

WEATHER TOMORROW

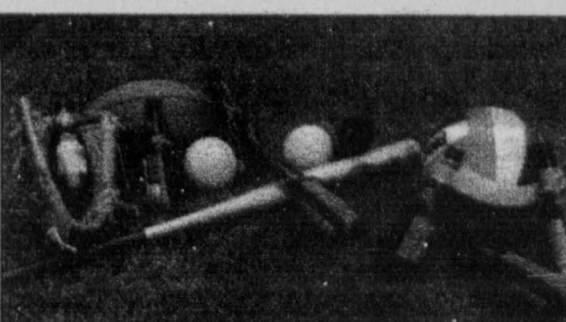
Food columnist talks about chocolate's health benefits.

IN ARTS, P. 8



How to detect alcohol poisoning.

IN ARTS, P. 9



View the effects of alcohol on athletes.

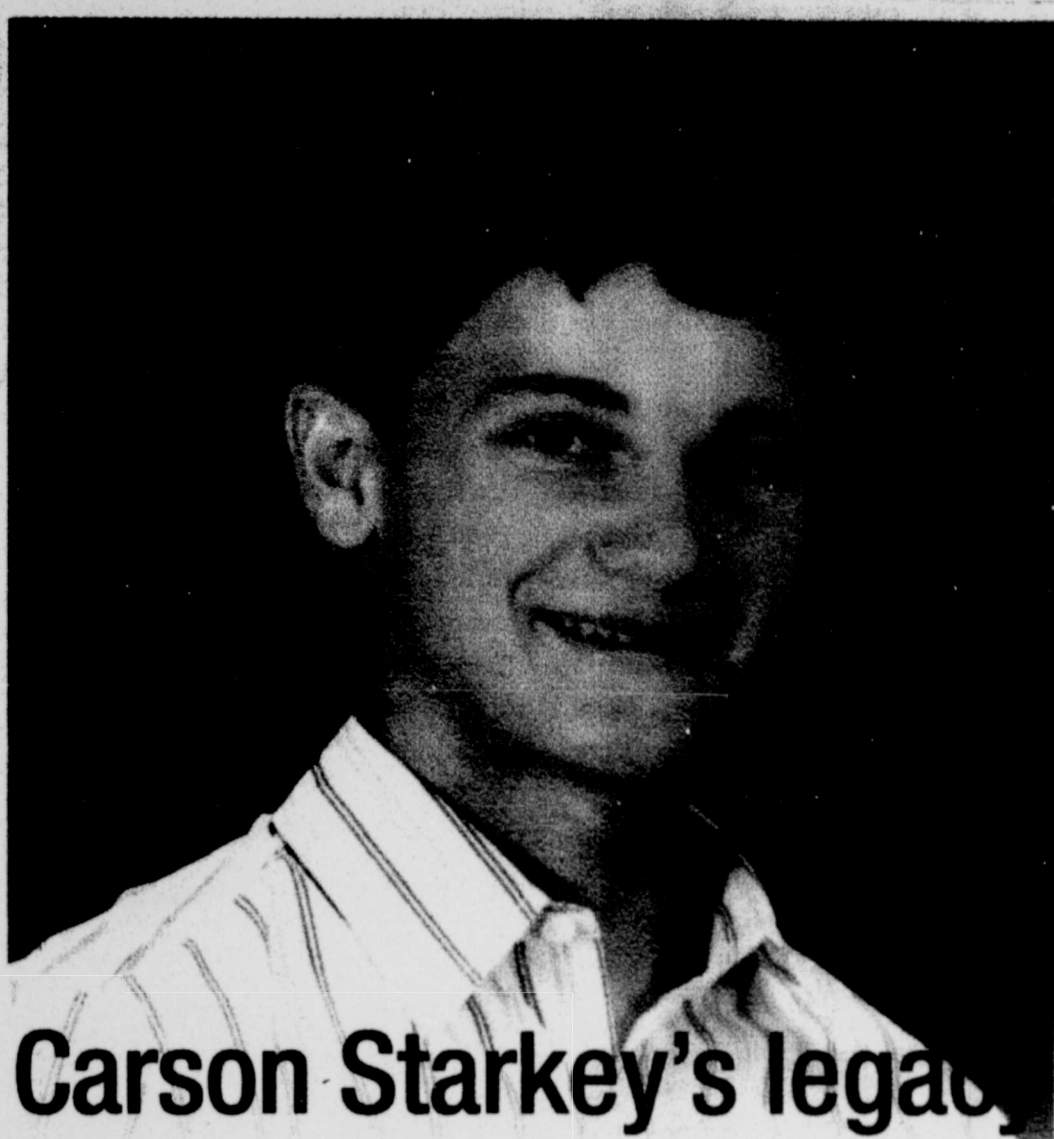
IN SPORTS, P. 16

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Carson Starkey's legacy

Scott and Julia Starkey raise alcohol awareness among college students

Catherine Borgeson

CATHERINEBORGESON.MD@GMAIL.COM

What should have been a normal Tuesday morning for Julia and Scott Starkey changed drastically with something as mundane as a phone call — a parent's worst nightmare.

On Dec. 2, 2008, the San Luis Obispo coroner's office called the parents in Austin, Texas, to inform them that their son, architectural engineering freshman Carson Starkey, had died from respiratory arrest due to alcohol poisoning. His blood alcohol concentration ranged from .39 to .44.

In the aftermath of Starkey's death, his parents, the campus and both San Luis Obispo and Texas communities moved forward in a positive direction to prevent future alcohol poisoning-related deaths.

"The grief and suffering that we'll always go through — the void in our lives — there's no reason anybody else should have to go through that," Scott said. "That's our goal. It's our mission to make sure that nobody else has to spend their lives the way we have to spend ours."

Scott's sentiment was reiterated by Starkey's mother.

"We feel a responsibility to do this," Julia said. "We have to put our energy somewhere."

They put that energy into creat-

ing a nonprofit organization called "With Carson." Through this organization, the pair raise awareness of the signs of alcohol poisoning, and educate people on what to do if these symptoms arise.

"One of my main peeves was I didn't know," Julia said. "I didn't know to talk to Carson about the signs of alcohol poisoning before he went to college. And most parents our age that I have talked with don't know these things. It's about reprogramming. It's not just educating students, it's educating parents to educate their kids. The whole culture out there doesn't understand it. It's a big problem."

When 18-year-old Starkey first came to Cal Poly in 2008, he surprised both Julia and Scott by deciding to pledge Sigma Alpha Epsilon (SAE). One of the reasons he chose Cal Poly was because he didn't think he would feel pressured to join a fraternity, Julia said.

"The first thing I said to Scott when I found out Carson decided to rush was, 'At least he would have people looking out after him because he is out there all by himself,'" Julia said. "But we were very wrong about that."

The night before Starkey's death, he participated in SAE's initiation

see Starkey, page 2

Dry campus becoming less dry

Marisa Bloch

MARISABLOCH.MD@GMAIL.COM

Cal Poly's alcohol policy is not as straightforward as some might think. In an effort to preserve the image of a dry university campus and still offer alcohol, Cal Poly's alcohol policies have become increasingly flexible as time goes on.

When a random poll was conducted of Cal Poly students about the university's alcohol policies for the past month, 140 out of 200 respondents (some under the age of 21) did not know the correct policies or in what terms alcohol was acceptable, if at all, on campus.

"Cal Poly is a dry campus," political science senior Courtney Jensen said. "You might be able to have alcohol at administrative functions but I am not 100 percent sure."

