Volunteers of yesterday and tomorrow

A Cal Poly professor and Peace Corps veteran gives insight into his tour in Iran

Caitlin Donnell  
MUSTANG DAILY

This is the third installment of a three-part series about the Peace Corps. It examines the experiences of Cal Poly students and faculty who have been involved with the organization.

Agriculture professor Phil Doub was one of the early Peace Corps volunteers when he served in Iran in the late 1960s.

He spent two years running a large school farm on the Caspian Sea and then stayed in Iran for five years and started a large vertically-integrated food business with some Iranian and American investors. The business he started is still in operation and has about 700 people working there.

Doub said that the Peace Corps was a turning point in his life. Doub said that the Peace Corps was a turning point in his life.

It was a very exciting time and effort to aid those affected by the Dec. 26 tsunami tragedy that occurred in Southeast Asia.

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Cal Poly nutrition graduate Wendy Schmidt sits outside her house in Madagascar. Her tour with the Peace Corps ends in December.

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RECAP THURSDAY
Cal Poly graduates relate their Peace Corps wisdom

RECAP WEDNESDAY
The number of volunteers has gone up in recent years

Greenspan urges quick action on Social Security, Medicare

The cost of President Bush's proposed private accounts is estimated at $745 billion over the next decade

Martin Crutsinger  
ASSOCIATED PRESS

WASHINGTON — Federal Reserve Chairman Alan Greenspan urged Congress Wednesday to move quickly to fix the financing problems in Social Security and Medicare, arguing that delay will only make the country's budgetary problems more severe.

Greenspan again endorsed the key part of President Bush's Social Security overhaul to set up private accounts. He said Congress needed to do other things to put Social Security and Medicare on a more sound financial footing given the impending retirement of 78 million baby boomers.

While saying that Congress should move quickly to consider possible benefit cuts for Social Security and Medicare before the baby boomers begin retiring, Greenspan, as he did a month ago, urged a go-slow approach to setting up Bush's proposed private accounts.

The administration estimates those accounts will require about $745 billion in new borrowing over the next decade. Greenspan said it is difficult to judge what impact that increased borrowing will have on financial markets and for that reason, the government should move cautiously to keep from triggering higher interest rates.

"I think it is very important that you move gradually and see what the Greenspan, page 2
Volunteer
continued from page 1
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"The fiscal and generational burden on the Social Security trust fund is projected to be about 10 percentage points of GDP for the next 25 years, rising to about 15 percent in 2080," Greenspan said. "The current Medicare pension system, which is not formally Social Security trust fund, is projected to be about 5 percent of GDP for the next 25 years, rising to about 7 percent in 2080. The Social Security and Medicare trust funds are projected to be insolvent in 2022 and 2028, respectively."

Greenspan reiterated that he supports President Bush's plan for setting up personal retirement accounts by devoting up to 4 percentage points of payroll taxes into the new accounts.

In his prepared testimony, Greenspan did not repeat the cautionary message he sent last month. Creation of the accounts should be "done slowly to gauge the impact the increased borrowing that will be needed will have on financial markets." The Fed chief said that unless growth in the huge benefit programs is restrained, these programs will "probably have to be reduced in order to keep the economy from coming to harm."

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SAN FRANCISCO — Tourists are balking at a proposal to jack up the price on San Francisco's historic cable cars to $3 a ride — the most expensive local transit fare in the country.

The board that oversees public transportation in the city voted this week to raise the price of bus rides and the cable car ride from $3 to $5. "Cable cars are one of the charms of San Francisco," Koli Adraku, a visitor from Arkansas, told the San Francisco Chronicle. "At $5, it won't be charming anymore."

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Spokeswoman reveals: A day in the life of Michael Jackson

Jackson has also offered a window into his thoughts recently with brief statements to reporters. On Tuesday, after jurors watched the documentary that sparked the molestation and conspiracy allegations against him, Jackson told reporters he felt "good" but "angry." On Wednesday, lead defense attorney Thomas Mesereau got a prosecution witness to testify in cross-examination that some of Jackson's alleged co-conspirators were at odds with each other and either botched his public relations efforts or worked against him — a far different picture than the one painted by prosecutors. Asked if he was happy with Mesereau's performance, Jackson nodded and said "yes." Jackson suggested last week that one of his first decisions of each day — what to wear — isn't even up to him. Asked about an emblem he wore on his jacket, he told a reporter, "My wardrobe guy puts it together."

