Poly receives stem cell grant from state

Matt Fountain

Cal Poly will soon be instructing undergraduate and masters-level students in the quickly developing field of regenerative medicine, or stem cell research, thanks to a nearly $1.4 million research grant from the state.

The university was one of 11 within the California State University system to receive a Bridges to Stem Cell Research Award by the California Institute for Regenerative Medicine (CIRM), the state agency responsible for providing grants and loans for stem cell research. About $15 million total was given out.

The nearly $1.4 million going to Cal Poly will fund comprehensive courses incorporating hands-on stem cell training in both academic and research settings, assisting in internship placement and career opportunities for students in this expanding industry.

Other campuses in the CSU system that were awarded grants include Cal Poly Pomona, Cal State Los Angeles, Channel Islands, Humboldt, Long Beach, Sacramento, San Marcos, San Diego, San Francisco and San Jose.

According to Research and Graduate Programs Dean Susan Opava, the Bridge Awards issued by CIRM will provide students with experience in an emerging industry that promises to revolutionize medical and biological science.

“With the issue with stem cells is that it opens up an entire universe actually, of potential for new research and new treatments,” Opava said. “A stem cell can become any cell, it’s what we call plural potential - it can be anything.”

As one of only eight states to currently provide grants for stem cell research, California is working to ensure that students entering the medical and biological sciences have the advantage of training with these techniques prior to seeking jobs such as research technicians and laboratory managers.

“This is all about training and education,” Opava said. “CIRM focused on doing research initially... then they realized that you need a trained workforce, as well. If you're going to do research then you need people in laboratories that know how to work with cells and these kinds of cells in particular.”

She added, “You also need to provide a pipeline for people who will become researchers in this area. So, if you start now and expose students to what can be done with stem cells, then it's more likely that when they go into a doctoral program, they will be interested in working with that kind of a model.”

The degree programs involved include the M.S. in biomedical engineering, biology and agricultural science. Students will be learn content and techniques in courses related to the technology specialization such as tissue engineering, cell transplantation, biomedical imaging and stem cell history. Other specific student activities related to stem cells will vary depending upon their internship host.

CIRM was established in 2005 after the passage of Proposition 71, the California Stem Cell Research and Cures Initiative, the priority funding for at-risk youth.

Economy vulnerable as sales fall

Jeanine Aversa

WASHINGTON (AP) — The recession is easing, not so fast. An unexpected drop in sales of just about everything from cars to clothes sent a sobering message Tuesday: The economy is still vulnerable.

That cautionary guidance was seconded by President Barack Obama and Federal Reserve Chairman Ben Bernanke, though they had encouraging words as well. Bernanke spoke of "softening signs" that at least the economy is declining more slowly, and Obama repeated his recent analysis that he sees "glimmers of hope."

With Americans still losing jobs by the thousands, a major fear is that people will cut back even further on their spending, and that could plunge the economy into a sharper tailspin.

Tuesday's report that retail sales fell 1.1 percent in March deepened concern.

Improvements in a string of other economic reports over the past few weeks — including home and auto sales, home building and other consumer-spending barometers — had raised optimism that the economy's descent might be slowing.

Obama and Bernanke cited those improvements in separate speeches Tuesday. But they also made clear the economy is not out of danger and that potential pitfalls lie ahead.

"By no means are we out of the woods just yet," Obama warned in a speech at Georgetown University. "The severity of this recession will cause more job loss, more foreclosures and more pain before it ends. Credit is still not flowing nearly as easily as it should."

"No one is immune," Bernanke said at a speech at Morehouse College in Atlanta, adding, "The financial system remains fragile, and our economic growth and financial stability will depend on its continued health and resilience."

"We will not have a sustainable recovery without a stabilization of our financial system and credit markets," he said.

Two years later, Va. Tech families still struggling

Sue Lindsey

VIENNAV (AP) — Jerry Nowak acknowledges he's not yet comfortable in the peace center he helped to create at the site of the worst mass shooting in modern U.S. history.