According to university policies, the only way alcohol can be present on campus is if it is approved by the president.

There are many events the president approves alcohol for, such as at sports games or Christopher Cohan Performing Arts Center (PAC) events.

Take me out to the ball game ... to drink

For several years, sporting events, or other special occasions, have received approval by the president to serve alcohol. Most recently, alcohol was approved to be served in a fenced off area at the Cal Poly tennis team's home match on March 6, 2011.

Philip Webb, the associate director of athletics, said this event included a wine tasting for booster club members only.

"This event was approved under the conditions and restrictions that apply to similar events such as: fenced off areas that only Tennis Booster Club Members can enter, all participants being 21 and up with proof of identification, etc.," Webb said.

There were many regulations to follow in order to get approval.

Cal Poly President Jeffrey Armstrong's chief of staff Matthew Roberts said students were not allowed to attend the wine tasting event, only booster club members. Webb also said that, technically, membership for booster clubs is open to all. However, the cost varies based on the benefits an individual wants to receive. If a student wanted to be a booster member, they

technically could. Other Cal Poly sports such

as football, baseball and basketball all follow the same rules when it comes to serving alcohol.

Even though alcohol has been present at sporting events for a long time, other areas on campus are starting to serve alcohol as well.

These areas must undergo the same process that sporting events do.

"The PAC sometimes serves alcohol at specific events, but again, these events must be passed by the president," Roberts said.

Sports and entertainment facilities on campus have always been allowed to have alcohol with the president's approval, Roberts said; however, there are some new areas on campus that have recently changed their alcohol policies.

Adding to regulations

There are several places on campus that serve alcohol that students don't generally know about.

The first is in Poly Canyon Village (PCV).

Executive director of University Housing Preston Allen said the Cal Poly Housing office tries to offer the most diverse housing possible by keeping up with new trends and age groups.

He said when PCV was opened

see Dry, page 13



"Sage has a wine and beer menu available at dinner to absolutely anyone who is 21 or older, including students," Campus Dining marketing and public relations manager Yukie Nishinaga said about the restaurant's alcohol policies.

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Starkey

continued from page 1

event called "Brown Bag Night." At this event, he sat in a circle with 16 other pledges and was told to drink large quantities of alcohol out of a brown bag. The fraternity brothers chanted "puke and rally," screaming at the pledges to drink and encouraging them to vomit, Julia said.

At some point in the night, Starkey became unresponsive. Some SAE members Googled the signs of alcohol poisoning, put him in a car and started to drive to Sierra Vista Regional Medical Center. But they did not go through with the plan out of fear of getting themselves and their organization in trouble, Scott said.

Starkey was brought back to the scene of the fraternity event where he was placed on a mattress to sleep off his intoxication. He never woke up; Starkey died a quarter of a mile away from the hospital.

"A lot of things went wrong that night, but bottom line was they were

too afraid of getting in trouble, and they let Carson die," Julia said.

This led Cal Poly's Student Life and Leadership to develop a partnership with Sierra Vista Regional Medical Center to advertise that the emergency room is a safe zone. There is no legal repercussions for going to the hospital.

To help advertise this safe zone, the hospital and Interfraternity Council (IFC) distributed 2,500 educational postcards showing the signs of alcohol poisoning and the appropriate steps to take.

"Our main goal is to encourage those that need treatment to come to the hospital with the comfort of knowing they will get better, not worrying about the cops or parents getting called," said Ron Yukelson, the Sierra Vista Regional Medical Center spokesperson.

Associate director of Student Life and Leadership Stephan Lamb said his main concern is students' safety.

"We don't want students to be afraid of getting in trouble," Lamb said. "First and foremost, we want

our students to be safe, and we know that, if students get to the ER, the medical interventions will be highly effective."

Efforts such as the partnership with Sierra Vista Regional Medical Center are some of the positive results coming from such a tragic loss, Lamb said.

"Prior to Carson, we talked a lot about students that had died due to alcohol poisoning, but they were always students at other schools," Lamb said. "That's not the same impact. When it's one of your own, people listen a different way."

It wasn't just Cal Poly that lost one of its own — Texas did as well.

Julia and Scott have since worked with a Texas senator to pass an amnesty law called 911 Life-Line Legislation. The law would grant immunity from prosecution to underage drinkers seeking medical treatment for themselves or for someone they brought to receive help. It is currently waiting to be voted on in the House of Representatives.

"Why would you not want to save a life over writing a ticket?" Scott said. "Kids are worried about getting the MIP (minor in possession), when we want them not to be worried about getting the MIP. We want them to worry about saving their friend's life."

Julia and Scott have previously worked with the senator to pass the Carson Starkey Alcohol Awareness and Education Act, all public schools in Texas teach about alcohol

poisoning as part of the science curriculum.

In addition to working with legislation, Scott and Julia came to Cal Poly in March and dedicated a bicycle rack on campus in honor of their son. The couple said they decided to dedicate a bicycle rack because it is an accurate representation of him.

"We came up with a bike rack as a memorial because Carson loved cycling and the outdoors," Scott said. "It was something that would be used every day by lots of students."

At the bicycle rack dedication, English professor and poet laureate of San Luis Obispo James Cushing read three pieces. He recited A.E. Housman's "To an Athlete Dying Young," Thom Gunn's "Seesaw" and a few lines from William Wordsworth's "Immortality Ode."

Being part of the public mourning for Starkey was an emotional experience, Cushing said.

"It was an interesting task; there was going to be me and the parents of a dead boy, and I get to read a poem that will touch them," Cushing said. "I looked directly into his mother's eyes. Have you ever looked directly into the eyes of a mother whose 18-year-old son has been killed? You'll never forget it as long as you live."

Also attending the dedication ceremony was business administration sophomore and IFC vice president Sean O'Brien, who helped unveil the bicycle rack.

"It's crazy to think those par-

ents could have been my parents," O'Brien said. "I was sitting right behind them in the audience, and the mom was crying — it was very intense. It's scary how it could have been anyone."

O'Brien said he has seen a change in greek life. There is no hazing, a lot less alcohol involved in fraternity events and everything is stricter, O'Brien said.

He meets weekly in a group setting with the 17 new member educators, the fraternity members that teach the pledges about their specific houses and greek life. At the meetings, O'Brien talks with the different fraternities about what they have planned for the week to make sure nothing illegal takes place.

"A lot of them just don't know what is legal and what is not," O'Brien said. "Like going on a scavenger hunt is considered hazing, even if there is no alcohol involved. They have the toughest job because they are managing 15 to 30 new guys. The liability is on them. If their guys get in trouble, they are the ones that are held responsible, so that's what I have to teach them."

In addition to these weekly meetings, O'Brien gives a mandatory presentation for all new greek members to attend. The two-hour presentation focuses on Starkey's story, hazing, alcohol abuse, gender equity and sexual assault.

"The presentation is pushed hard

see Starkey, page 7

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Cal Poly Foundation Board of Directors

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ALCOHOL

The Mustang Daily staff conducted a random poll online and in person of 385 Cal Poly students about their alcohol consumption habits.

Freshman	11%
Sophomore	26%
Junior	38%
Senior (4+)	23%
Graduate student	2%

Do you consume alcohol?

>> YES 73%
no 14%
on rare occasions 13%

Number of times students consume at least one alcoholic beverage per week:

5 or more 3%
3-4 times 20%

1-2 times 33%

Less than once a week 29%
I abstain from alcohol completely 14%



GRAPHIC BY MELISSA WONG

Number of drinks students consume on average:

9 or more drinks 4%
5-8 drinks 21%
3-4 drinks 39%
1-2 drinks 22%
I abstain from alcohol completely 14%

On occasions when students drink the most...

