Beyond Shelter makes a home

Liz Soteros-McNamara

Rain poured down in vertical sheets against the side of St. Stephen's Episcopal Church. The Maxine Lewis Memorial Overflow Shelter occupied the multi-purpose room inside.

Twenty-five beds lined the walls. Covered with blankets, toys and other personal belongings, the room was full of shelter occupants. A girl no more than 5 years old with a wide smile grabbed my leg and hugged me. We had never met, but the message was clear. This was her home and I was a well-coming guest.

The shelter relies completely on volunteers to staff the 25- to 35-bed facility at different churches in the community. Volunteers switch nightly and shelter sites change monthly. Approximately 730 volunteers are needed per year to keep the overflow shelter open, according to Daniel Pronolongo, the Inter-Faith Coalition vice-president.

The Inter-Faith Coalition of San Luis Obispo, an organization of 11 churches and two synagogues, operate the shelter’s location 365 days a year.

Volunteers come from all over, including Cal Poly. Beyond Shelter is a Cal Poly-based student volunteer group that works with the shelter.

“Our program is trying to erase stereotypes about the homeless for students,” said Zathia Cronce-Kin, a Cal Poly volunteer of Beyond Shelter.

Our program is trying to erase stereotypes about the homeless for students.

—Zathia Cronce-Kin, a Cal Poly volunteer of Beyond Shelter

She was锁ed. The majority of overflow shelter occupants are women and children, but tonight two men accompanied by their families stayed in the overflow shelter.

Sherry Van Valkenburgh and her 5-year-old daughter Shyanne called the shelter home.

She researched where she wanted to live on her own with the occupants and the door to the parking lot outside was locked. Occupants are not permitted to go out to their cars during the night for any reason. The occupants think this prevents EOC from accusing them of drug use while on the property.

The overflow shelter had seven children there that night. They sat at a rectangular table eating Oreos and working on art projects. Some of the children were too young to even participate in the art projects, but others colored and drew before bed.

The shelter provides a routine amidst the change. By 7:45 p.m. we were on our own with the occupants and the door to the parking lot outside was locked. Occupants are not permitted to go out to their cars during the night for any reason. The occupants think this prevents EOC from accusing them of drug use while on the property.

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Sherry Van Valkenburgh and her 5-year-old daughter Shyanne called the shelter home.

She researched where she wanted to live while staying in Florida with relatives and eventually decided on the Central Coast.

“California is the golden land to people from the East Coast,” Van Valkenburgh said.

see Shelter, page 2

Electronic postage system causes controversy

Janet Kim

Agirl no more than 5 years old with a wide smile grabbed my leg and hugged me. We had never met, but the message was clear. This was her home and I was a well-coming guest.

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see Shelter, page 2

Studies show caffeine elicits varying reactions

Susan Goodwin

EUGENE, Ore. — Research says the stimulant popular with students has different effects depending on doses and sensitivity.

Too much caffeine can turn anyone into the blary-eyed, over-stimulated mess who drinks too much coffee, one too many Red Bulls or eight-too-many-cups of tea.

Caffeine is one of the most widely used stimulants in the world because it naturally occurs in more than 60 plants, the most popular of which are cocoa beans, tea and coffee, according to The Coffee Science Information Centre.

University students consume caffeine for a variety of reasons: As a quick pick-me-up, a reason to socialize, an excuse to take a break from work, or as a cure for a migraine. Caffeine can be found around campus in coffee, tea, chocolate, soda, energy drinks and now water.

History graduate student Elizabeth Medford said she drinks about a half pot of drip coffee per day, up from the two-cups-per-day habit she used to have.

"It's a constant battle," Medford said, "knowing I should drink less but wanting to drink more."

Medford said she doesn't notice a physical difference if she doesn't drink coffee. She drinks soda to fix a migraine because the combination of caffeine and sugar helps it go away, "coffee doesn't cure her migraines," Medford said.

"It has to be Coke though, not Pepsi or anything," Medford said, "which is why it's totally psychologi­cal and not physiological."

Caffeine is a mild stimulant that acts upon the central nervous system and can influence mood, sleep patterns, and mental and physical performance. Its ability to raise alertness and increase metabolism is one of its main appeals, but caffeine can also heighten anxiety and induces sleep, according to the CoSiC Web site, www.cosic.org. In small doses, caf­feine isn't dangerous to your health, see Caffeine, page 2