Because the court's 8:30 a.m. to 2:30 p.m. schedule includes only three breaks — and no lunch hour — there is no time for Jackson to leave the courthouse to eat. Instead, he snacks throughout the day on healthy fare like granola bars, said his spokeswoman, Raymone K. Bain. On Wednesday, a reporter spotted one of Jackson's bodyguards delivering food to the courthouse in a picnic basket. Because the court's 8:30 a.m. to 2:30 p.m. schedule includes only three breaks — and no lunch hour — there is no time for Jackson to leave the courthouse to eat. Instead, he snacks throughout the day on healthy fare like granola bars, said his spokeswoman, Raymone K. Bain. On Wednesday, a reporter spotted one of Jackson's bodyguards delivering food to the courthouse in a picnic basket. When court adjourns, Jackson occasionally folds himself together. "That's the way he relaxes," she said. Bain said she didn't know when Jackson was the day during jury selection for being late. One exception was the day during jury selection when he became sick in his SUV and was taken to an emergency room. Bain said she didn't know when Jackson was the day during jury selection for being late. One exception was the day during jury selection when he became sick in his SUV and was taken to an emergency room. Bain said she didn't know when Jackson was the day during jury selection for being late. One exception was the day during jury selection when he became sick in his SUV and was taken to an emergency room. Bain said she didn't know when Jackson was the day during jury selection for being late. One exception was the day during jury selection when he became sick in his SUV and was taken to an emergency room. Bain said she didn't know when Jackson was the day during jury selection for being late. One exception was the day during jury selection when he became sick in his SUV and was taken to an emergency room.
REVIEW

Reeves is 'Constantine'-ly crap

Christina Joslin
March 4, 2005

In the comic book series — excuse me, graphic novels — "Hellblazer," the amoral, paranormal hunter John Constantine is British, blonde, garrulous and damned.

In this year’s newest superhero flick, “Constantine,” John Constantine (Keanu Reeves) is the exact opposite of his drawn prototype: American, brusque and full of cheap one-liners.

Within this world of demons, angels and half-breeds, the fate of all mankind is caught in the middle of a sports-like gamble between God and Satan. In this dark existence, there also lies a man who has devoted his life to waging war against the forces of unholy. Constantine, a repressed chain-smoker, lives above a bowling alley in Los Angeles, which oddly enough doesn’t have a bowling ball in sight. Since he was a child, he has been able to see the half-angels and half-breeds that walk among us. And as one doomsday after another races toward us, Constantine has been more murky and less emotionally attached to the characters.

Reeves supports very few expressions, stepping into this movie with lockjaw tenacity, a loosened black tie over a white shirt and a long leather jacket, making him an urban embodiment of Neo from “The Matrix.”

Reeves’ major scenes and line phrasing are so monotonous that he almost simulates a video-game hero in lethal desperation. Constantine and Reeves both have a knowingly morose energy level in this movie, which befits a man who walks among half-bred evil, is dying and has already tasted hell, which looks like a post-nuclear Los Angeles shaped by animators with a hangover.

The computerized effects in “Constantine” are, without a doubt, mesmerizing, but don’t save the movie anymore than the actors do. In reality, most of the comic-derived action movies of the present have characters and plots that are a little more light-hearted and humorous. Though the “Hellblazer” series is darker and more serious than the others, the movie is too overwhelmed by its own logistics and sentiment to successfully understand the depths of this world.

'Constantine' alun Keanu Reeves returns to the sci-fi world in "The Matrix." The film revolves around a bet between Satan and God. First-time director Francis Lawrence shows quite a bit of visual pizzazz, but lacks the ability to bring any of his scenes to life. One of the best sequences in “Constantine” revolves around a battle between the winged-angel Gabrielle (Tilda Swinton) and Lucifer himself (Peter Stormare). These two actors controlled the camera so well that the plot should have focused more on them.