26% consume 9+ drinks
39% consume 5-8 drinks
18% consume 3-4 drinks
14% abstain from alcohol completely
3% consume 1-2 drinks

Do you consider Cal Poly to be a party school?

Sometimes 51%
No 34%
Yes 15%

Form of alcohol most frequently consumed

Beer 29%
Hard liquor (shots) 27%
Hard liquor (mixed drinks) 16%
Wine 14%
I abstain from alcohol completely 14%

Percentage of students experiencing:

Nausea 64%
Dizziness 63%
Headache 62%

Vomiting 59% **Memory loss** 52%
Passing out (loss of consciousness) 22%
I abstain from alcohol completely 13%
Other 9%

Have you ever had to seek medical attention due to alcohol consumption? **85%** / **2%**
no / **yes**

I abstain from alcohol completely 12%

Motivation to drink alcohol...

83% } to drink socially
48% to feel the effects of alcohol
43% to enjoy the taste
35% to relieve stress
14% abstain from alcohol completely

*may select more than one

74% **Students increased alcohol consumption after coming to Cal Poly:**

>> 14% didn't increase consumption
>> 13% abstain from alcohol completely

Our culture has placed the consumption of alcohol on such a high pedestal that after choosing to refrain from drinking and parties, I find it difficult to have friends that don't drink every weekend.

- Mustang Daily random poll participant

CALL FOR DISTINGUISHED EDUCATOR AWARD NOMINATIONS

The Cal Poly chapter of the California Faculty Association (CFA) is seeking nominations from students, faculty and staff for the "Distinguished Educator Award." The award is given to recognize faculty who are not yet tenured. Tenure track faculty, librarians, coaches and counselors are ineligible for many teaching awards the university presents, yet they deserve recognition for their teaching, professional activities and service to the university.

Criteria: teaching excellence, outstanding professional development, and outstanding service.

Please provide specific examples that support your nomination and include the name of the nominee and department as well as your name and department and contact information.

Nomination Deadline: May 20, 2011

To nominate someone send your nomination through campus mail to

Dorothy Pippin
CFA Office
Building 38-141

or email to

dpippin@calpoly.edu

Award winners will receive \$500.00 and a plaque. These awards will be presented at the CFA end of the year barbeque to be held at Cuesta Park during finals week.

Previous award winners are not eligible. The following list of award winners is provided.

Mary Armstrong
Jon Beckett
Richard Besel
Dawn Chandler
Christopher Clark


Cynthia Crother
Vincente Del Rio Nascimento
Dianne DeTurris
Thomas Disanto
Alesha Doan

Lorraine Donegan
Barbara Jackson
Jodi Jaques
Barry Jones

Steven Kane
Jane Lehr
Elsa Medina
Scott Patton

Lynn Moody
Jaymie Noland
Dylan Retsek
Emily Taylor

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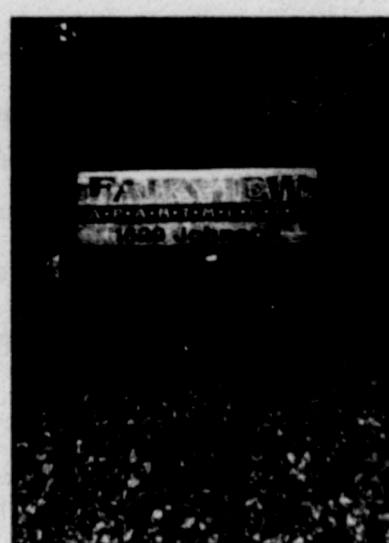
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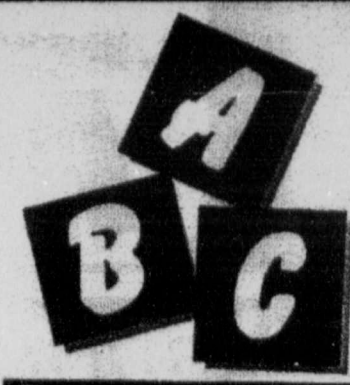
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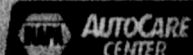
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Word on the Street

Do you consider Cal Poly a party school? Why or why not?



"Parts of it — go anywhere and you can find a party, but I wouldn't define it as one."

— Brandon Shirck,
recreation, parks and
tourism administration
senior



"I don't think it's a hardcore party school, but I'm not much of a partier. I'm sure there are parties but nothing insane."

— Samantha Aragon,
English junior



"Cal Poly is one of those well-kept secrets that it is a party school. People come here for academics, and they get their stuff done, but then comes Thursday, Friday, Saturday and sometimes Sunday. It's really what you make of it."

— Lucas Thoma,
history senior



"No, I think people here know when it is time for work and time for play. So maybe the time after finals people party."

Leslie Edwards,
architectural engineering
junior



"I'd say we're both. Friday night you'll see people partying, but people also take it seriously here, otherwise we wouldn't be here."

— James Placius,
biological sciences junior



"Not really because opposed to other campuses, Cal Poly is calm."

— Adriana Barba,
aerospace engineering
freshman



"Not particularly because we're a dry campus, and there are so many police that keep it calm downtown."

— Kristopher Osterloh,
earth sciences senior



"Before I came to Cal Poly, everybody said it was, but I don't think it's as crazy as everyone said it was."

— Edel Mitchell,
forestry and natural
resources freshman



"After Cesar Chavez Day at Shelli Beach, I'd have to say we have some party aspects."

— Jacob Williams,
construction management
junior

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Starkey

continued from page 2

from the beginning," O'Brien said. "Every single person knows about Carson's story and knows what can happen from drinking."

Although the presentations and weekly meetings are helping, there have been some incidents of excessive alcohol consumption.

"There have been mishaps since Carson Starkey — there have been guys that have gone to the hospital, but I think that's a good thing," O'Brien said. "It shows that even though they got out of hand and a little too sloppy, they knew the right thing to do. The presentations are helping, especially with the safe zone."

For Julia and Scott, their efforts do not stop at greek life or the local vicinity of San Luis Obispo. The way alcohol consumption is viewed is not just a fraternity problem but requires a much broader cultural change, Scott said.

"We want to let the awareness and the sense of community that Carson's death has created to be carried out to the rest of the world," Scott said. "Let's let SLO and Carson Starkey and the story be an example to the next town and the next town. Let's not let it stop in SLO."

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Chocolate: more than just a tasty treat.

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

Uno, dos, tres — CHO

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Uno, dos, tres — LA

Uno, dos, tres — TE!

Chocolate, chocolate, bate bate, chocolate!

— Latin American song "Bate Chocolate"

This delicious dessert that makes up more than half of all candy in the United States actually originated

with a very different purpose, and still poses more function than just satisfying a sweet tooth.

If only we grew up centuries before in the days of the ancient civilizations of the Mayan, Aztec and Olmec people, then our dreams of money growing on trees would finally come true. Yes, that's right, the Mayans and Aztecs grew money on trees.

The cacao (cocoa) bean — what we harvest in order to make chocolate — was used as a form of currency.

Chocolate was also used in religious ceremonies and to make an unsweetened drink called xocoatl

that is seasoned with spices. When cocoa beans were taken and dispersed throughout Europe, chocolate's popularity began to grow. It was combined with sugar and developed into the chocolate that is widely consumed today.