see Postage, page 2

see E-mail, page 2
Shelter
continued from page 1
love it out here. I should have pushed for an apartment right when I got here.
She spent two months living in hotels before coming to the shelter two months ago.
Van Valkenburgh is currently looking for office work to supplement the $600 per month she receives in child support from her ex-husband. She was unable to look for work before EOC provided her with childcare for Sheyanne.
Each night, Van Valkenburgh and Sheyanne eat dinner at the main shelter building on Orcutt Road before driving over to the overflow shelter. For shelter clients without cars, EOC provides a shuttle from the main shelter to the church at the month. On the shuttle every night is shelter patron Carol Trama. Though dependent on the shelter, she said she’s ashamed to be there.
Trama has stayed at the shelter twice in the last two years. She and her husband first came to the shelter in August 2004 and stayed through December.
After a roommate situation went sour and after a month of staying with friends, Trama, with nowhere to stay, again chose to come back to the shelter.
She has been staying at the shelter for the past two months and is currently working full time in San Luis Obispo.
Shelter manager Shawn Ison can relate to the shelter’s occupants, as at one time she spent two months living out of her car at age 16, with her newborn son and sympathizes with the struggles of shelter clients. Ison can only offer shelter services to those over 18, but she has housed young mothers in her office overnight to help them find the right programs in the mornings.
The shelter had been in danger of closing as early as April 13, 2006, but received sufficient donations to stay open through the fiscal year as of March 7, 2006.
“People can donate $5, five blankets, canned food, to address the issue of homelessness in this community,” Ison said.
The shelter relies heavily on volunteers and donations of food and clothing.
Caffeine
continued from page 1
but exactly what is a small dose remains an elusive definition because the varying amounts of caffeine in different drinks, as well as individuals’ different levels of sensitivity to the drug, according to a British Broadcasting Corporation article at www.cnn.com/health. Coffee has a large amount of caffeine per eightounce cup, but it varies based on the grind of beans and the style of brewing. Instant coffee has between 6170 milligrams per cup while percolated ground coffee has 97125 milligrams per cup, according to the BBC article.
Depending on the type of tea and length of steeping, a cup of tea has 1525 milligrams of caffeine, according to the BBC article. Tea contains antioxidants called flavonoids that help hinder chemical reactions associated with coronary heart disease.
A recent study on more than 4000 people in Costa Rica found that two different traits affected a person’s ability to metabolize caffeine. The “slow caffeine metabolizers” who drank two or more cups of coffee per day were about 36 percent more likely to have a fatal heart attack than people with the same trait who drank little or no coffee. The “fast caffeine metabolizers” who regularly drank coffee appeared to have a reduced risk of heart attack.

Spanish Language Immersion Program
Summer 2006 - Guadalajara

General Information Meeting
Thursday, March 9, 11 am - 12 pm
Erhart Agriculture Bldg. (10), Rm. 222

Spanish Language Immersion Program
Summer 2006 - Valladolid

General Information Meeting
Thursday, March 9, 11:00 am - 12 pm
Erhart Agriculture Bldg. (10), Rm. 221

SUDOKU

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

4 7 1 2 9 5 3
6 2 1 8 3 7 5 9
9 5 7

1 9 3

6 7 4

2 4

MEDIUM
WHO SAID THAT?

People often say that “beauty is in the eye of the beholder,” and I say that the most liberating thing about beauty is realizing that you are the beholder. This empowers us to find beauty in places where others have not dared to look, including inside ourselves.

— Salma Hayek

It really doesn’t matter if the person who hurt you deserves to be forgiven. Forgiveness is a gift you give yourself. You have things to do and you want to move on.

— Real Live Preacher Weblog, July 7, 2003

Wordly Wise

Erroneous: Containing or characterized by error.

BREAKING NEWS

UPDATED AT THE SPEED OF COLLEGE LIFE

www.mustangdaily.net

Thank you, Cal Poly students!

You voted for Vista Apartments

#1 FOR BEST STUDENT HOUSING

CERRO VISTA HOUSING LOTTERY TIMELINE

FOR ACADEMIC YEAR 2006-2007

MARCH 7 - 20, 2006

Students currently living on-campus in the residence halls can apply online for the North Mountain lottery.

APRIL 10, 2006

Students living off-campus, and students currently living on-campus who did not enter the lotteries or interest list process, can now request to have their names placed on an interest list for Cerro Vista and/or North Mountain by emailing housing@calpoly.edu.

No payment or deposit required to apply or be placed on an interest list

For more information, go to www.housing.calpoly.edu and select Cerro Vista Apartments.

LOOKING FOR AN EXCITING JOB? GOOD. BECAUSE RED BULL IS LOOKING FOR A STUDENT BRAND MANAGER ON YOUR CAMPUS!

To find out more and to apply go to www.redbull.com or text the word SBM to 72855.

Favorites

Movie: “Soylent Green” and “Omega Man”

Superhero: Captain Planet

Class you’ve taken at Poly: History 207, Freedom and Equality in America.

If You Could …

— travel to any place, where would it be and why?

Another dimension, because how often do you get the opportunity to travel to another dimension.

— have any superpower, what would it be and why?

I would be able to walk on my hands just like they were my feet. That way I’d be walking down the street on my hands and people would be like, “Hey look, that guy is walking on his hands!”

— be granted one wish, what would it be?

To be granted another wish, just in case.

Thank you, Cal Poly students!
juicy couture is 25% off

starts today

coverings

770 higuera downtown le 549.8373
State briefs

ATASCADERO (AP) — School superintendent Jim Stecher was fined $285 and ordered to attend a 12-hour alcohol safety school for a drunken driving arrest.