Sporadic, bizarre and strangely uninvolved, “Constantine” is staged with such an unyielding computerized punch and such a lack of drollness of character that it’s tiresome. Sadly, the movie’s idea of wit is in an upraised middle finger rather than an upright line of dialogue.

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**BILLBOARD TOP 15**

**Most popular songs in the country**

Friday, March 4, 2005

1. 50 Cent — "Candy Shop"

2. Green Day — "Boulevard of Broken Dreams"

3. Mario — "Let Me Love You"

4. The Game feat. 50 Cent — "How We Do"

5. 50 Cent — "Disco Inferno"

6. Ciara — "1,2 Step"

7. Kelly Clarkson — "Since You’ve Been Gone"

8. Gwen Stefani — "Rich Girl"

9. Usher — "Caught Up"

10. Lil Jon — "Lovers and Friends"

11. Frankie J — "Obession"

12. Destiny’s Child — "Soldier"

13. Eminem — "Mockingbird"

14. Ludacris — "Get Back"

15. Kelly Clarkson — "Breakaway"

**Downloads of the day**

Gill Scott Heron

"Revolution" (1970)

“You will not be able to stay home, brother / The revolution will not be brought to you by the Schafer Award Theatre and will not star Natalie Woods and Steve McQueen or Bullwinkle and Julia / The revolution will not give your mouth sex appeal / The revolution will not get rid of the rubs / The revolution will not make you look 5 pounds thinner, because the revolution will not be televised, brother.”

BT

"Revolution" (2001)

“The Revolution will be televised / The Revolution will be a war of attrition / Wars against the sleeping / The Revolution will be fought in all forms of media / It’ll be fought on phone lines / on cable modems / and our cell phones / and our palm pilots..."

This pair of songs reveals how much the world has progressed (or changed) in 30 years. Will the revolution be televised or not?

*Courtesy of aerospace engineering senior Ryan MacDicken*

Have a suggestion for the Download of the Day? e-mail us at artsandculture@mustangdaily.net

Please include your name, year and major and why the song should be downloaded.

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Nightmares stem from stress, anxiety

The other night Jane woke up in a cold sweat after a nightmare in which she and her boyfriend were being shot at on campus. We got talking about it and began to wonder what causes such violent dreams — is it stress, or is it Jane? It turns out that Jane’s nightmare was likely brought on by stress and anxiety, which is one of the leading causes of nightmares in adults. A nightmare is defined as a dream occurring during sleep that brings out feelings of strong, inescapable fear, terror, distress or extreme anxiety. This commonly occurs in the latter part of the night during REM sleep and usually abruptly awakens the sleeper who is able to recall a detailed, often bizarre dream plot and wakes up feeling fearful or distressed.

According to the American Family Physician, a journal by the American Academy of Family Physicians, in a two-week prospective study of college students, 47 percent described having at least one nightmare. In this study, nightmares were more common in women and were associated with increases in nighttime awakenings, sleep on-set insomnia, daytime memory impairment and anxiety following poor nocturnal sleep. Studies of the general population reveal that 5 to 8 percent of adults report a current problem with nightmares.

Common causes of nightmares include:
- anxiety and stress
- intense fear and feeling of impending harm
- illness with a fever
- death of a loved one
- adverse reaction to drugs
- excessive alcohol consumption
- sleep disorders
- In addition, experiencing nightmares can lead to a lack of sleep, which can have serious mental and physical side effects including decreased motivation, memory, concentration and cognitive ability.

In fact, according to James Maas, a professor of psychology and sleep researcher at Cornell University, the most sleep-deprived of all are high school and college students. From the ages of 17 to 25, sleep needs are greater than at any other time of life after early childhood, but the pressures to postpone or even skip sleep are also greatly increased. Sleep studies have shown that young people need about 10 hours of sleep a night, yet the average student sleeps only six hours.