Sure, the high amounts of sugar found in candy bars such as Snickers, Milky Way and 3 Musketeers are not the epitome of a healthy diet, but is the chocolate they contain really all that bad for you?

Recent studies and science suggest, to the excitement and acceptance of a multitude of chocolate



connoisseurs, that the benefits are not only enough to keep chocolate in your diet but impressive enough to deem chocolate a superfood.

As a fellow sweet tooth, believe me, I am more than thrilled with this news. But it must be taken with a grain of salt — not to mention, chocolate tastes delicious with a pinch of coarse sea salt.

The potential health benefits found in chocolate are reserved to serving sizes of only 2 to 3.5 ounces a day, and don't apply to white or milk chocolate. This means look to dark chocolate for the real benefits, and don't plan on eating a pound or two a week. Chocolate is still a fairly high calorie and high fat food — although 1/3 of the fat present (palmitic acid) is associated with negative effects on cholesterol, the other 2/3 fat present in the forms of oleic and stearic acid, have either a neutral or beneficial effect on cholesterol. Since it is a high calorie/fat food, you must properly balance your diet to accommodate an increased calorie/fat intake when consuming chocolate.

Don't get fooled into thinking that just because you are limited to dark chocolate for the best health benefits you are limited in flavor. Dark chocolate contains more than 300 different compounds and chemicals that contribute to its complex flavor and delicious taste. In fact, chocolate is so complex, it requires a 10-step system to taste it properly.

I'll leave the whole 10-step series for you to discover, but I will highlight just a few steps.

For the most flavorful chocolate experience, be sure your chocolate is brought to room temperature. Break off a piece and listen for a "snap." The louder the "snap," the higher portion of cocoa is present (meaning more antioxidants present) — a trained taster can tell a great deal about the quality of the chocolate just by the sound.

Before tasting, melt a little chocolate by rubbing it between your fingers in order to release odor compounds that will enhance your tasting. By adhering to these few, simple techniques, you can begin to improve your chocolate tasting experience. Most importantly, remember to take a moment to actually taste the chocolate. Don't just scarf it down while watching a movie or running out the door — take a moment to taste it.

I am sure some of you are thinking, "Yes, that's nice and all, but what about the health benefits?"

For you health nuts, chocolate contains high amounts of antioxidants in the form of flavonoids. In fact, chocolate has nearly eight times the amount found in strawberries. A quick reminder, antioxidants help fight free radicals and keep you healthy.

Chocolate is also recorded to produce nitric oxide, which helps relax and lower blood pressure. It is even known to reduce low-density lipoprotein (LDL) — a.k.a. "bad" — cholesterol levels in certain cases. Even chocolate milk is getting promoted as a wonderful post work out drink by replenishing tired muscles, battling dehydration and it has the added benefit of calcium. Chocolate is battling for its spot out of "guilty pleasure food" to a "healthy treasure food."

Does this all seem too good to be true? Well, hold your breath, it only gets better.

Chocolate is a Fair Trade crop, and our very own green and gold campus is home to the only university-based Fair Trade certified business in the nation that sells chocolate. San Luis Obispo is also home to the Sweet Earth Organic Chocolate shop, founded by Cal Poly food science and nutrition associate professor Tom Neuhaus, and sells chocolate that is not only gratifying to the tongue, but also the socially conscious.

Try something new this week. Host a chocolate tasting party, or go ahead, indulge and buy that Cal Poly chocolate bar between classes at Campus Market. If you're feeling especially adventurous, go ahead and try putting a little chocolate in your chicken.

HINT: This fruit was thought to be the "golden apple" of Hesperides that Hercules had to get in his 11th labor...

Sweet Chocolate Mole Sauce

Ingredients:

- 4 1/2 c. chicken broth
- 3 Tbs. olive oil
- 1 c. finely chopped white onion
- 6 cloves garlic
- 1 tsp. each oregano and ground cumin
- 1/2 tsp. ground cinnamon
- 2 1/2 Tbs. chili powder
- 3 Tbs. all-purpose flour
- 1 Tbs. honey
- 2 ounces dark chocolate, chopped

Directions:

- Heat oil in a large sauce pan; reduce heat to low and add onion, garlic, oregano, cumin and cinnamon. Cook until tender, or approximately 10 minutes.
- Add chili powder and flour. Stir for three minutes.
- Gradually whisk chicken broth and honey.
- Increase heat to med-high and boil until reduced, or approximately 35 minutes — stirring occasionally.
- Remove from heat; whisk in chocolate.
- Season to taste with salt and pepper.
- Add to shredded chicken on tortilla and enjoy.



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UU 219, 2 p.m.

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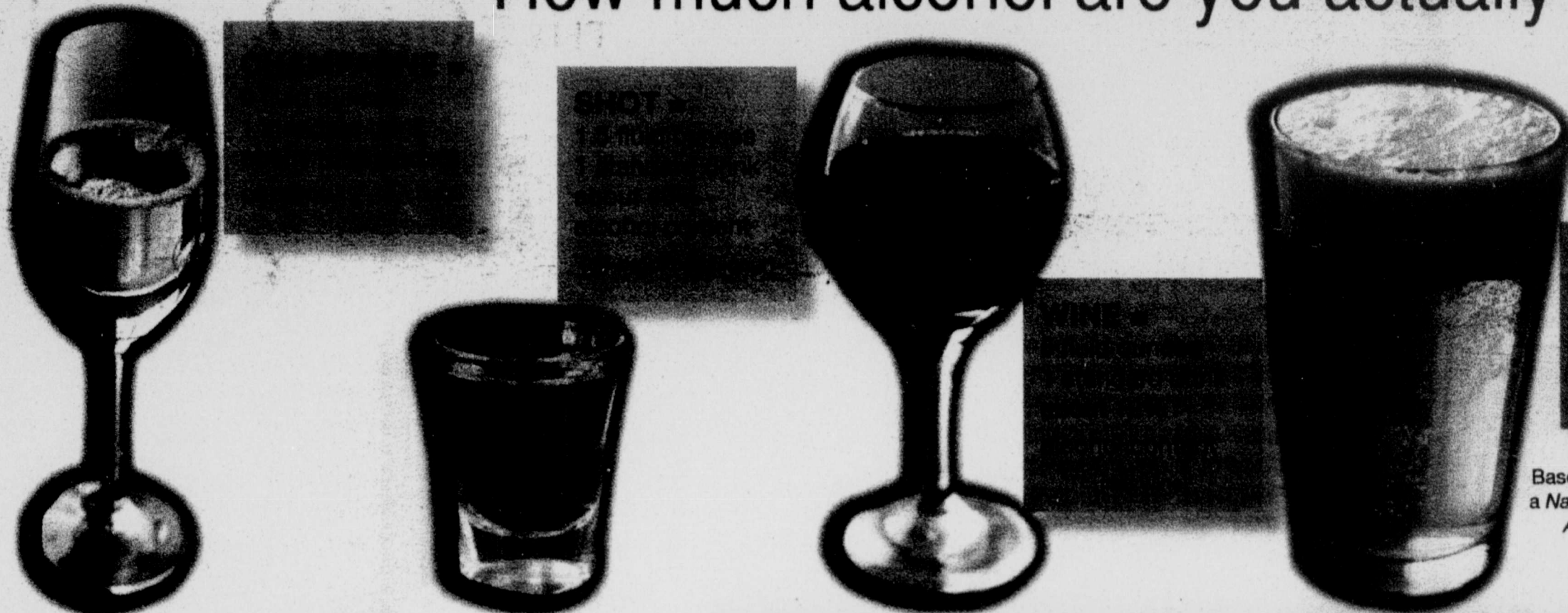
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THE COLD HARD FACTS

How much alcohol are you actually drinking?