Stecher, who was arrested Dec. 12 after police saw him weaving over the double yellow line on Santa Rosa Road, pleaded no contest Tuesday to a lesser charge of driving under the influence and driving while intoxicated.

Investigators said his blood-alcohol content was 0.09 percent. Stecher initially pleaded not guilty to charges of driving under the influence and driving with a blood-alcohol content of 0.08 percent or more.

SALINAS (AP) — Rabobank donated $2 million to the National Steinbeck Center to kick off the facility's campaign to raise $6 million to complete its third phase.

The center, which is applying for a grant from the California Cultural and Historical Endowment, will rename its agricultural wing after Rabobank.

The museum, inspired by the works of Salinas-born Nobel-Prize-winning author John Steinbeck, is seeking money for parks and green infrastructure programs.

MODESTO (AP) — A county man who filed after being convicted of balking a 14-year-old woman out of thousands of dollars of liabilities sailed to authorities to begin serving a six-month jail sentence.

Kim Curtis ASSOCIATED PRESS

SAN FRANCISCO — Two teenage women who claimed a pair of former U.S. Marine Corps recruiters raped them in a Ukiah recruiting office said the military Wednesday in federal court for failing to properly train and supervise recruiters.

The women were in high school and excited about joining the military when Joseph Dunzewiler, 25, and Brian Fukushima, 26, allegedly raped them, according to the suit. Both recruiters were demoted after court-martial proceedings, but acquitted of the most serious charges they faced.

"I have always dreamed of being a Marine," plaintiff Jane Doe said in a news release. "I thought they were the elite, the ones who stepped in when everyone else failed."

The 18-year-old women, who were allowed to use pseudo­nym to protect their identities, live and work in Ukiah, according to their lawyers.

They would still consider a career in the Marines if they could be safe, attorney Michael Sorgen said at a news conference. "We're asking the court to order them to do what is necessary to prevent this from happening again."

The suit, which names as defendants the recruiters, the U.S. Navy and the U.S. Marine Corps, which is under Navy jurisdiction, seeks unspecified damages and an injunc­tion requiring the military to train and supervise recruiters, among other things.

A third recruiter, Marine Reserve Cpl. William McFarland admitted to Marine investigators and sending her e-mails about how he wanted to "get her alone."

Dunzewiler ended up giving her chinasm and sending her photos of himself in his underwear.

Doe believed Dunzewiler would prevent her from joining the Marines if she didn't have sex with him, according to the suit. Doe said Dunzewiler ended up giving her chinasm and sending her photos of himself in his underwear.

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Bush visits hurricane-damaged Gulf Coast for progress report

President Bush accompanied by FEMA's Gil Jamieson, rear, picks up a piece of debris as he tours the Lower Ninth Ward in New Orleans on Wednesday.

Congress must allocate the $4.2 billion just for Louisiana, to help residents whose homes have been damaged or destroyed.

"The number fits into a well thought-out plan that has been put together by the local folks," Bush said from the Industrial Canal levee, which breached during the storm and devastated the lower Ninth Ward.

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Aspiring filmmakers flourish with ‘Firefox Flicks’

Internet browser creates competition for students interested in the film industry

Nick Coury
Tuesday, March 7, 2006

Ever see a memorable Super Bowl commercial that inspired an idea for a creative ad, but you never knew where or how to get started? Well, now it is easier than you think.

Acclaimed Internet browser Mozilla Firefox has announced “Firefox Flicks,” a contest for aspiring film entrepreneurs interested in acting, directing, editing and producing to create a 30-second visual arrangement about Firefox.

There are big prizes, including $5,000 to the B&H Photo store, but in an e-mail from Firefox, co-founder Blake Ross said, “The real reward for students is to be judged by a panel of top producers, directors and advertising professionals.”

Some of the judges include Warren Zide (producer of “American Pie”) and M.C. Gainey (director of “Charlie’s Angels”).

“Students also have the most to gain by entering. Even if they don’t win, their work will be judged by the best producers and directors of our time,” said Ross, 20, an undergraduate student at Stanford. “This is a chance to launch a career straight out of college.”

Ross said college students were targeted due to their enthusiasm in promoting Firefox to their friends and family.

A winner for the contest may come from anywhere in the U.S. and though many entrants apply from notable film schools such as UCLA and USC, Ross said that does not necessarily mean they will win.

“Firefox is a community project that hinges on the principles of a meritocracy, which means we don’t care where you’re from, how old you are, or just about any other data point except: Do you have talent?” Ross said.

Even though the contest is only for 30-seconds of film, it does not mean that the level of professionalism should be taken lightly.

“Because the barrier to entry with film is so high — producing just 30-secs of quality footage can take 30 hours or more — I expect professional-grade entries from serious competitors,” Ross said.

Towards the beginning of the contest, Firefox officials were afraid only participants creating obscure technical (i.e. geeky) submissions would enter, but after receiving questions from interested students, that worry had soon disappeared.