His wife, Jocelyne Couture-Nowak, was teaching French in Virginia Tech's Norris Hall when she was gunned down on April 16, 2007. Troubled graduate student Seung-Hui Cho killed two people in a dorm and 30 others in the second-floor classroom wing where Couture-Nowak died before fatally shooting himself.

Two years later, victims' families and survivors are still trying to make sense of what happened. Classes will be canceled on the anniversary Thursday, and events will include an open house at the peace center, a candlelight vigil and a memorial ceremony.

For some, a trip to campus is part of working through their grief. For others, it's still too painful.

"I went for a visit yesterday," Nowak, the center's director, who will move into the building later this month, said recently. "Honestly, my heart sank."

But the former horticulture department chairman said he pushed to create the peace center because it will help families heal. The center is already working on violence prevention for at-risk youth.

Nowak's resolve was strengthened by an e-mail from a woman who had never planned to visit the building where her daughter died.

"But now that she has learned that... she plans to come."

"She wanted to face her fear," Nowak said. "Now she no longer fears the building where her daughter died."
Research

continued from page 1

year, which provided $3 billion to state universities and research institutions. To date, CIRM has approved more than $603 million in grants, making it the single largest source of funding embryonic and pluripotent stem cell research in the world.

In late January, the 29-member Independent Citizen’s Oversight Committee (ICOC), the governing board of CIRM, voted to support 26 grants to public universities pending future financial availability, including the 11 grants of the Bridges to Stem Cell Research program. According to Erik Fallis, spokesperson for the CSU Chancellor’s Office, interested universities submitted grant applications at CIRM’s request. The applicants then went through a comprehensive review process where they were ranked by an independent panel of experts, who made funding recommendations to the ICOC. The ICOC issued approvals in March.

“CSU campuses are the training grounds for the scientists and professionals who fuel California’s knowledge-based economy,” said CSU Chancellor Charles Reed in a press release late last month. “These grants will allow the university to take the next step into an exciting and rapidly expanding area of biotechnology.”

News of the awards came less than a month after President Barack Obama lifted federal restrictions of embryonic stem cell research put in place by the Bush administration in 2001. Considering CIRM’s record of funding for such research, combined with the possibility for federal funding in the future, it’s uncertain whether California will be at the forefront of the regenerative medicine and technology industry.

Opava said the deciding factor in research is who can compete for federal funding.

“That’s the primary source of research support in the country. And it’s a screen — if you’re really good, and your proposals are really good, you publish and get a lot of results, then you will get federal funding,” Opava said. “And there might be a second tier, but there just isn’t enough federal money and a lot of times state programs and private foundations will pick up that research.”

Economy

continued from page 1

Both Bernanke and Obama said progress is being made on that front and policymakers will keep working to ease financial and credit stresses.

Historically, the path to any economic recovery isn’t a straight line. It’s often marked by lurches both forward and backward.

“I liken it to a lawn mower engine that hasn’t been started in a while,” said Richard Yamarone, economist at Argus Research Corp.

“You’re going to get some sputtering of activity, and you’ll get a couple of false firings as well.”

Yamarone and many other analysts believe the economy in the April-to-June quarter is still declining, perhaps at a rate of 2 to 2.5 percent, but not nearly as much as it had been earlier.

The economy shrank at a 6.3 percent rate in the final three months of 2008, its worst showing in a quarter-century. Some economists estimate it fared about as poorly in the first three months of this year; others estimate a 4 to 5 percent rate of decline.

The government will release its initial estimate for first-quarter economic activity at the end of April.

Even in the best-case scenario that the recovery begins in the second quarter of this year, it will be a second tier — but there just isn’t enough federal money and a lot of times state programs and private foundations will pick up that research.”

By then, Cho was chaining the doors of Norris Hall shut in preparation for a bloodbath that had students covering under desks and jumping from windows. Officials still don’t know why Cho, a loner who had attracted little attention, killed so many people.

Virginia State Police never found two pieces of evidence that might have provided clues to Cho’s motives — his cell phone and the hard drive to his computer. The investigation is still open but focusing on his biological parents. On March 18, a Virginia State Police spokesperson, Corinne Geller, said: "We have not been able to find any indication that Cho’s biological parents were his victims. We believe that Cho did not kill his parents."