Based off data gathered from a National Institute on Alcohol Abuse and Alcoholism publication.

Alcohol poisoning

How to detect it and what to do

Alcohol prevents involuntary functions of the body from reacting properly, according to the National Institute on Alcohol Abuse and Alcoholism (NIAAA). So, when a person drinks excessively, their ability to breathe as well as control their gag reflex can be inhibited. Coupled with alcohol's irritation to the stomach, it can lead to an unconscious person choking, potentially to death, on their own vomit. Alcohol poisoning can also cause seizures and stop both breathing and heartbeats.

Critical signs and symptoms of alcohol poisoning:

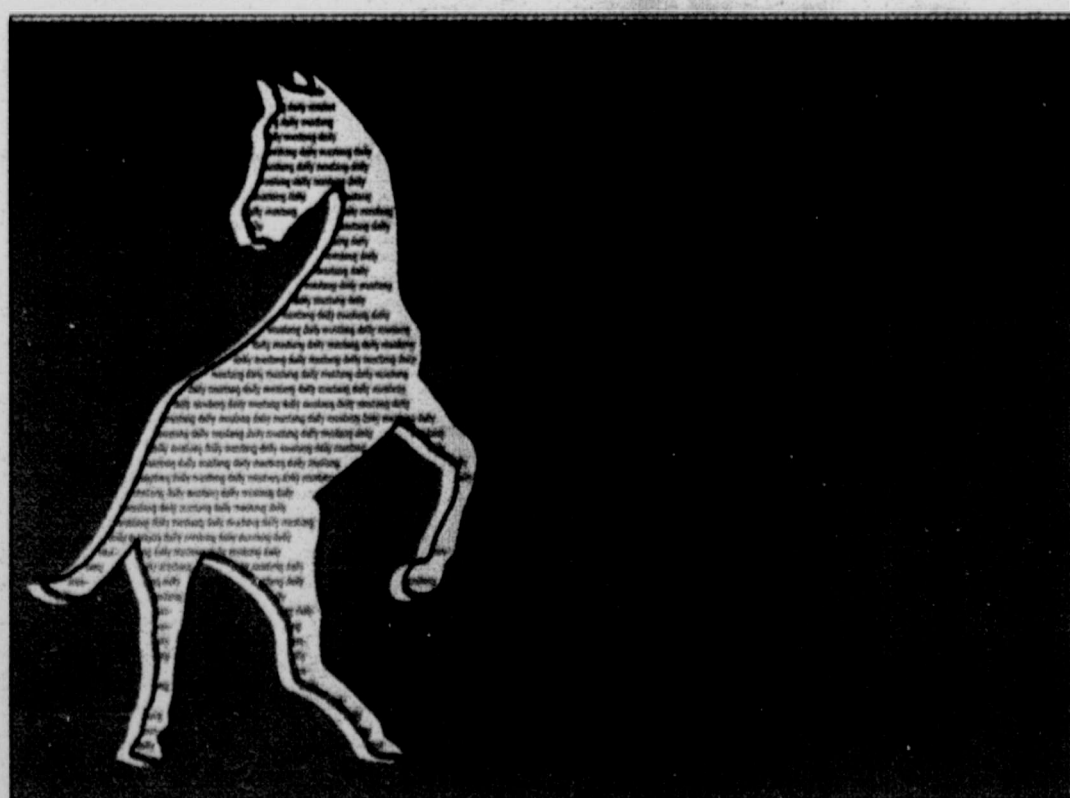
- Mental confusion, stupor, coma or person cannot be roused
- Vomiting
- Seizures
- Slow breathing (fewer than eight breaths per minute)
- Irregular breathing (10 seconds or more between breaths)
- Hypothermia (low body temperature), bluish skin color, paleness

What to do if you suspect someone has alcohol poisoning:

- Know the danger signals
- Do not wait for all symptoms to be present
- Be aware that a person who has passed out may die
- If there is any suspicion of an alcohol overdose, call 911 for help. Don't try to guess the level of drunkenness.

What can happen if alcohol poisoning goes untreated:

- Victim chokes on his or her own vomit
- Breathing slows, becomes irregular or stops
- Heart beats irregularly or stops
- Hypothermia
- Hypoglycemia (too little blood sugar) which can lead to seizures
- Untreated severe dehydration from vomiting can cause seizures, permanent brain damage or death



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Jeff Herten, MD
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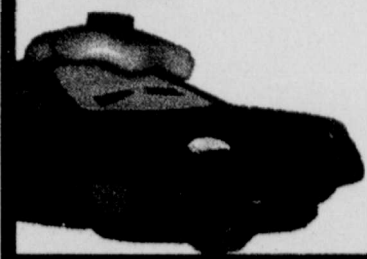
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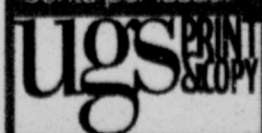
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Mustang Daily

Stephanie: "I hate special editions."

editor in chief: Leticia Rodriguez
managing editor: Patrick Leiva
mustangdaily@gmail.com

America: an overprescribed nation



H. Gilbert Welch is a practicing physician and professor of medicine at the Dartmouth Institute for Health Policy and Clinical Practice.

One of the first things we were taught in medical school was the pivotal role of thresholds in governing the human body. To trigger a nerve to fire or a muscle to contract, there must be a stimulus of electrical activity that exceeds a threshold value. If the threshold value is too low, muscles go into spasm and deadly rhythms develop in the heart.

Low thresholds, however, aren't just a problem for an individual's health. They are increasingly a problem for the health of our medical care system.

The threshold for diagnosis has fallen too low. Physicians are now making diagnoses in individuals who wouldn't have been considered sick in the past.

Part of the explanation is technological: diagnostic tests able to detect biochemical and anatomic

abnormalities that were undetectable in the past. But part of the explanation is behavioral: We look harder for things to be wrong. We test more often, we are more likely to test people who have no symptoms, and we have changed the rules about what degree of abnormality constitutes disease (a fasting blood sugar of 130 was not considered to be diabetes before 1997; now it is).

Low diagnostic thresholds lead people who feel well to be labeled as unwell. Not surprisingly, some subsequently feel less well. In short, low diagnostic thresholds introduce more "dis"-ease into the population. Does that sound like a good thing for a "health care" system to do?

Diagnostic thresholds that are set too low lead in turn to a bigger problem: treatment thresholds that are too low. Diagnosis is the critical entry step into medical care — getting one tends to beget treatment. That's a big reason why we are treating millions more people for high

blood pressure, diabetes, osteoporosis, glaucoma, depression, heart disease — and even cancer.

To have any hope of controlling healthcare costs, doctors will have to raise their diagnostic and treatment thresholds. And higher thresholds would be good for more than the bottom line. Less diagnosis and treatment of disease would return millions of Americans to normal, healthy lives. That's right: Higher thresholds could well improve health.

To understand why, consider the marginal patient, the person who has been turned into a patient because of a lower threshold. She is a woman, say, who is now told she has osteopenia, a loss of bone density that might lead to osteoporosis. This is a condition that wouldn't even have been noted in the past, but because of more bone density testing, it is now identified. Or he is, perhaps, a man who has been told he has prostate cancer of a type that wouldn't have been detected before the advent of the PSA test and a change in the rules about what constitutes an abnormal test and triggers a biopsy.