“From the questions we’re receiving and the submissions we’ve seen so far, students are finding some very creative ways to sell Firefox to the mainstream,” Ross said. “We intend to broadcast the winning ad in mainstream venues.”

According to Ross in an e-mail, in December 2005, 10,000 Firefox fans independently conceived, funded and designed a two-page Firefox advertisement that ran in the front section of the New York Times.

“From the questions we’re receiving and the submissions we’ve seen so far, students are finding some very creative ways to sell Firefox to the mainstream,” Ross said. “We intend to broadcast the winning ad in mainstream venues.”

According to Ross in an e-mail, in December 2005, 10,000 Firefox fans independently conceived, funded and designed a two-page Firefox advertisement that ran in the front section of the New York Times.

“Flicks are another chance for our community to demonstrate why the efforts of a real user always trounces the work of an on-the-clock design firm.”

Nearly 75 people have sent interest e-mails to Firefox, but many more are to be expected.

There are a few thousand people on the mailing list, according to Firefox. Along with having their work judged by some of Hollywood’s top producers, film festivals such as the Vail Film Festival, Bluefire and VidiFest are where the best entries will be screened.

“Through ads, newsletters and media stories, word about the contest reaches approximately 10,000 new people each week — many situated in the heart of Hollywood. The contest winners will enjoy considerable publicity,” Ross said.

The deadline for Firefox Flicks is March 31. For more information, visit at www.firefoxflicks.com/adcontest.
Who drinks on their 21st? Really?

First off, let me state that I am not 21.
Secondly, I would like to mention that I don’t drink. So what right do I have to write an article for the booze-laden 21-over column?

My birthday, that’s why. My 21st birthday to be more precise, just happens to be in two weeks, the 24th, if anyone wants to shower me with gifts. Which poses a huge problem since I don’t exactly plan on being legal to drink, but have to write an article for their 21st birthday? I know I am not the only one with this dilemma either. This campus is full of people who, for whatever reasons, choose to abstain from drinking. It could be because they are claiming the straightedge, hardcore lifestyle, or maybe their religious affiliations dictate that they shouldn’t drink. Perhaps they could be like me, where they are crazy enough without alcohol and are quite willing to dance on a table perfectly sober. In fact, most of my friends are probably a little scared of what would happen if I did drink. Frankly, so am I, which explains why I’ve had 21 years of non-drinking to avoid any possible pictures of me in embarrassing situations ending up on the Internet.

But back to the issue at hand. What will happen when the clock strikes midnight and I become legally able to drink, but have no interest in doing so?

The No. 1 issue is obviously the drinking itself. The second I mention that I will be turning 21, people’s eyes light up and statements like, “We’re going to get you hammered!” or “You are going to puke so much!” seem to soon follow. I was not aware that I had such salutary friends, but they all seem hell-bent on getting their I’m-toasted-after-one-beer friend to do 21-on-21 with shots like The Bull’s Sweat (Hell no Chad, I don’t think so!), Cement Mixer and Alien Secretions. What am I supposed to tell them? That taking me out to get drunk will probably consist of two beers and be over before it starts! Do I make the party go ground and force my friends to participate in sober activities like bowling or strip poker? I obviously want to have a fun birthday with all my friends, so a nursing-night of Purches just isn’t going to cut it. They expect to get drunk and they want me right there along with them.

The other thing is the gifts. I know that whenever I think of what to get a friend on their 21st, I immediately start searching for funny shot glasses, martini shakers, bottle openers and the like. But for myself, I have no use for such accouterments. Will I be faced with the moment of opening a gift, realizing it’s a .3L-pack of Natty Ice and having to fake like, “It is just what I’ve always wanted!” Come on, you guys know me better than that.

Who knows? Maybe on my 21st birthday I will be magically become that boozehound everyone wants me to be. Maybe I will have three shots and pass out in the bathroom of Mother’s like the lightweight that I am. Perhaps I will just stick to the strip poker and call it a night.

Contest

continued from page 8

University of Wisconsin, Milwaukee, received a deal with a major recording label and will have their first video, “Burning Again,” premiere on mtvU this month, according to the press release.

Co-sponsor Drive-Thru Records is a well-known record label that has given many famous bands their start since the company opened in 1996. The list of original signing artists includes bands like Dashboard Confessional, New Found Glory, Senses Fail and numerous others. Their current roster includes the likes of Hellyeah, Steel Train, The Early November and many other performers.

Continuing their trend of discovering new bands, Drive-Thru Records looks to use the competition as a means of discovering new artists this year.

“In our 30-year history, we’ve signed many college bands, helping them launch their career and play to sold-out venues around the world,” said Richard Reines, co-president of Drive-Thru Records in a press release. “We know there are great bands on college campuses waiting to be discovered and we are excited to work with mtvU to give someone a chance.”

For more information or to sign up for the contest, visit www.mtvu.com.
Six hours with James Cushing

One of the things they enjoy is sense of the sudden leap, which is not a plummet to danger but a leap into strangeness...