Virginians for a Second Tier-funded research.

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Virginia’s economy has improved greatly, and campus safety improvements and gun control measures have been adopted.

There’s just too much acceptance of a culture of violence,” said Andrew Goddard, whose son Colin Goddard was injured. "There are just too many guns flowing around.

Suzanne Grimme, who was Kevin Stone’s girlfriend, said in an e-mail: “My life has not deviated from the memories of April 16, 2007. I am determined to contribute in ways to assist with responsible gun laws and school safety.”

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Thai police charge 14 leaders in violent protests

Vincent Yu | Associated Press

Thai anti-government protesters make surrender gestures against through a line of soldiers outside the government house in Bangkok, Thailand, Tuesday.

Tini Tran | Associated Press

Police issued arrest warrants Tuesday for 14 leaders of an anti-government movement, including ousted Prime Minister Thaksin Shinawatra, a protesters abruptly ended violent demonstrations in Thailand's capital.

A day after red-shirted protesters burned buses and seized intersections in Bangkok, clashes with police and soldiers that left two people dead and 12 injured, their leaders called it quits, saying the "political convulsion'' may be the last riot,'' he said.

Thaksin's allies who were elected on a populist platform to win over rural voters, have not made enough effort to reach out to heal the rift. Without the strength of rural voters, "This is not a victory or a loss of any particular group,' Abhisit said in a televised address. "If it is victory, it is victory of society that peace and order has returned.''

He warned that the threat from the red-clad protesters was not over. "The operation under the state of emergency is not completed. There are still things to do,' he said. "There are still protesters in some areas. The only difference is they aren't wearing red anymore.''

The government announced it was adding two more days to the three-day Thai New Year holiday, which begins Monday, to ensure safety on the streets. 'This is not a victory or a loss of any particular group,' Abhisit said, and the Bangkok Criminal Court issued arrest warrants for 11 others, including Thaksin, who went into self-imposed exile last year before a court convicted him of violating a conflict of interest law.

The warrants accuse the protest leaders of creating a public disturbance and engaging in illegal assembly, which carry prison terms of up to seven and three years, respectively.

"This is not a victory or a loss of any particular group,' Abhisit said in a televised address. "If it is victory, it is victory of society that peace and order has returned.''

"Cal Poly has a mass text message emergency system that I subscribe to. I would pay attention to my text messages, check the news and find some way to protect myself.''

Joseph Crockett, economics senior

"I would lock myself into my apartment and continue to play FIFA.''

Brad Brophy, civil engineering sophomore

"I would avoid going to school until I heard official word from campus that everything was safe and students were in the clear.''

Gabe Sasser, civil engineering sophomore

"I would walk in the opposite direction of where the shooting was going down. I would also call a friend and ask them to check the news.''

Brian Strachan, environmental management senior

COMPiled and PhtographEd by Chris Jagger

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Protests continued from page 3

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Thaksin, considered by most protesters to be their leader, had addressed the demonstrators via video nearly every day.

Varit Kadnok, a 49-year-old protestor who was wearing buttons and a yellow shirt, who brought the country to a standstill in 2001 and was removed from power in a 2006 coup that has split many Thais into two groups.

The "red shirts" are mostly Thaksin supporters drawn largely from the impoverished countryside where he is popular for his populist policies.

The protests were only the latest in a long-simmering conflict — set off by Thaksin’s removal from power in 2006, an increase of 58 percent from one year earlier, according to the Department of Homeland Security’s Office of Immigration Statistics. The groups attributed the increase to a national citizenship campaign and an incentive to apply before a fee increase went into effect.

SAN FRANCISCO (AP) — Community groups and Spanish-language media organizations that helped push a record number of immigrants to become citizens last year said Tuesday that they want to build on that success.

More than 1 million immigrants became U.S. citizens in 2008, an increase of 58 percent from one year earlier, according to the Department of Homeland Security’s Office of Immigration Statistics. The groups attributed the increase to a national citizenship campaign and an incentive to apply before a fee increase went into effect.