The woman may have a bone density that is, in fact, average for her age. Perhaps more surprising, the man also may have a cellular finding that is average — or, more precisely, typical — for his age.

Both are at extremely low risk to experience their "disease" in their lifetime. Consequently, the potential for treatment to help is extremely low, much lower than for patients diagnosed and treated using a higher threshold.

Another way to look at it is this: These marginal patients are at extremely high risk not to benefit from treatment.

Yet they face the same risk of harm from treatment. One common treatment for osteopenia can lead to ulcers in the esophagus and may even make bones more brittle with long-

term use. The common treatment for prostate cancer leads many men to become impotent and/or develop bowel and bladder problems.

In short, low thresholds have a way of leading to treatments that are worse than the disease.

You might reasonably wonder: How did we get here? A big part of the story is, of course, money. Whether you are a drug company, a hospital or any other player in system, the easiest way to make more money is to encourage lower thresholds and turn more people into patients.

Lawyers get some credit too. While clinicians are sued for failure to diagnose or failure to treat, there are few corresponding penalties for overdiagnosis or overtreatment. Doctors view low thresholds as the safest strategy to avoid a courtroom appearance.

The movement to measure healthcare quality, however well intended, exacerbates the problem. Many performance metrics measure whether diagnostic tests and treatments are being ordered. Because good grades typically require action, not inaction, lower thresholds are encouraged. And the advent of electronic medical records has made these actions even easier, as more and more of us have the "one-click" option to order tests and treatments.

Finally, there's our medical culture. We are trained not to miss things, however unimportant those things are. And we are trained to focus on the few we might be able to help, even if it's only 1 out of 100 (the benefit of lowering cholesterol in those with normal cholesterol but elevated C-reactive protein) or 1 out of 1,000 (the benefit of breast and prostate cancer screening).

We believe this is what our patients — and the public — cares about. But it's time for everyone to start caring about what happens to the other 999.



I've got three words to describe ASI's "strong relationship with the university administration." They are 'conflict of interest.' The University Administration can, and often does, work against the best interests of the students. In its efforts to maintain this close relationship, I feel that ASI has compromised its ability to represent us.

— Andrew J. Musselman

In response to "ASI gives student representation across the board"

Silly kids ... don't you know that nothing is ever anyone's fault in our society. All hail the nanny state!

— Matt

In response to "Former student's parents file suit against multiple parties"

Everyone is to blame except for the individual who drank/smoke/snorted their way onto a freeway on foot in the dead of night.

It's a sad situation, but no one is directly responsible or liable except for the student who made the choices...

— Steve

In response to "Former student's parents file suit against multiple parties"

Oh, and who is responsible for the cocaine in his system? It had to have been someone's fault other than the kid who snorted it.

This is tragic, but there is no one else to blame...

— Phill

In response to "Former student's parents file suit against multiple parties"

Oh please. So the guy gets messed up on drugs and walks on the freeway where, DUH, he gets hit and killed, and somehow magically it's NOT his fault? WTF is wrong with people? It's not CalTrans fault that their son made a bad choice that killed him. It's also

not Poly's fault either. They should be totally ashamed of themselves for going after Poly for this. The school already has budget problems, and this is just making it worse because people like them are greedy jerks who can't get over the fact that their son IS AT FAULT. It is really sad that he was killed, but they should do something constructive with their grief, not sue everyone because they can. I'm sure their son would be really happy to know his death fueled their greed.

It's also real pathetic that they somehow believe that they are entitled to THREE MILLION dollars. It's disgusting and it's really handy that the lawyer from the frat party is involved. I'm sure he had nothing to do with getting them to sue. What about just accepting the fact that their son screwed up and is dead like any normal parents would instead of going after people because they're entitled and feel wronged. The world is not fair, and people like them don't deserve a dime. They should be ashamed of themselves. I hope the judge drops their case, and they don't get anything

but lawyer bills because that's all they deserve. I'm sick of idiots like this clogging up the court systems and taking time away from people who actually have a real court case.

— Melissa

In response to "Former student's parents file suit against multiple parties"

Be careful when selecting another gym. I did some research on cUub 24 and found that they have an "F" rating with the Better Business Bureau due to a high number of unresolved complaints.

— Dan Blanke

In response to "Center closing wRECKing student workouts"

NOTE: The Mustang Daily features select comments that are written in response to articles posted online. Though not all the responses are printed, the Mustang Daily prints comments that are coherent and foster intelligent discussion on a given subject. No overcapitalization, please.

Dry

continued from page 1

it was a "whole new ball game." PCV houses everyone from freshmen to 30 and 40-year-olds.

"With such a wide range in age groups, we have to expand our offerings," Allen said. "There are 27 apartments, out of 614, where all students are over 21 years old."

In order to adapt to the older students' needs, the housing office decided upon regulations for PCV.

"If all of the students in a specific apartment are 21 or older, they can choose to sit down with their coordinator of student development as a

collective and discuss alcohol policies and safety," Allen said. "They talk about outcomes, alcohol abuse, effective communication, clear behavior guidelines and choices and consequences if rules are violated."

Aside from the normal alcohol regulations, in PCV students are not allowed to consume alcohol from any common source.

"This includes having a 'kegger' or a bowl of alcoholic punch," Allen said.

Allen also said there have not been many alcohol related problems in PCV, which is why they continue to allow the special alcohol policies to exist.

PCV is not the only place on campus where students can enjoy an alcoholic beverage.

The presence of alcohol at Cal Poly's Sage Restaurant is also relatively recent.

"Sage only serves alcohol at special events that are approved, just like everywhere else on campus," Roberts said.

However, Campus Dining marketing and public relations manager Yukie Nishinaga contradicted Roberts' statement.

"Sage has a wine and beer menu available at dinner to absolutely anyone who is 21 or older, including students," Nishinaga said.

Students ask why

With Cal Poly approving more

situations where alcohol can be present, some students are starting to get frustrated with all of the pressures against drinking.

Some students are confused with the rules and regulations dealing with alcohol, and the approval process.

Cal Poly's greek system is an example of a group of students affected by these policies.

Construction management senior Sean Jordan is the internal social chair for the Phi Kappa Psi fraternity. Jordan was Phi Psi's president last year and dealt with university pressures on the use of alcohol, hazing and partying.

"It obviously has something to do with the negative stigma toward

grieks," Jordan said. "Sports and PAC events make money for the school, so it seems that they are held to a different standard."

Jordan said he doesn't blame the university for rewarding organizations that benefit the university, especially since they see the greek system as a huge risk.

Despite student concerns, Roberts said Cal Poly is trying to assure students it is a still a dry campus.

"I attended Cal Poly in 1979, and the rules were the same then as they are now," Roberts said. "Cal Poly is a dry campus, especially if you compare it to other schools such as UC Davis."



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Cal Poly Greek Life reminds you to be safe when making the decision to consume alcohol and to always plan ahead.