—James Cushing

English professor

The man is Cal Poly English professor James Cushing. Cushing is a 17-year veteran professor of the English department, with the influence of both Dylan Thomas and Bob Dylan, within their realm of poetry and music, in his own scholarly writing. Recently, Cushing had a second book of poetry, "Undercurrent Lines," published from Catechism Press. Over a period of nearly six hours, Dr. Cushing talked about his writing, the Dylan, his love for jazz music, heartbreak and the mystery of life.

"Here were these two giants named Dylan, both coming at me (in 1965). One of them was of my parent's generation and dead, and the other was close to my generation and still alive," Cushing said. "But they were both talking about an ultimate meaning and language, and Ervis Pound and T.S. Eliot "fighting in the captain's tower, while you don't go gentle into that good night." It was a pretty intoxicating brew for a young person at that time."

Looking back, Cushing says that it was his experiences from a young age that helped shape a deeper look at life for him.

"In the middle of the birthing culture explosions in L.A., I ended up going to an all-boys' Christian military academy in the late 1960s," he said. "I have had to get accustomed to, and find comfort and solace in, fun (but seemingly arbitrary) transformations."

One of the things they enjoy is sense of the sudden leap, which is not a plummet to danger but a leap into strangeness...

—James Cushing

English professor


"As I was listening to that record being played, a couple things stuck me," Cushing said. "One being that this is one of the most amazing things I have ever heard in my life, and it also stuck me that this is what I wanted to do. I wasn't amazed by it as a performer amazes an audience member. I was amazed by the sense that I rec

At first Davis record Cushing owned was "In a Silent Way," because McLaughlin's name was on the back cover. In 1972, Cushing realized there was "this huge room full of fascinating stuff" in jazz music.

After graduating from UCSC in 1975, he got a master's degree and doctorate from UC Irvine by 1983. The following year, he moved to the Central Coast and took a job in sales.

In 1989, there was an opening in the English department at Cal Poly, where Cushing was offered a job. Almost two decades later, Cushing still teaches English and creative writing. His passion for teaching writing and literature are still evident from his days as a student.
You are what you eat

By Daniel Gingras

Though Elixir Vitae is probably going to replace the word “semen” in my vocabulary for the rest of the foreseeable future, I am reminded of another expression, “Caveat emptor,” which means “buyer beware.”

The products have little more than fruit powders and vitamins in them, but apparently their ingredients are based on claims about body sweat and body odor, which are actually more reputable. Garlic lovers and binge drinkers alike know that things generally come out of your pores when eaten in excess. It’s a fact: Sweat and odor are closely derived from your nutritional habits. Is it a stretch to think nutrition could alter other body fluids too? According to askmen.com, plums, oranges, lemons, limes, cilantro, spazmints, grapefruit, green tea, beer, pineapple, mangoes and camomile tea are all beneficial to scent and flavor. Broccoli, brussel sprouts, spices, coffee, chocolate, cigarettes, asparagus, chemically processed liquor, onions, garlic, dairy products and red meat will have negative effects.

Personally, I recall the last time I ate asparagus, and how I nearly suffocated in the bathroom while trying to urinate. Though I am initially skeptical of these products, coming close to blacking out from the fumes of my own urine convinces me that perhaps there is some merit to them. Still, blozows are not such a big part of my life that I plan on changing my eating habits for no reason.

The products are not intended to diagnose, treat, cure or prevent any disease. The statement that has not been evaluated by the Food and Drug Administration. This product is not for use by children under the age of 18. As with all products of this nature, the claims are an advertisement: “This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.”

It’s your decision whether you want to take on next?

Monday - Guest commentaries

Tuesday - Political columnists

Wednesday - Guest commentaries

Thursday - Sex columns

Friday - Classy Gents

Monday - ONLINE EXCLUSIVE

Tuesday - Built on the Word the Screen

Wednesday - The Big

Thursday - Under Covers

Five mortarboard alumni or seniors in the University Honors program

March 9, 2006

Volume LXIX, No. 101 ©2006

Mustang Daily

www.mustangdaily.net
We can never know the moment cognitive thought is achieved.

Ms. Glasgow wrote a very insightful letter to the editor. I find one major problem with her argument: I low can we measure the moment cognitive thought is achieved? The idiocy of some of the people who write to the newspaper is truly amazing. As long as this is all about the first place. Thank you again, your commentaries are a tremendous study in the ignorance of logic. I hope we can all continue to learn from them.

Andrew Rome
Associate engineering alumnus

"Soapbox Diaries' tremendous study in the ignorance of logic."

Mr. Ingram.

It gives me tremendous pleasure to read your column as I try to move beyond the people who suffer from ...ing. I hope we can all continue to learn from them.

Andrew Rome
Associate engineering alumnus

"Soapbox Diaries' tremendous study in the ignorance of logic."

Mr. Ingram.