An 18-year-old high school student caught with a 48-year-old math teacher in her bedroom was stabbed to death by her boyfriend, who was himself a former student of hers, police said Tuesday.

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Let me ask you a few questions: Do you often experience insurmountable obstacles in your daily life? Do you find yourself in need of advice on rather mundane issues, but are too afraid to ask for help? Are you in need of some adrenaline-fueled advice on how to be a badass? If you answered yes to any of these questions, then maybe it is you are in need of "Help is on the Way" by Scott Meyer.

From the rather demented mind of Meyer comes "Basic Instructions," a series of step-by-step instructions for dealing with everyday life. Need some help winning an argument? Great! There are instructions about that. How about advice on applying the laws of physics to your personal relationships? Awesome! Or maybe even applying game design skills to real life? That's in there too!

Now when I say Meyer gives you advice, it's not your garden variety, new age, self-empowerment kind of advice. This is hard-hitting, pass-filled, all-the-way kind of advice here! This is the kind of advice I would advise against for all those with a heart condition or are or will become pregnant.

For instance, what if you needed to talk to your child about smoking? We all know a big reason why kids start smoking is peer pressure, so just say, "I know all the mature, popular kids at your school; that doesn't necessarily mean you should; you're probably too much of a baby." And you know, he probably never will.

"Basic Instructions" in fact began as, to use the somewhat pernicious term nowadays, "a Web comic." Web comics, in and of themselves, are actually a really great thing. I mean hey, they're free! And who, to use a term coined by Will Ester, doesn't have a bit of sequential art?

But I'm afraid along with everything else on the Internet, Web comics have been saturated with loads of crap. And well, being in print just gives a sense of legitimacy to a comic. With that in mind, Meyer's work was picked up by Dark Horse Books. I mean, they put out "Hellboy." It has to at least be worth a read, right?

So when you're scanning through that self-help section at your favorite bookstore just remember that it's all lies and schemes to steal your money. Do the reading and search straight to the comic book/graphic novel section and pick up a copy of "Help Is On the Way." If they don't have a graphic novel section, then why are you even wasting your time in there in the first place? Get out of there in quick as you can!

Or if your wallet is as empty as mine, you should at least visit the Web site, basicinstructions.net. You'll be glad you did.

If I've been boring you all this nerd hunkster, then you may just want to read my article for next week, on Craig Thompson's "Good-Bye, Chunky Rice." It's basically one of the most heart-wrenching, cutey and wonderful comics out there.

Jo Ann Loviglio is a history senior and the Mustang Daily comic book columnist.

Philadelphia exhibit shows Hollywood Illustrations

JoAnn Loviglio

PHILADELPHIA — In a career spanning just 15 years, Richard Amsel created illustrations for movies and television that became part of the cultural language of the 1970s and '80s.

For the next month, the University of the Arts in Philadelphia is celebrating the acquisition of more than 300 sketches and illustrations by Amsel, a 1969 graduate, with a retrospective exhibit that includes some of his memorable imagery from the Indiana Jones movies.

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The best you’ll ever have

Sex Column

Everyone has a best, that one sexual experience that, for some reason, you can’t shake the memory of. Maybe it was a spontaneous, sporadical, phenomenal and unforgettable? It was this very attitude that re-leased the inner freak of my close friend. One night she discovered an adorable fun boy dressed like Shaggy from Scooby Doo — ‘shag’ being the operative word. This random hook-up was how she discovered her hidden passion for reverse cowgirl. She has never been the same since.

Longtime significant others have an equal advantage. They know you and they read your mind, even love, which, for some, can make sex more rewarding. These emotions even the ability to make sex seem better than it really is. The forewarned, they don’t come without attachments. They can mess with your decision-making skills worse than booze.