To catch the right amount of sleep every night and avoid nightmare interruptions, follow our four R’s of better sleep:
- regularize your sleep/wake patterns
- relax before bedtime
- resist temptation — stay away from alcohol, caffeine and drugs
- review class notes to help you fall asleep

Stay West and Jane Wilson are nutrition seniors and members of the Peer Health Nutrition Team. Contact them at 756-6181.

GOT SOMETHING TO SAY?

Send your letters to the editor to opinion@mustangdaily.net

LETTERS TO THE EDITOR

Political science majors not the only ones to talk politics
Casey Comstock’s pointed tongue cut right down to the skin.
Back to building bridges for me. Just leave this opinion stuff to the professionals, eh? Don’t worry if being president doesn’t work out; when I become president of the hair club for men ‘I’ll hire you as an intern. You can wear a blue dress and show me what political science is all about.

Let me say something about how this stuff works. You send in a letter. After all hope of print has given out and the subject is old and dead... Bam! There it is. Elegantly, clearly, directly just what you sent in. They just don’t have enough space after six full pages daily of ad. You must read these things with that in mind — take it all with a grain of salt.

For example, clearly she didn’t want to make an as of himself. A political science major would show that making connections about people in public forums makes you look like a fool. It must have been poor editing by the paper. And that completely insane theory that only a political science major is qualified to speak about politics... obviously there paragraph cut off that clarified or exemplified why his cunning rhetoric is more important to you and your columnists or yours. Damn that word cap.

Not print my letters? But they’re entertaining... I think. But maybe he’s right and I’m a space-filling bore. We must ask for a third column.

Morgan Elans
General engineering senior

Opinions are supposed to present biased information I have just been turned onto this column due to the fact that I am studying to be a rocket scientist who will one day make anodyne amounts of money, which coincidentally is the main reason I am a political science major.

I can only imagine that as your reason to begin with. That said, even I know it is perfectly acceptable, if not entirely perfect, to present selective facts when trying to persuade someone toward a certain point of view. The idea of the editorial article is to present an opinion and place it toward the trend, not present all the information in an unbiased way and let people decide for themselves — that is what news articles are for.

It is true that there are liberals who are logical, perhaps even truly open-minded. I have several liberal friends who have admitted to the fact that the new Social Security proposal is a better plan than the current program. The fact is, however, that the vast majority of liberals are so programmed and party-shackled that if liberal politicians started advocating communism, many liberals would fall in line without even realizing what they were supporting.

I know there is nothing I can say to make you agree with me, but I am open to your views as I am committed to mine. I will not re-read your letter — I do not think it changed selective facts to read it last. Maybe some day, these arguments will no longer be needed. I urge you, help control the liberal population, have your liberated selves up and out of the way. Good-bye everybody.

Pat Goulding
Arapahoe engineering junior

Most Americans have wrong views of individual rights
Since Mardi Gras and Poly Gras there have been a good deal of letters expressing anger against San Luis Obispo Police Department for violating the inalienable rights of the oppressed Poly student body. These letters present selective facts that exemplified one of my long-standing beliefs: Most Americans have a perceived view of their rights. Perhaps it would be beneficial and enlightening to consider the intentions of the framers of the Constitution and Bill of Rights toward the betterment of the country. It was not designed to give us a bunch of bickering rights to protect citizens’ rights to practice and preach any religion they choose, nor to present selective facts with and even discretion toward good versus evil. We cannot have fear of reprisal, imprisonment or even death. It is true that there are liberals who are logical, perhaps even truly open-minded. I have several liberal friends who have admitted to the fact that the new Social Security proposal is a better plan than the current program. The fact is, however, that the vast majority of liberals are so programmed and party-shackled that if liberal politicians started advocating communism, many liberals would fall in line without even realizing what they were supporting. I know there is nothing I can say to make you agree with me, but I am open to your views as I am committed to mine. I will not re-read your letter — I do not think it changed selective facts to read it last. Maybe some day, these arguments will no longer be needed. I urge you, help control the liberal population, have your liberal selves up and out of the way. Good-bye everybody.