It gives me tremendous pleasure to read your column as I try to move beyond the people who suffer from cognitive dissonance. Regarding your commentary on abortion, your mental gymnastics were eminently stunning. The statement "All persons born or naturalized ... is not stating that being born is a prerequisite for being a person, it merely is a qualification on the status of being a person. To expound further, what this is really saying is "If you're born here, you have to follow our laws." Your assertion is absurd on the face of it. The Supreme Court obviously believes personhood does not begin at birth, as it severely restricted abortions in the third trimester, which would be of viable fetuses capable of existing independent of the mother. We can argue about the semantics of personhood but your misunderstanding of linguistics does not support your case. Next, capital punishment is explicitly endorsed in this statement. I appreciate the life ...without due process of law. Thus the founders obviously considered capital punishment to be an acceptable repercussion when deserved, secondarily implying this punish- ment was not in their minds "cruel or unusual." Frankly, it's obvious you are simply reading the Constitution in a manner to support your own worldview, which is really this all about in the first place. Thank you again, your commentaries are a tremendous study in the ignorance of logic. I hope we can all continue to learn from them.

Andrew Rome
Associate engineering alumnus

"Soapbox Diaries' tremendous study in the ignorance of logic."

Mr. Ingram.

It gives me tremendous pleasure to read your column as I try to move beyond the people who suffer from cognitive dissonance. Regarding your commentary on abortion, your mental gymnastics were eminently stunning. The statement "All persons born or naturalized ... is not stating that being born is a prerequisite for being a person, it merely is a qualification on the status of being a person. To expound further, what this is really saying is "If you're born here, you have to follow our laws." Your assertion is absurd on the face of it. The Supreme Court obviously believes personhood does not begin at birth, as it severely restricted abortions in the third trimester, which would be of viable fetuses capable of existing independent of the mother. We can argue about the semantics of personhood but your misunderstanding of linguistics does not support your case. Next, capital punishment is explicitly endorsed in this statement. I appreciate the life ...without due process of law. Thus the founders obviously considered capital punishment to be an acceptable repercussion when deserved, secondarily implying this punish- ment was not in their minds "cruel or unusual." Frankly, it's obvious you are simply reading the Constitution in a manner to support your own worldview, which is really this all about in the first place. Thank you again, your commentaries are a tremendous study in the ignorance of logic. I hope we can all continue to learn from them.
Iran threatens United States with 'harsh and pain' and kidnapped as many as 50 offices of a private security company. Uniforms stormed the area, and the White House dismissed the rhetoric of Teheran.

"They threaten not only the safety of our people, but also the stability of the region," the Iranian president said.

In other developments, the United Nations Security Council voted to impose economic sanctions on Iran.

The United Nations said it would begin discussions on a possible Resolution to impose sanctions on Iran.

The Bush administration, in a rare direct threat to Iran, warned that it would take action against the Islamic Republic if it continued its nuclear weapons program.

The United States also threatens to use force if Iran does not give up its nuclear ambitions, and its actions could trigger a regional conflict.

The statement was unusual, reflecting Iran's frustration at Western efforts to pressure it into放弃 its nuclear program and its determination to pursue its goals.

Iran also has leverage with extremist groups in the region, and its nuclear program could threaten its political and economic interests.

The United States has already imposed economic sanctions on Iran, and its actions could further isolate Iran and exacerbate tensions in the region.

The United Nations has called for a diplomatic process to resolve the crisis, including negotiations with Iran and the international community.

The Bush administration, however, has been reluctant to engage in direct talks with Iran, and its actions could lead to a regional conflict and further destabilize the Middle East.

The United States has threatened to use force if Iran continues its nuclear program, and its actions could trigger a regional conflict and further destabilize the Middle East.
Gunmen storm Iraqi security company offices, abduct 50 workers

Alexandra Zavis  
Washington Post

BAQUBAH, Iraq — Gunmen wearing commando uniforms of the Shiite-dominated Interior Ministry on Wednesday stormed an Iraqi security company that relied heavily on Sunni ex-military men from the Saddam regime, sparking a shootout and killing 50 hostages. The ministry denied involvement and called the operation a “terrorist act.”

Police and the U.S. military, meanwhile, reported finding the bodies of 24 men garroted or shot in the head, most of them in an abandoned bus in a tough Baghdad Sunni neighborhood.

They also reported the deaths of at least 13 others across Iraq, including a U.S. soldier and a Marine.

The Sunni minority, which was dominant in the country under Saddam Hussein, has complained bitterly that it is under attack from death squads associated with the Interior Ministry, in charge of Iraq’s police. And, over the past two weeks — since the bombing of a Shiite shrine in Samarra — violence has become increasingly sectarian. Nearly 600 people have been killed since Feb. 22.

Many of the dead in that period were Sunnis, killed at close range after apparently being captured by overwhelming numbers of attack­ers. The nature of the killings suggested that a well-armed and organized force carried out the attacks.

Interior Minister Bayan Jabr and one of his assistants may themselves have targets of assassination attempts Wednesday.

A bomb hidden under a parked car detonated as police from Jabr’s protection force were driving through Baghdad, killing two officers and wounding a third, police said. Four bystanders were injured.