My other friend fell victim to these steril-judged emotions. She met an aerospace engineer that had a rocket NASA would be jealous of. Needless to say, she has never forgotten the ‘out of this world’ experience. It was the best sex she has ever had. But what was confusing was that despite the unforgettable experience, she couldn’t stop thinking about her former fling. The emotional advantage played her in the No. 1 seat even though his bullfart (and equipment) was sub par to her rocket scientist’s.

What Skyler was slammed with was the complex emotions vs. physical conundrum. Technically she had had her best sex ever twice: the best physical sex and the best emotional sex, which are really the only two types you can have. But what is sex with love if it doesn’t feel good? And what is sex that feels good without emotions? It’s like a margarita without tequila: Something can only be so good when it’s incomplete, it can’t be perfect. When you can find a person who satisfies you physically and emotionally, when you find someone who loves and who rocks in bed, I think that is what you call the best sex you’ve ever had.

Denise Nolan is a journalism senior and the Mustang Daily’s sex and relationship columnist.

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Jackson’s stuff not for sale following settlement

Josh L. Dickey

LOS ANGELES — Michael Jackson’s glove is not going once, going twice or going anywhere.

A scheduled auction of the pop singer’s possessions was called off Tuesday after Jackson and Julien’s Auction House reached a settlement to their dispute over whether 2,000 items from Neverland Ranch were ever intended for sale.

Specific terms were not disclosed. But in short, Jackson keeps his things, while Julien’s keeps its exhibition, which was open to the public and originally meant to promote next week’s sale.

“There was so much interest in so many of Jackson’s fans that instead of putting the items in the hands of private collectors, Dr. Tohme and Julien’s Auction House have made arrangements that will allow the collection to be shared with and enjoyed by Jackson’s fans for many years to come,” read a joint statement from Jackson spokesperson Dr. Tohme R. Tohme and auction organizer Dar- ren Julien.

Jackson’s production company, MJ Productions, used Julien in early March, seeking to halt the sale by ar- ranging that Jackson hadn’t authorized it. Julien maintained that the auction house was contracted by Jackson’s production company to take all of the items from Neverland with the intention of selling them all beginning April 22.

A judge blocked one effort by MJ Productions to cancel it earlier this month, and another was sched­ uled to hear arguments Wednesday for an injunction.

“I believe both sides are pleased with the resolution,” Julien said Tuesday by telephone.

Jackson has said he spent $2 million organizing the sale, which another auctioner estimated could have fetched $12 million. The exhibition in Beverly Hills costs $20 to attend, and auction catalogues a $50 single volume and $250, free-volume boxed set were still selling, Julien said.

A statement also said MJ Pro­ ductions and Julien’s Auction House would be making a “substantial” do­ nation to Mount Sinai to boost arts in need.

Jackson said all of Jackson’s posses­ sions, which the auction house took directly from the Neverland Ranch property, would be returned to the pop singer. He would not say where they would be taken.

Hollywood continued from page 5

and lucrative work for illustrators at the time — and album covers, concert posters and stage sets. Jackson was working until just weeks before his death at age 57 of MPS-related complica­tions. His last film poster was for the post-apocalyptic “Mad Max Beyond Thundereone” starring

Mel Gibson and Tina Turner, and his final finished work was a TV Guide cover of news anchor Tom Brokaw, Peter Jennings and Dan Rather.

The collection will provide valuable research material for stu­ dents to use in the design process at work, Tochert said.

“Through these rough sketches they can see how an idea develops,” he said. “You can see how he’s ex­ ploring through each drawing.”
Lauren Rabaino

Are you part of the Twitterverse? One of those tweeps who Twitter Whore or the Twitter Song or Twouble in the Twittersphere?) then you probably have a bad impression of the social network. But hear me out; it’s more valuable than distasteful comedy videos would lead you to believe.

Twitter is a simple, text-based social network that allows users to post updates about their lives, thoughts, actions, (pretty much anything) from the Internet or their cell phones.

My last Twitter column outlined how celebrities are using Twitter to battle tabloids, but how can you — a college student — use the social network? Think about it: If I told you to get information about someone, what’s the first thing you’d do? Look them up in the phonebook? I think not. You’d Google it.