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ACROSS

- 1 Stuffed shirt
- 5 Martin or Wozniak
- 10 Bratty kids
- 14 Put on the payroll
- 15 Sign on (2 wds.)
- 16 First-quarter tide
- 17 Byzantine art
- 18 Pull — one
- 19 Some locks
- 20 Map line
- 22 Schoolyard heavy
- 23 Tend the garden
- 24 Viet —
- 25 Prompts
- 29 Bean offering
- 33 Accumulate
- 34 Lowell and Grant
- 36 Birthday suit wearer
- 37 201, to Claudius
- 38 City near Syracuse
- 39 Burbank's sci.
- 40 Brown seaweed
- 42 Fix a tooth
- 43 Turn away, as one's eyes
- 45 Meeting
- 47 Refuge abroad
- 49 Time divs.
- 50 Not just my
- 51 Shore up
- 54 Cranky
- 60 Per capita
- 61 Thick board
- 62 Anything —?
- 63 Debate side
- 64 Fishing net
- 65 Wedding-cake part
- 66 Kind of jockey
- 67 Laid off
- 68 Antiquity

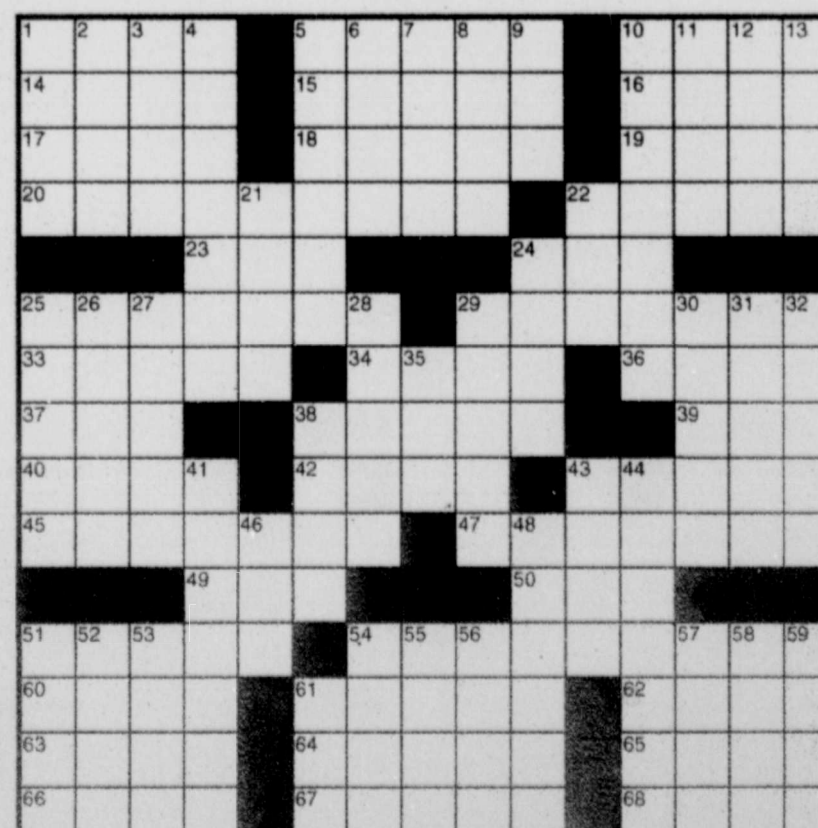
PREVIOUS PUZZLE SOLVED

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DOWN

- 1 Noted groundhog
- 2 "Little Caesar" role
- 3 Golf club item
- 4 Kublai's grand-father
- 5 Scheduled
- 6 Trendy edible
- 7 By Jove!
- 8 Carpenter's jaws
- 9 Tolkien tree giant
- 10 Callous
- 11 In-flight feature
- 12 Water holder
- 13 Nimble
- 21 Charged particles
- 22 Winged mammal
- 24 Apollo acronym
- 25 Hat trees
- 26 Moderator
- 27 Puts in the post
- 28 Tuxedo trim
- 29 Washing machine phase
- 30 Garage jobs
- 31 Scents
- 32 J. Paul —
- 35 Wire gauge
- 38 Strange sightings
- 41 Mind reader
- 43 Come up against
- 44 Kind
- 46 Umbrage
- 48 Made fun of
- 51 Globule
- 52 Asian royalty
- 53 Goes on stage
- 54 Left in a hurry
- 55 Means of shipping
- 56 Actress Heche
- 57 Mixed bag
- 58 Internet fan
- 59 Dried up
- 61 Air-pump meas.



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Los Angeles Lakers look to get younger after series loss to Dallas

David Wharton
LOS ANGELES TIMES

LOS ANGELES — Kobe Bryant might have put it best, slumping before the microphone in a black sweatshirt, minutes after the Los Angeles Lakers had been drummed out of the NBA playoffs.

"It's a little weird for me to think about what next year's going to look like," the superstar guard said.

This summer could bring momentous changes to Southern California's pre-eminent sports franchise, a team that had dominated pro basketball for the better part of three seasons.

The renowned coach, Phil Jackson, will take his 11 titles and retire to Montana.

Magic Johnson, the former Lakers star and current team vice president,

has said the front office might need to "blow up" the roster and start anew, but others suggest less-drastring measures.

"They need new tires, new windshield wipers," said Kenny Smith, a former player and current studio analyst for TNT. "They don't need a new engine."

If nothing else, the Lakers face questions that all successful teams must eventually answer, deciding when to retool and how to keep the good times rolling. The art of tinkering with a sports dynasty, it seems, can be tricky.

The final decision on how much the Lakers need to be reconfigured rests with owner Jerry Buss and his son, Jim, the team's executive vice president of player personnel, working in conjunction with General Manager Mitch Kupchak. They will be operating in the uncertain environs of a likely work

stoppage sometime next month.

Most of the key players are signed to contracts through 2013 and beyond. The Lakers already have the league's highest payroll at \$91 million — pushing them too far over the salary cap to afford a top free agent — and they have no first-round pick in next month's draft.

"Do the Lakers have some areas they need to address?" said Jeff Van Gundy, a former NBA coach who works for ESPN. "Absolutely. Just like every other team in the NBA."

Basketball players can begin to slow in their 30s and the Lakers have the added wear-and-tear of consistently reaching the NBA Finals — 77 extra games, nearly an extra season's worth, in the last three years.

Their embarrassing loss to the Dallas Mavericks in a Western Confer-

ence semifinal series — a four-game sweep — exposed other weaknesses.

They suffered from a lack of quickness and athleticism, especially in the backcourt with 36-year-old guard Derek Fisher.

Even Bryant occasionally stumbled as some observers began to question the lifespan of an exceptional athlete who has played nonstop since graduating from high school in 1996 and jumping directly into the rigors of the big leagues.

The last time the Lakers required a major overhaul — not long after winning five championships through the late 1980s — there wasn't much choice but to start from scratch because such core players as Johnson, Kareem Abdul-Jabbar and James Worthy were clearly nearing the end of their careers.

Even with this certainty, more

than a decade passed before the franchise returned to greatness by trading for the just-drafted Bryant and signing center Shaquille O'Neal on the free-agent market.

When O'Neal left in 2004, the Lakers retooled on the fly, drafting a young center in Andrew Bynum and acquiring such veterans as Gasol and Lamar Odom. Save for one season in the middle of this latest run, they also had Jackson at the helm.

The coach, who had previously won six titles with Michael Jordan and the Chicago Bulls, turned out to be a perfect fit for similarly talent-laden rosters in Los Angeles.

"I grew up under him," Bryant said. "The way I approach things, the way I think about things, not only in basketball but in life, a lot of it comes from him."

Drinking

continued from page 16

Certified athletic trainer Chris Ritter said having a no-alcohol policy like Condon's contributes to a sports team's success because of the detrimental effects drinking can have on the body.

"It diminishes your reaction time, it diminishes your thinking time (and) it can diminish the body's basic chemistry," he said.

Ritter also said alcohol affects a person's hydration level.

Athletes require a certain level of hydration and nutrition to function optimally, which is disrupted by getting even a little drunk, and the effects can last up to 72 hours after the last drink, he said.