And gunmen attacked the convoys of Interior Ministry Undersecretary Helmi Moussa in west Baghdad, killing two bodyguards and injuring two others, police said.

Neither Jabr nor Moussa were in the convoys.

The sectarian bloodshed has complicated Prime Minister Ibrahim al-Jaafari’s bid for a second term. Al-Jaafari is opposed by a coalition of Sunni Arab, Kurdish and secular Shiite politicians — led by President Jalal Talabani, a Kurd.

The president has openly chal­lenged al-Jaafari’s candidacy on grounds he is too divisive and would be unable to form a government representing all Iraq’s reli­gious and ethnic factions.

There was also great unease over al­Jaafari’s close ties to radical anti­American cleric Muqtada al-Sadr.

On Wednesday, Shiite Vice President Adil Abdul-Mahdi finally co-signed a presidential decree to call parliament into session for the first time since the Dec. 15 elec­tions. The about-face appeared to break a political deadlock that had blocked attempts to begin the process of forming the country’s first permanent, post-invasion gov­ernment.

“He signed the decree today; I expect the first session to be held on Sunday or by the end of next week at the latest,” said Nadim al­Jaafari, head of one of seven Shiite par­ties that make up the United Iraq Alliance, the largest bloc in parliament.

At the same time, however, Abdul-Mahdi’s change of heart sig­naled a potentially dangerous and growing internal dispute among the country’s majority. Shiite political factions over the nomination of al­Jaafari, who has been criticized for not addressing Sunni complaints about the Interior Ministry.

The al-Rawafid Security Co. was attacked after gunmen arrived in a convoy of vehicles, including sever­al white SUVs and a pickup truck mounted with a heavy gun, that they used to carry away the hostages, said Interior Ministry Maj. Falah al-Mohammedawi.

He said the victims, who includ­ed bodyguards, drivers, computer technicians and other employees, did not resist because they believed their abductors were police special forces working for the Interior Ministry.

“It was a terrorist act,” ministry Undersecretary Maj. Gen. Ahmed al-Khefaji said.

Career Open House!

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- Enjoy excellent food and prizes!

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Cushing
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When Mrs. Tol brought in the record to look it up, it completely changed the real "my life," she said. "I can do that for someone else, then I have passed something on that is valuable. It is ultimately impossible to tell what a impact a teacher has on a group of stu­dents, but what I hope is that I get to expose some people to some extraordinarily rich, marvelous and life-enhancing things. That is really my goal."

But Cushing also wants to reach his students on a more personal level than that of just a teacher.

"I see so many young people feeling down, worried and upset, and I can help them find their real core of self, which is what (writing and music) have done for me, then I think I am living a legitmate life," he said.

Cushing's fellow professors agree with what he does as a professor. "I tell all of my students that they should not look Cal Poly without a smile, that they should just be without a smile at the best of their writing department at Cal Poly. "All teachers have their own way of teaching," but Cushing's perspective is more diver­gent than most. His presence and his language and his teaching expression are all imbued with this temperament that refines atypical understanding—but not simply for the sake of being zany. It is for the sake of grasping as much of the ungraspable universe as one can, and being not a kind of man, but a kind of a man, at once," Cushing said.

Cushing's love for jazz music shows in his writing. In the first part of "Undercurrent Blues," Cushing out­lined and engrossed the poems with inspiration from standard tunes of the jazz repertoire. He sees them in such a way that if you know the song, the melody or the words, a jazz rhythm can easily be found between the lines.

"The true answer for (writing in the soprano) is that I felt the universe gave me my rudder in that direction," Cushing said. "Loving jazz and music as much as I do, by using those songs, I felt that I was able to bring something extra to my own experi­ences."

Cushing wants his poems to be res­onant with the lyrics of the songs and the mood of the melodies.

"What I'm trying to do in any one of these poems is to create an emotional situation in which the reader has some complex, new feeling that they might not have had before," he said. "I hope that feeling leads to some sort of empathy—some possibilities of love and knowledge and meaning in the day."

You might say that writing is a nor­tional trance state for me," Cushing said. "I am hoping to bring my read­ers to a similar sort of state too, where there is a real Cal Poly without a smile.

It is this state of mind which Cushing harnesses in his writing and life.

"I sometimes think of (my poems) as working in the same dream world with the jazz greats," Cushing said. "It is a very powerful effect on you for the rest of the day or your life, even though the effect is never entirely gone.

Cushing said, "People who read my poems and enjoy some of my songs, they enjoy the sense of the sudden leap, which is not a plunuiiet to danger but a leap into strangeness and that is beautiful." Cushing still immensely enjoys jazz music. He hosts a weekly jazz show, "Miles Ahead," on Thursday nights from 8 to 10 p.m. on KCPR,93.1 FM. He also hosts a Wednesday show at noon entitled "Bob Dylan's Lunch," which is one hour of just Dylan songs. Both of his poetry books are available through Cabaniss Press.
**SPORTS**

**Thursday, March 9, 2006**

**MUSTANG DAILY**

**MUSTANGS ROUTE PACIFIC ... AGAIN**

By Frank Stranzl

Cal Poly lost by 34 points to the University of the Pacific in Stockton on Jan. 26. Last Saturday, the Mustangs returned the favor with a 38-point victory in San Luis Obispo.

