), your friends and the asparagus are now ready for the fast-paced growth of the workplace set before them.

**HINT:** This member of the Rose family has a whole museum dedicated to it in Belgium.

## Prosciutto Wrapped Asparagus

**Ingredients**  
1 lb. fresh asparagus  
8 to 10 slices of prosciutto  
Fresh cracked pepper and salt to taste  
Fresh lemon (optional)

## Directions

Wash and trim asparagus spears. Cut prosciutto slices in half. Wrap one-half strip prosciutto around each asparagus spear, leaving the tip and end exposed. Lay on a cookie sheet with sides. Season to taste with pepper and salt. Bake in a preheated 400-degree oven for 20 to 25 minutes, or until prosciutto is cooked. Serve warm or at room temperature. (Optional: Squeeze fresh lemon juice over cooked spears.)

## Coolidge

continued from page 6

ing their movie "Nine." Cruz told Oprah Lewis was the funniest man, even though most people, including Lewis himself, wouldn't agree with her.

"She tells shit to men they've never heard, but desperately want to believe," Coolidge said.

Thus, Coolidge said it's been a P.C. (Penelope Cruz) year since that moment of enlightenment. In order to keep a man around, she said she must lie to him: "Your dick is way too big for me to ever want to marry you."

Throughout the show, Coolidge commented on how "civilized" and proper Cal Poly was when she made obscene jokes.

"I should've ended up at a school like this — I would've had a husband," she later said at a sit-down talk with the student media.

Some audience members, including mechanical engineering senior Shelley Dangoor thought parts of the act were vulgar, but still enjoyed the show.

"I thought her material was really entertaining and relevant to today," Dangoor said. "I'm not a big fan of drug or sex references, but those topics were not the main focus of the show."

Dangoor said Coolidge did an "amazing job," especially when she made fun of Jennifer Lopez's song "On the Floor" — dancing and singing to it both at the beginning and end of her act.

After her stand-up performance, a meet-and-greet session was held for the audience. Every person in

line for the meet-and-greet was able to either ask for an autograph, or take a picture with Coolidge.

Terry Hackney, Associated Students Inc. (ASI) special events supervisor, said it took a few quarters to book Coolidge at Cal Poly. On an ASI events survey issued to Cal Poly students at the beginning of the school year, one form of entertainment many students expressed interest in was stand-up comedy.

Due to University Union fees that students pay, Coolidge's act was free for students as part of the Late Night with ASI program, Hackney said. The program aims to provide alcohol and drug-free alternatives on Friday nights for students, especially those living on campus.

Prior to the show, many Cal Poly students expressed interest in Coolidge, although her name isn't instantly recognizable.

"With her, there's a lot of facial recognition," Hackney said. "People may not know her name, but they know her as Stifler's mom from 'American Pie' or from 'Legally Blonde.'"

Wine and viticulture junior Marissa Monarrez said at first she didn't know who Coolidge was by her name only.

Although Monarrez was at the back of the line for the meet-and-greet, she said it was the most memorable part of the night.

"After the meet-and-greet, being able to sit and talk with her was so personal," Monarrez said. "To hear stories about her on the set of 'Legally Blonde' and calling Reese Witherspoon by her first name is so personal to me. I don't think I'll ever get an opportunity like that with any other actor or actress."

“When the homeless men are beautiful, you know you're in the right town.”

— Jennifer Coolidge  
Actress

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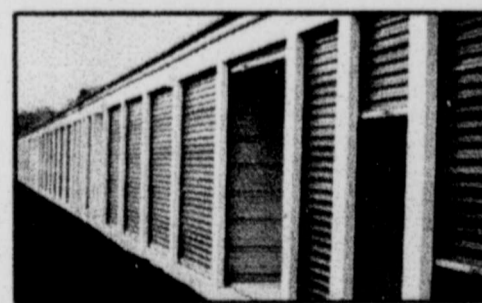
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"I didn't get any last year."

Competitive human nature efficient tool of power



Eric Baldwin is an electrical engineering senior and Mustang Daily libertarian columnist.

Violence and conquest have been used as tools for power for a long time, but they are, at least in their old roles, increasingly obsolete. New methods of obtaining power over people have been developed and they are far more effective.

Oppression is very much a "taking" form of power; it is when someone from over there comes over here, roughs you up, and takes what you have. It tends to excite resentment and resistance, and it can't take what you don't have. It is limited.

"Giving" forms of power, however, are limited only by our capacity to want. Givers aren't alien to us; they are an intimate aspect of our daily lives. Rather than take what we possess, they provide what we lack; engendering gratitude, approval and hunger for more. Companies, governments and entire societies maintain and expand power over people by engineering their perception of needs, of rights and of "the good life." People's behaviors are determined by their perceived needs, and those perceptions are easily engineered. To engineer perceptions is to direct behavior.