And you can bet your bottom dollar that what your employers will be doing to your name when that resume hits their desk. Twitter can help you promote yourself for the job market. As a college student, this should be a top priority.

It doesn’t matter whether you’re a sophomore or senior, software engineer or studio artist. If you want to get a job when you graduate, you have to get buzz around your name.

Twitter can help you in this journey because it’s a way of mass-distributing your name across a network and joining conversations among leaders in your industry. The more you get your name out there, the more people will know you. And that means higher rankings in Google search results.

Of course you should supplement your Twitter presence by maintaining a blog and actively commenting on other blogs related to your field of study. You should also keep an online portfolio of your work. Let me give you a few real-life examples of how Twitter can score points in the world, play by play:

I'm a journalism major. I was looking for a journalism internship. One of my favorite bloggers ‘tweeted’ (posted a status update on Twitter) that his organization was offering an internship. I applied and promoted my application on Twitter. My Twitter followers voted for my application. I got said internship.

So? Simple as that.

On a more practical, day-to-day level, Twitter is helpful too. It’s like a search engine that only yields results from real people with your interests. Again, it’s all pretty abstract, so it’s best to understand it from an example:

For a recent entrepreneurship assignment, I needed to survey as many people as possible about problems in their lives that can become business opportunities. Naturally, I tweeted my question, and instantly received dozens of responses from my followers.

It’s also the most immediate way to get information about things happening around you. When an earthquake hit Los Angeles in the fall, Twitter was swamped with tweets about it. When a plane crashed into the Hudson River a few months ago, the first person to report it was a Twitterer who helped with the rescue.

Twitter is more than just Facebook without the wall posts. The Twitter experience is far more intellectual.

If you really want Twitter to be effective, you need to follow people in your industry who care about the same things you care about. I follow hundreds of student and professional journalists. I’m able to stay up-to-date on industry developments because I can converse directly with students about news and trends when they’re fresh and breaking.

You will only get from your Twitter experience what you put into it. If you tweet randomly facts about what you’re doing (like, “eating ice cream right now”) then Twitter will not be useful for you.

But if you ask questions about your industry, answer others’ questions and contribute to an intellectual, on-going conversation, I promise Twitter will be an empowering tool.

What have you got to lose?
Lauren Rabaino (twitter.com/laur­re­nnicholl) is a journalism sopho­more and the Mustang Daily online and multimedia editor.

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**APRIL 8** // **APRIL 15**
The left’s unsettling silence

Many on the left have simply decided that since their man was elected, all’s well in the world

Last week, I labeled many of you cavemen, citing your apologetic reliance on violent methods to attain your aims, whether they are of a right or left agenda. I do not withdraw my criticisms as it remains true this week as much as it did last week. Nonetheless, I will begin this article with soft, soothing words of compliment, noting credit where credit is due.

Let me point out, for example, that most on the left tend to entertain good and lofty ambitions. Many on the left are happy to claim exclusive ownership of high morals and consider this to be the chief distinction between their party and the right. The right, they believe, is infested with cruel and selfish people, who love war and scorn the poor. The left enjoys membership of exactly the opposite sort, virtuous people who aspire to peace and take care of their needy neighbors.

I, for one, commend many of the sentiments on the left and certainly prefer them to the boorish belligerence which so frequently retards the higher faculties of conservatives. But we all recognize that there is a substantial difference between merely feeling the right thing and actually doing the right thing.

Consider the current president, for example. Here is a politician who worked hard during his campaign to appeal to a country’s better sentiments. He spoke fondly and decorously of ending the wars in the Middle East, he reminded us all of our nation’s domestic needs, and he brilliantly aroused a sweeping patriotic fervor.

But lately, Obama is exposing himself as a two-faced phony of the most impressive variety, effortlessly displaying a terrible unfairness of spending billions to fight the war, George Bush.

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"Anorexia" is not a punchline

Jane P. Riccobono
CORNELL DAILY SUN, CORNELL U.