Pat Goulding
Arapahoe engineering junior

LETTER POLICY

Send us your love, hate and more

Mustang Daily reserves the right to edit letters for grammar, profundity and length. Letters, comments, cartoons and comics do not represent the views of the Mustang Daily. Please limit length to 250 words.

words. Letters should include the writer’s full name, phone number, major and class standing. Letters must come from a Cal Poly e-mail account. Do not send letters as an attachment. Please send the text in the body of the e-mail.

By e-mail: opinion@mustangdaily.net

By letter: Letters to the Editor

Building 26, Room 226
Cal Poly, SLO CA 93407

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Graphic Arts Building, Suite 226
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(805) 756-1796 editorial
(805) 756-1143 advertising
(805) 756-6789 classifieds
mustangdaily@calpoly.edu e-mail

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R U Y OUR h e a l th

Surviving the college years

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Friday, March 4, 2005 6
Baseball

continued from page 8

Mustang starters Friday are expected to be Brent Berglund (.311) at first, Brett Walker (.264) at second, Drew Gillman (.282) at shortstop, Josh Limanoff (.258) at third, Matt Cooper (.349) in left, Randon Roberts in left center, Jimmy Van Ostrand (.333) in right, Kyle Blumenthal (.298) behind the plate and JJ Owen (.241), Chris Golub (.400) or Sean Alexander (.313) as designated hitter.

The pitching rotation will continue to be junior southpaw Garrett Olson (4-0, 2.68 ERA) on Friday, sophomore right-hander Garrett Dally (0-0, 8.31 ERA) on Saturday and senior right-hander Jimmy Shull (1-3, 4.50 ERA) on Sunday.

The original rotation of Shull, Olson and Dally was disrupted by the rainout Feb. 11 at Pepperdine and likely will remain the same until the Mustangs have a bye next weekend.

That was all in the past, however, as this season's record stood at 19-10. "This was our team," said Coach Steve Shotwell. "Our team has been our own team."

FLASHBACK

continued from page 8

that had begun to set in. He continued to scrimp by on prize money, earning $10,000 in a good year. He sailed through 2003, winning four races and finishing in the top ten 18 times overall. And occasionally, he thought of the pending 2004 games.

He did so cautiously. "Two, three, four years, it's so long and the reality of 2000, when I got hit by that car, it made me realize that no matter how hard you try all those years, you could be the most dedicated, focused person in the world and day before the Olympic Trials, you get hit by a car." Platz said.

Yet, going into June 13, 2004 in Bellingham, Washington, Platz and his teammate Doug Friman were competing for the third and final spot on the Olympic team.

Friman came in with too much training, had a terrible day and Platz, who finished in 2:02:18, prevailed.

Though he had to miss the Opening Ceremonies, Platz competed Thursday, August 26 in Athens, finishing 27th out of 50 competitors. Considering that he had been ranked 53rd and could've quit trying for his life-long dream so many times before, it wasn't a bad finish at all.

CLASSIFIED

SPORTS

Friday, March 4, 2005

Get
Flashed.
Every Friday.
Plata's odyssey takes him to Athens

Graham Womack

The story of Victor Plata's journey to the top reads like the athletic equivalent of 'The Odyssey.' There were the unhappy seasons on the Cal Poly track team, the subsequent stops on various other Mustang teams. There was the first year Plata devoted to triathlon, the rapid transition to a professional career.

There was heartbreak after an accident kept him from the 2000 Summer Olympics in Sydney, redemption when he raced in Athens and persistence. It's a philosophy he still lives by.

"I see people picking vegetables out in the field, that's hard... When I do, it's passion," Plata said. "I do the dishes," Plata's current roommate Michelle Shoreman said.

Within weeks, most everyone else caught up to and eclipsed Plata. Still, he persisted. Before the final race of the season, he made a deal with himself: If he could go under five minutes in the 500 (his best time to this point was 5:07), he would devote a year to triathlon.

He did the race, finished dead last, and celebrated wildly, while still in the water, upon seeing his time of 4:49.