It is difficult to express the extent to which our perceptions are engineered because it is pervasive and we

have no baseline against which it may be measured, but examples are easy to find; commercial advertising is the easiest example to identify. Advertisements don't just present products, they create problems which their products solve. How many people would notice the poor state of their hair if companies weren't so eager to correct it? If nobody noticed, would average hair actually be a problem?

Everyone wants to be rich, or at least appear like it. Since money correlates to social status, wealthy people (or those who form the image of wealth) gravitate toward products and services that represent that status, which the less-than-rich attempt to imitate.

Poor people (people who don't have the stuff they know they need) raise their voices, and non-profit stuff-giving organizations and politicians bend over backwards to altruistically make sure that they get their minimum amount of stuff.

Companies and public health agencies create an image of healthy, "normal" aging, then charge for the chemical, surgical and cosmetic processes necessary to maintain it. We have a right to a highly mobile, disease-free life that extends past a hundred birthdays. If that's not the way our bodies naturally work, then we must acquire the "health" care necessary. If we can't afford it ourselves then the general public can

and there is no shortage of public servants eager to give us what we need and deserve.

Politicians tell us that the normal life is one with an unruffled economy and perfect freedom from fear, and all it costs is an occasional vote and some of your peripheral rights.

We are told that the unfulfillment in our lives will be healed by getting a large number of certain objects, which requires going to school for 12 plus four years so that we can produce such objects for other, similarly unfulfilled people.

What do humans actually need?

The world system is economic, political and social. Most of the system functions by informing people that they are unfulfilled and then presenting fulfillment for the low price of money, votes and conformity. It is a self-supporting system that equates success with the ability to create and meet needs. Because it provides the highest rewards to those who create the most need, it has a strong structural tendency to reward hunger and suppress contentment — it needs to be needed.

The life blood of this system is power, the ability to compel people to do things, to need things. To the extent that you need something you are incapable of honestly evaluating, changing or rejecting it. When we accept the belief that "the good life" is achieved by applying products and services to our informed deficiencies we make ourselves beholden to those who create and satisfy those beliefs. When we accept the belief that our rights entitle us to services and guarantees, we evaluate our politicians on

their projected delivery. When we accept the idea of need, we frantically pursue the satisfaction of that need only to discover that there are always more and larger needs around every bend. Rights are mandatory. Needs need to be fulfilled. To suggest otherwise is laughable.

If the individual ought to be a questioning being, if people ought to exercise real choice in self-government, then we should reject the addictions that deprive us of our ability to question and choose. If respect means consent then we should shun unwholesome power over one another. How much of the power in the world only exists to control other power? How much control is necessary if we're not trying to control each other?

This system is not some sinister plot by a shadowy secret society to control everyone's lives; this is the natural result of human tendencies. We humans covet shiny things, fear death and enjoy telling other humans what to do. That's the way we're wired. It is a part of ourselves that we must consciously fight.

There's nothing wrong with a vibrant economy so long as it addresses actual human needs and supports human rights. We do need some things, and we enjoy many more. But our use should be conscious, not compulsive, or we risk our ability to make unpoisoned decisions. Use becomes habit, habit becomes expectation and expectation becomes dependency. Those who need nothing cannot be controlled.

What do humans actually need?

**“The life's blood of this system is power, the ability to compel people to do things, to need things.”**

— Eric Baldwin  
Libertarian columnist



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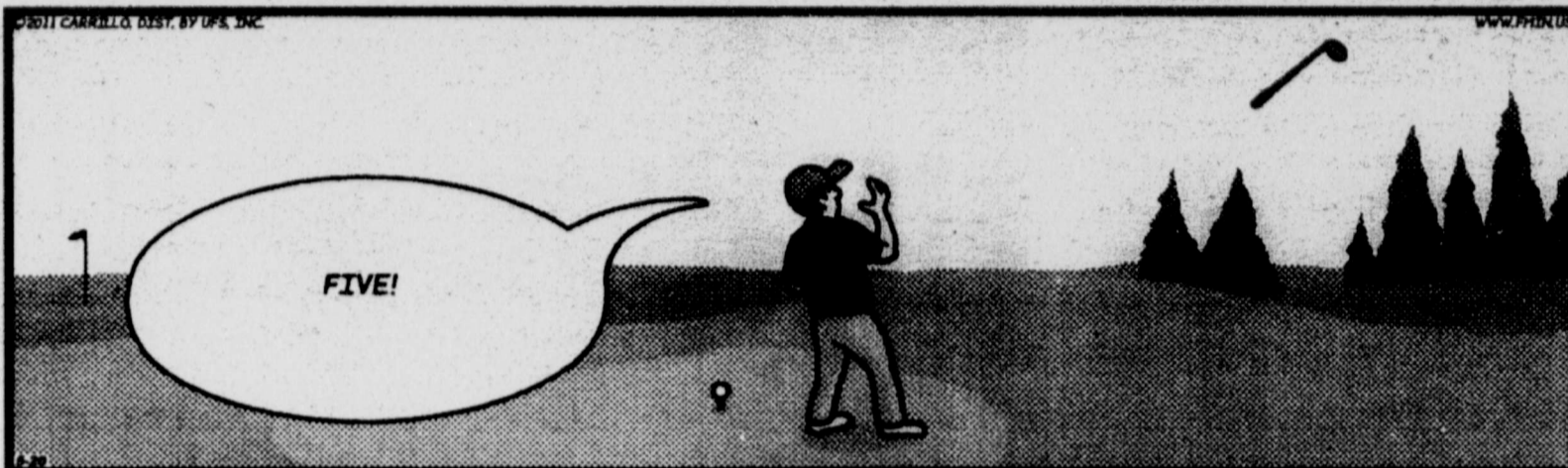