"Anorexia" is misused differently, but in a way that also writes of social ill — one that is experienced by more women than men. Since anorexia has come into the public consciousness, it has morphed from a shocking disorder to a cultural fixture. In much daily speech, and some popular media, "anorexia" describes a body type instead of a psychological condition. And it is usually loaded with unconscious ridicule. The thin models, for example, in last week's Cornell Design League show, were indirectly called "anorexic" by a female Sun writer. It was supposed to be witty. But describing someone that way, for the sake of a reader's smirk, misrepresents both words and people. Sometimes the caustic diminutive "sexy" is also employed toward this end.

So what is going on? Why do people — mostly other women — use "anorexia" vindictively rather than empathically? Almost everyone knows the basic causes and symptoms of anorexia nervosa, but such a reaction would suggest they do not really understand where it comes from. I think the response is part of an effort made by women of my generation to separate themselves from any sign that patriarchy still affects us. Anorexia has connotations of feminine weakness, and we want nothing to do with that.

But this outlook misplaces blame. To be clear, the anxiety behind anorexia is not always rooted in gender oppression. However, the way that anorectics take out anxieties on the physical self is a largely feminine phenomenon — especially for the white, economically comfortable Cornell girls I'm talking about in this article. So, instead of attacking each individual anorectic, it would be more productive to consider why anorexia, and eating disorders in general, are still prominent among women.

It may be more difficult now to see eating disorders as a problem because, not only have we been conscious of them our whole lives, we have personally seen (and probably experienced) them. But eating disorders are still around, and we would do well to investigate their position in the socio-economic system, instead of calling the skinny girl "sexy" and calling it a day. It might even lead to some acknowledgement of a twisted kind of jealousy that I contend can be part of the attack on the anorectic. She may be weak, but she also managed to achieve an ideal we see in magazines all the time.

And now for an interlude: Since I started this column talking about words, I had planned to explain the difference between "anorexia" and "anorectic." But, after investigation in online dictionaries and the trusty old Oxford English Dictionary, I remain confused. Both words can be an adjective or a noun referring to a sufferer of anorexia nervosa. Perhaps this demonstrates that conscientious use of words is important but difficult.

Although wordplay is a fun and worthwhile exercise, there is a fine line between playing and hating when terms lose context. Using "rape" lightly is insensitive unless, like the wily comedian, you make a concerted effort to prove otherwise. And, contrary to what some girls seem to think, anorectic/anorexic is not synonymous with stupid.

This column was originally published in the Cornell Daily Sun of Cornell University.
The psychologist told Cahn to "know how good I am, know how good my defense and offense is, know that I don't need to do it all." Cahn said, "'Cause my mind would be like, 'I need to do everything, that's how I felt last year, so just knowing that they're behind me (helps)."

The designated hitter has put up some impressive numbers with the bat as well, hitting .321, slugging .462 and leads the team with 23 walks. She has a 1.67 earned run average and pitching like she knew she could pitch," C'ahn said.

"It's not all strikeouts; my defense has been working really hard, the whole infield is at a surprising level. It's hard to get a ball through them," Cahn said, whose defense boasts a .972 fielding percentage. "The outfield has been making amazing plays, I attribute all of the success of the defense to the pitchers; they're amazing."

Cahn is a workhorse, her 175 total innings topping the Big West by nearly a 20-inning margin and also leads the conference with 18 wins. She has a 3.67 earned run average and holds opposing batters to a .213 batting average, both top five in the Big West. The crafty hurler has a 5.8 strikeout-to-walk ratio, with 128 strikeouts to just 22 walks. She is also one of nine pitchers in the nation to throw a perfect game this year.

"I needed to be calm and relaxed and pitch like I knew I could pitch," Cahn said about her perfect outing against Utah State. "I needed to pretend it was the first inning because if you think it's the later innings, it's not gonna happen."

With high expectations coming to Cal Poly, the pressure got to C'ahn. Freshman year, she went to a sports psychologist who reminded her to trust herself and her teammates, "Our saying this year has been a rough time trying to balance everything. I felt last year, so just knowing that I don't need to do it all," C'ahn said. "C'ause my mind would be like, 'I don't need to do everything,' that's how I felt last year, so just knowing that they're behind me (helps)."