On Wednesday, the two women's basketball teams met on a neutral court in the first round of the Big West Conference Tournament at the Anaheim Convention Center Arena.

Cal Poly fell behind by 10 points in the first seven minutes, but quickly turned it around, scoring 48 points in the first half and coasting to a 94-67 victory over the Tigers.

Coach Faith Minnagh's Mustangs have entered the tournament at 13-13, one win short of the school Division I record, and will take a three-game winning streak into the second round Thursday at 2:30 p.m. against UC Riverside. The Highlanders (13-14) earned a first-round bye as the fourth seed; Cal Poly is seeded fifth.

Chico State reached the first round of the tournament at the Anaheim Convention Center Arena.

Each scored 24 points and Anderson also tallied seven assists and three steals.

Pura led off with a triple in the third inning. Melissa Pura led off with a triple in the third inning.

The Mustangs slowly pulled ahead on four runs in the first inning. Cal Poly was in the midst of a six-game losing streak.

The Mustangs settled for a 48-35 lead at the half, and Cal Poly held the Terriers scoreless in the second half. The Mustangs outscored the Tigers 46-32 in the second half.

Cal Poly's Sparkle Anderson celebrates after scoring against Pacific in the second half of a Big West women's basketball tournament first-round game in Anaheim.

That field goal started a 26-5 Cal Poly run for a 48-33 advantage and the Mustangs settled for a 48-35 lead at the break.

Pacific never got closer than 12 points in the second half and Cal Poly led by as many as 29 points down the stretch, outscoring the Tigers 46-32 in the second half.

The Mustangs, who led the conference in three-point shooting with a 41.2 percent, reached 21.4 percent (43 of 205) over the last 13 games of the regular season.

But on Wednesday, Cal Poly connected on 11-of-21 three-pointers (52.4 percent) and hit 48.6 percent of their field goals overall. Pacific was held to just 34.3 percent efficiency in the second half after sinking 53.8 percent in the first 20 minutes of play, finishing at 42.6 percent.

Emily Rayan contributed eight points, six rebounds and four steals for Cal Poly.

Carolina Ruiz notched 13 points and 10 assists for Pacific.

Cal Poly opened Big West play Dec. 29 with an 87-53 win at UC Riverside and the Highlanders edged the Mustangs 48-47 on Feb. 12 in Mott Gym when Cal Poly was in the midst of a six-game losing streak.

Riverside. The Highlanders (13-14) defeated St. Mary's, UC Bruins, UC Irvine, UC Davis, Cal State University, UC Santa Barbara and UC Santa Cruz.

The Mustangs opened the season with games against St. Mary's on Saturday at 2:00 and University of Minnesota on Sunday at 1:00. Both games are scheduled to be played at the Cal Poly Sports Complex.

**MUSTANGS ROUTE PACIFIC ... AGAIN**

**SPORTS INFORMATION REPORT**

The mercy rule came into effect in both games of a doubleheader as Cal Poly's softball team twice defeated St. Francis College 8-0. The mercy rule ends games in or after the fifth inning if one team is ahead by more than 8.

In the first game, Cal Poly got on the board in the first inning. Jackie Gebek-Jones doubled and scored on a single by Kelly Comstock.

The Mustangs scored five in the first inning. Melissa Puris led off the inning with a line drive that was dropped at second, advancing to third when Comstock walked and scored when Stephanie Tim ran ahead first on an error.

Big West Player of the Week, Sarah iwata, hit a single to left field and recorded the RBI when Comstock reached home. A Chelsea Green single and sent Tim home. Krisi Bock noted on an error by the Terriers first base player and iwata scored the fifth run of the inning.

Running the win for Cal Poly was Drakob Kruse. The sophomore struck out six, allowed no walks and two hits.

Cal Poly held the Terriers scoreless in the second game of the doubleheader as well, with seven of their eight runs coming in the first two innings.

Modgil scored the first run of the second game after connecting for a single and touching home on a triple byiwata. In the second inning, the Mustangs added six runs. Puris led off with a triple to right field. Gebek-Jones walked to first and stole second, advancing to third on a throwing error, sending Puris home. A single by Lee sent Gebek-Jones the rest of the way for the run. Lee proceeded to steal second and scoring when Modgil blasted a triple to right field.

Chelsea Green and Tam each tripled in the inning to bring in runs. Green also scored on an error by the Terriers' centerfielder.

A final Mustang run by Puris in the fifth inning ended the game.

Janna Maiden earned the win for the Mustangs, striking out two, walking none and allowing just one hit. Also pitching for Cal Poly was Emily Hively who struck out five while allowing just one walk and two hits.

Cal Poly returns to action Sunday, March 12 for a home doubleheader against Notre Dame at 12 p.m.