Immediately after the swim season ended, the collegiate national championships. He bought a used Trek 1400 road bike, borrowed wheels from the Cal Poly Wheelmen, a wet suit from his chiropractor, and a bike helmet from his younger sis­ters.

He had long been since an elite runner and had become a better swimmer than most triathletes. At Wildflower '96, Plata took fifth place, finishing in two hours seven minutes. The next year, after having worked with the Whales to perfect his rid­ing, he won the race in 2:03:40, just a minute off the course record.

Between the two races, he spent the summer of 1996 raising $8,000 to finance his career, working "like crazy," he said, doing temp work for a software company. His moth­er without a room to offer him, his father living in Colombia, Plata slept each week that summer on a different friend's couch.

"They all liked him because he did the dishes," Plata's current roommate Michelle Shoreman said.

During that summer, Plata also established a philosophy, determin­ing three things he needed to suc­ceed in triathlon: passion, patience and persistence. It's a philosophy he still lives by.

"I see people picking vegetables out in the field, that's hard... When I do, it's passion," Plata said.

He graduated from Cal Poly in 1997 with a degree in social sci­ences, had his first pro season in 1998, and spent two years there­after, living at the Olympic Training center in Colorado Springs. He returned to San Luis Obispo not long before the 2000 Olympics and then it happened.

"I would have said if I was one car accident away from making the team," Plata said. It happened during a ride to a bike shop the day before he left for Sydney. While riding on California Boulevard, Plata was hit by a car. Though he nevertheless proceeded to race at the Olympic Trials, he was drained and finished second, getting the alternate spot for the games.

He could only tour the Olympic Village.

He fell into a funk thereafter, at one point going to live in the Andes Mountains for three months, staying with the brother of a top Venezuelan triathlete, training and learning Spanish simultaneously.

Plata had planned to stay for six months, but went down to Brazil in early 2001 after getting a call from a race director.

He came back recharged for the next two years.

"It was raining; I was loving life," Plata said.

He also began to take more of a leadership role, joining the board of directors for USA Triathlon in 2001, an experience that led to his current aspirations to study law (he's considering becoming an agent). In 2003, Plata recruited a few other professional triathletes and founded Team Kinsey.

With the founding of the team, he fought his own mild burnout

see Flashback, page 7

Cal Poly alumns Victor Plata competes in the hiking stage at the USTS Atlanta 1999.

A last chance to catch football

Dan Watson

MUSTANG STAFF REPORT

For fans, it's a last-gap chance to see Cal Poly football in uniform until August. For those on the field, it will mean much more.

The Cal Poly depth chart will be under examination Saturday start­ing at 11 a.m. when the Mustang football team suits up one more time this school year for the 2005 Cal Poly Spring Football game.

There won't be any scoring, but both the offense and defense will bring the opponent's coaching staff critics a team that lost just 13 players from last year's 9-2, inaugural Great West Conference squad.

"Spring football is a chance for us, in between seasons, to dust off our techniques and discover some things we need to improve on for next year," Mustang linebacker Kyle Shortwell said.

The curtain call for one of Cal Poly's most prolific players, line­m

see Football, page 7

Mustang baseball will need to cool down a hot Fresno State

 Returning players, including 12 pitchers, off a squad that finished 29-29 overall in 2004 and 17-12 for second place in the Western Athletic Conference.

The Bulldogs are hitting .272 as a team, led by outfielder Mick Moresi and catcher Ryan Overland, both hitting .364. Fresno State's pitching rotation for its series against Cal Poly will be right-hander Matt Garza (1.1, 4.98 ERA) on Friday and right-hander Doug Fister (2.1, 3.80 ERA) on Saturday. Sunday's starter is unde­clared.

Cal Poly opened the Santa Clara series with an 11-2 win as junior pitcher and current Oates allows an unearned run and seven hits with 10 strikeouts.

Senior Matt Cooper had three hits and three RBIs while center fielder Brandon Roberts added two hits and four RBIs. Santa Clara won the final two games of the series, 8-5 and 3-0.

see Baseball, page 7