"The psychologist told me to take advantage of the team chemistry and trust myself and my teammates, 'Our saying this year has been a rough time trying to balance everything. I felt last year, so just knowing that I don't need to do it all," C'ahn said."

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"The great thing about Anna is she's only a sophomore and we look for her to improve in every part of her game," C'ahn said. "We're excited to see where she will peak out at."

"The biggest place she leads is in the circle, you know when she sets the tone on the mound with her pitching, it kinda lays the groundwork for everything else, mental confidence in defense and offense."

Each time Cahn prepares on deck, she takes swinging, quick swings. Her hands sharply whip around her body. She looks at her bat, the pitcher, then the batter. Cahn wastes no time getting to the batter's box, jogging just outside the box where she takes another look at her grip and goes through two more practice swings.

The lefty takes six steps to the plate, digs in and taps the left corner of the plate with the end of her bat — she locks it. Her eyes dissect the pitcher's every move, unfazed by chants from the dugout. During her 6th-inning at bat against Santa Barbara she watched four straight balls, ran down the first base line and greeted her first-base coach with a simultaneous leap and high five.

"She'll put her two cents in all the time and people will respect what she has to say because she is doing it day in and day out," C'ahn said.

"She's figured out how to pitch every move, unfazed by chants from the dugout. During her 6th-inning at bat against Santa Barbara she watched four straight balls, ran down the first base line and greeted her first-base coach with a simultaneous leap and high five.

"I love hitting, hitting is my little game," C'ahn said. "But I've worked hard on my defense, I've really improved in the field and separate my games, that took me all of last year."

"It hurts me that he's not going to fight no more," said Harmeic, a 16-year-old student who heard about the boxer's retirement on the school's campus, "I really appreciate him in my life. Because of him, I'm hopefully going to college."
De La Hoya says he’s quitting the ring

The great thing about Anna is she’s only a sophomore and we look for her to improve in every part of her game.

—Jenny Condon
Cal Poly head coach

De La Hoya retired four months after he was thoroughly beaten by Manny Pacquiao, his fourth loss in his last seven fights. He has not defined a formidable opponent since Fernando Vargas in 2002. Age and diminished skills led to losses in recent years to Felix Trinidad, Shane Mosley, Bernard Hopkins and Floyd Mayweather Jr.

He won his last title in May 2006, beating Ricardo Mayorga in six rounds for the WBC 154-pound belt. He finished with a record of 39-6 and 30 knockouts.

“Is this the love of my life, boxing is my passion, boxing is what I was born to do,” De La Hoya said. “When I can’t do it anymore, when I can’t compete at the highest level, it’s not fair. It’s not fair to me, it’s not fair to the fans, it’s not fair to nobody.”

De La Hoya transcended his sport, generating crossover appeal among Latinos and whites. He was especially popular among women, who filled his news conferences and fights while screaming their approval of the boxer blessed with a magnetic smile and movie-star looks.

Unlike many fighters, De La Hoya walks away with his mind and his face intact. But he weathered often in making a final decision, and he credited his wife Millie Corretja and business partner Richard Schaefer in helping him “realize what life is all about.”

“Even this morning, I said ‘Are you sure?’ and he said, ‘Yes, I am ready,’” said Corretja, a Puerto Rican singer. “I know that after that fight in December, but it took four more months to make this decision.”

De La Hoya said he didn’t want to let down his fans or himself.

“Now I understand why athletes have such a tough time retiring from something that you feel so passionate about, from your sport that you’ve always thinking you can try one more time,” he said. “I can still train hard and I can still compete, but when you’re an athlete that has competed on the highest level for a lot of years, it’s not fair. It’s not fair to step inside the ring and not give my best.”

The four-time 2009 Big West Pitcher of the Year allowed opposing hitters to just a .213 batting average.

“I think it’s over,” the East Los Angeles native said. “When you have no interest, there’s no reason to keep going out.” De La Hoya said. “I was pretty tired but you just have think of the mental aspect of it.”

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