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### ACROSS

- 1 Lap dog
- 5 Box lightly
- 9 Household members
- 13 — St. Laurent
- 14 Bellamy or Nader
- 15 Memsahib's nanny
- 16 Theater companies, briefly
- 17 Manicurist's board
- 18 Costa —
- 19 Registers for
- 21 Objective
- 22 Lepton locale
- 23 Soir follower
- 25 Clue
- 27 Grudgingly admitted
- 31 Frightens
- 35 Mayberry kid
- 36 Heavy hydrogen discoverer
- 38 Banish
- 39 Caesar's law
- 40 Quiz-show VIP
- 42 — kwon do
- 43 Horses' gaits
- 46 German industrial region
- 47 Calculator key
- 48 Balance
- 50 Dainty dessert (2 wds.)
- 52 Roast pig repast
- 54 Humane org.
- 55 Ring the bell
- 58 Big rigs' radios
- 60 Despot
- 64 Jai —
- 65 Split-level
- 67 "Fish Magic" artist
- 68 Basted
- 69 No longer feral
- 70 Give credit
- 71 "King —"
- 72 Portico
- 73 Round dwelling

### PREVIOUS PUZZLE SOLVED

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### DOWN

- 1 Ceremonial fire
- 2 Neck and neck
- 3 Didn't part with
- 4 Flower oil
- 5 Mr. Houston
- 6 Entreaty
- 7 Taxing month
- 8 Couplets
- 9 Strange truth
- 10 Throw off heat
- 11 Baja snack
- 12 Pillow cover
- 14 Dregs
- 20 Paris street
- 24 School periods
- 26 Goodall subject
- 27 Indianapolis team
- 28 La Scala show
- 29 37th President
- 30 Type of coffee
- 32 Fiber— cable
- 33 "The Matrix" name
- 34 Rest
- 37 Trips around the sun
- 41 Burst forth
- 44 Plowing
- 45 Actor — Gilliam
- 47 Harshly
- 49 Racing boats
- 51 Bitter cold
- 53 Kapitan's command (hyph.)
- 55 Job to do
- 56 Butter substitute
- 57 Croquet site
- 59 Japanese wrestling
- 61 Noted diamond surname
- 62 Close by
- 63 Dress type
- 66 Continent divider

1	2	3	4	5	6	7	8	9	10	11	12	
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NOW I CAN KEEP YOU WITH ME FOREVER, LARRY...FOREVER...

When Bob the Tomato went bad, he went *really* bad.

## Stow family expresses gratitude to Los Angeles Police Department



Ann Stow's (left) son, Bryan, remains in critical condition after he was beaten following a Giants-Dodgers game in Los Angeles on March 31.

Joel Rubin  
LOS ANGELES TIMES

LOS ANGELES — The day after Los Angeles police arrested a man suspected in the brutal beating of San Francisco Giants fan Bryan Stow, Stow's family members expressed appreciation for the Los Angeles Police Department's work on the case.

"We never gave up hope that this day would come; that the beginning of justice being served would happen," Stow's sister, Erin Collins, said outside San Francisco General Hospital, where her brother remains hospitalized. "Our family would like to express our deep gratitude to the LAPD for their exhaustive efforts."

Stow's mother described the wave of emotion that hit her when she received a phone call from an LAPD detective Sunday morning alerting her that police had taken a

suspect into custody. "My heart just dropped," Ann Stow said. "It was a very emotional day. We are very excited that this piece of the puzzle, one of the pieces, has been put in place."

After two months chasing hundreds of leads in the high-profile case, LAPD officers arrested 31-year-old Giovanni Ramirez following an early-morning operation at the East Hollywood apartment building where Ramirez had been living recently. Police believe the documented gang member is one of two men who attacked Stow, 42, in the parking lot of Dodger Stadium on March 31 after rival teams played their season opening game.