Cal Poly trainers meet with every athlete on every team at the start of the season to educate them about these aspects of alcohol. However, the decision is ultimately in the hands of the players.

"All we can do is educate and suggest," Ritter said.

Cal Poly men's basketball head coach Joe Callero said he does just that, although he does not feel the

need to enact a dry season for his off-age players (10 out of 14 on the team).

"I'm not in favor of policing and believing that I can police something like that," he said. "Nor am I a big believer that alcohol in moderation is a death sentence in our society."

Callero said it's possible for anything in excess to have a negative effect on an athlete — whether it's lifting weights or eating burgers.

"In my time coaching, I think I've had more players throw up and be sick from food poisoning than any issues regarding alcohol," he said. "So I'm as much concerned with where we eat,

what they're eating — not that I'm not concerned with any excessive alcohol."

Junior forward David Hanson said Callero's lack of a strict alcohol policy promotes mutual respect between coach and player.

"I think our coach does a fantastic job," he said. "He knows what goes on, but I think he trusts us as players."

Hanson said a dry season is good because it holds people accountable, but serious athletes do not need to be told not to drink.

"If you truly care and want to be successful, players during the year stay away from (alcohol)," he said.

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

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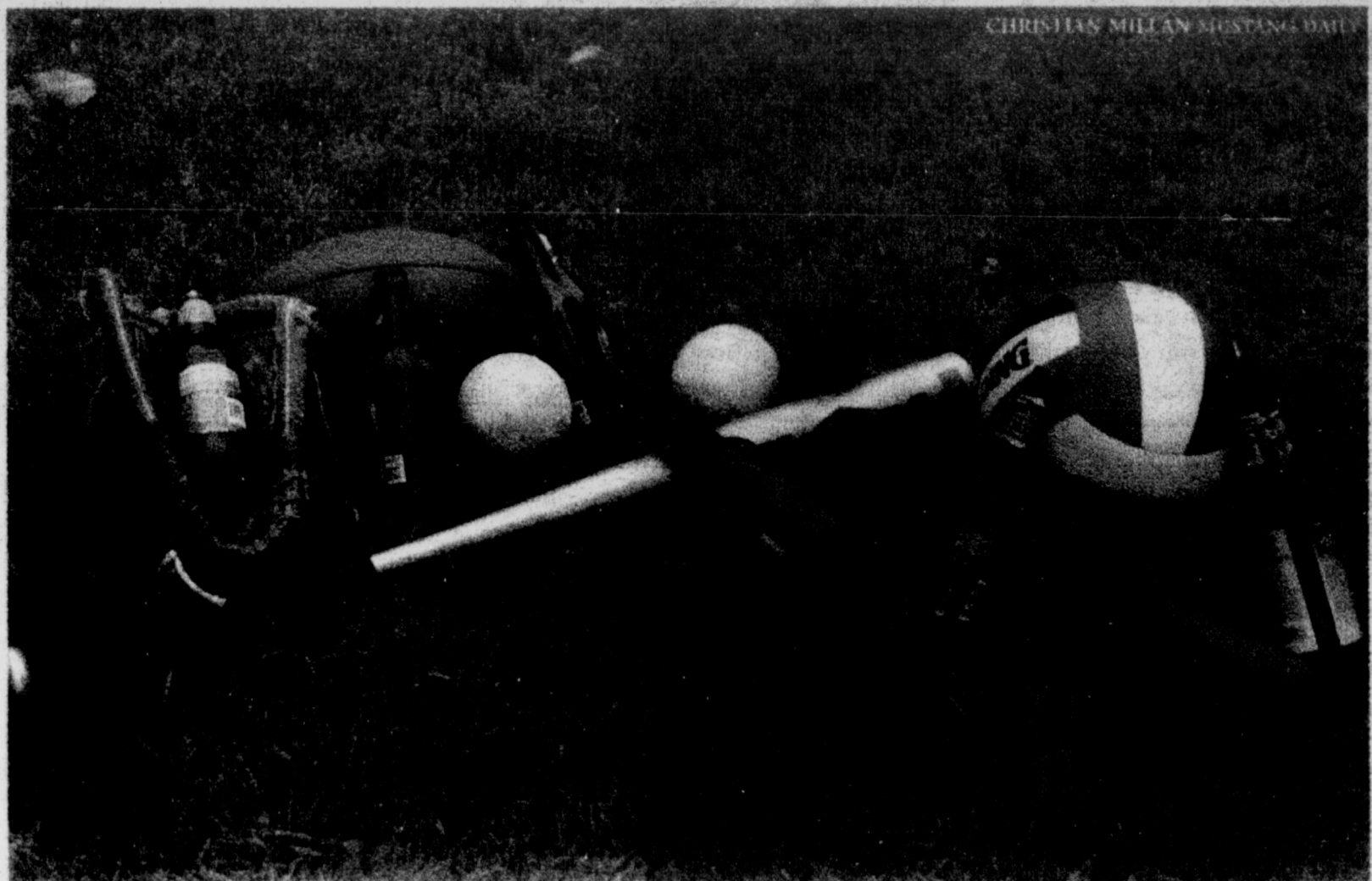
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Free throws, field goals and beer bottles A look into alcohol's effect on athletes

David Liebig

DAVIDLIEBIG.MD@GMAIL.COM

Drinking alcohol can take a toll on anyone's body.

Athletes, however, carry particular health responsibilities and make the decision to drink based on team policy, the need to stay hydrated and — like everyone else — the law.

Still, many college athletes drink. Approximately 80 percent of college athletes in the U.S. said they drank alcohol at least once over a 12-month period, according to an ESPN article by New York University medicine professor Dr. Gary Wadler.

To discourage players from adding to that statistic, some Cal Poly sports teams have adopted no-alcohol policies during their respective seasons.

Cal Poly softball head coach Jenny Condon said she has a "dry season" policy, which applies to all players on the team regardless of age. Repercussions for violating the dry season are considered on a case-by-case basis.

"The punishment (for drinking) can be anything from community service and education classes to suspension or removal from team and loss of scholarship," she said.

Condon said she does not want her players drinking during the sea-

son because it is counter-productive, even for the three members of her team that can do so legally.

"(Alcohol) destroys everything that you're trying to build up when you're practicing, training and lifting weights," she said. "It's just not a good idea."

She said her players mostly agree that drinking during the season is a bad choice and honor the dry season because they are serious about wanting to succeed.

Pitcher and designated hitter Anna Cahn said the team's main priority during softball season is doing well on the field.

"This is my last year of softball ever," she said. "I want to do the best I can. Socially, I'm not really focused on (drinking). I'm really just focused on softball and school."

Cahn also said it's easy to honor Codon's policy because, as a nutrition senior, she has learned about alcohol's side effects in class.

"When you have over two drinks in one sitting, it converts directly into fat," she said.

If you truly care and want to be successful, players during the year stay away from (alcohol).

— David Hanson
Men's basketball junior forward

see Drinking, page 15

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Baseball falls to Saint Mary's

RYAN SIDARITO MUSTANG DAILY FILE PHOTO

The Cal Poly baseball team dropped its second consecutive game Tuesday, falling to Saint Mary's 11-1. Starter Eugene Wright pitched 4 2/3 innings and gave up five runs off five hits en route to the loss. The Mustangs had just four hits against the Gaels, with no batters racking up more than one. Cal Poly scored its only run of the game in the second inning, when outfielder Mitch Haniger belted a solo home run to left center. The Mustangs return to action this weekend to take on UC Davis.