Stow, a father of two, suffered brain damage in the attack. He has recently begun to open his eyes, but his long-term recovery is far from certain, doctors have said.

Investigators on Monday were continuing to search for the second assailant, as well as the woman who

witnesses said drove the men from the stadium.

With the attack garnering intense national scrutiny, Los Angeles police officials put 20 detectives on the case — an extraordinary amount of resources. Together, they worked more than 6,000 hours on the case and chased nearly 650 tips.

In the weeks after the incident, police detained several people for questioning, only to determine they weren't involved. A \$200,000 reward motivated many people. At least one man showed up at a police station and tried to confess to the crime, asking officers if his family would receive the money if he turned himself in, according to a police official.

Ultimately, the break in the case came from Ramirez's parole agent, who alerted police to the possibility that Ramirez resembled descriptions and sketches of one of the attackers, police officials have said.

## Wrestling

continued from page 12

have somebody that can organize fundraising campaigns."

On top of helping the program get endowed by alumni and supporters, the new coach will have to keep players on track with the school's academic standards, Azevedo said.

"It's a tough school," he said. "Holding them accountable academically during the season is very tough when they're working out twice a day."

Junior Ryan DesRoches said Azevedo has had a knack for keeping the team in line school-wise.

"(Azevedo) knows how academics work," he said. "A lot of coaches, when they come in new, they don't know how Cal Poly is. We want a

coach that wants us to succeed in life as well as (in) wrestling."

DesRoches also said he wants a leader with expectations as high as his own.

"I think that we could have at least three All-Americans (next year)," he said.

Novachkov, a returning senior, said he wants the new coach to be someone he can grapple with.

"I just hope that it can be some-

body I can wrestle," he said. "A younger coach that's my weight."

Novachkov also said he hopes whoever is chosen will carry on Azevedo's ability to know the needs of individuals.

"(It's important to) be on the same page as the team (and) know exactly what your athletes need," he said. "I hope we find out soon; it's been a long wait."

Even students who are not on the

team are anxious to see who fills the position.

Biomedical engineering junior Adam Altman wrestled all throughout high school and said he knew Azevedo by reputation long before coming to Cal Poly.

"He's not just a wrestling coach," Altman said. "He really does good at all the other stuff behind the scenes. It's definitely going to be hard to replace him."

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## Oberhelman continues search for Azevedo's, Perry's replacement

**“We want a coach that wants us to succeed in life as well as (in) wrestling.”**

— Ryan DesRoches  
Cal Poly junior wrestler

### David Liebig

DAVIDLIEBIG.MD@GMAIL.COM

Cal Poly athletic director Don Oberhelman is just a few months into the job, but he may soon make his first big move since coming to campus: finding a successor to wrestling head coach John Azevedo and co-head coach Mark Perry.

Azevedo, whose name within wrestling circles is synonymous with knowledge and experience, announced earlier this year that the 2011 season would be his last, after 10 years of building the team up to one of the school's most prominent programs.

Primarily under Perry's watch last season, the Mustangs had one of their best seasons to date. They went 9-2 overall and 4-2 in the Pac-10, and sent Boris Novachkov to the NCAA Championship match in the 141-lb. weight class.

That was one of the main reasons, following Azevedo's retirement, Perry was expected to take over. However, Perry accepted a coaching job at the University of Illinois, leaving Cal Poly wrestling momentarily without a leader to pick up where the promising team left off this year.

Oberhelman said this was an unexpected double whammy.

"Azevedo did a great job here for a long time," he said. "It's kind of the perfect storm that he retires (and) at the same time Mark leaves for Illinois."

Oberhelman said he is conducting a national search for a new coach and has received some impressive résumés.

"We are whittling our list down," he said. "We're going to be doing phone interviews, hopefully, by the end of the week. I am very, very pleased with the applicant pool. We've got some great coaches out there that want to come to Cal Poly."

The team has been increasingly successful over the past few years, finishing the 2011 season with one of their best dual meet records and sending four wrestlers to the NCAA Championships. Part of Azevedo's legacy is having a Pac-10 Champion

and an All-American competitor every year.

Oberhelman said the program's reputation is aiding in finding a qualified new coach.

"Knowing what kind of program a guy like (Azevedo) can build just makes it more marketable to people," he said. "They're probably looking at it thinking, 'I may be able to build on what he's already done.'"

Azevedo said furthering the team's success is going to require work both on and off the mat.

"Any of the wrestling coaches that they're going to be looking at can teach wrestling skills," he said. "There's a lot of things here at Cal Poly that you have to have skills in because of the situation with the finances and the budget. You have to



RYAN SIDARTO MUSTANG DAILY FILE PHOTO

see *Wrestling*, page 11 Last year under co-head coaches Mark Perry and John Azevedo, the Cal Poly wrestling team went 9-2 (4-2 Pac-10).

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