Adderall, study drugs abundant on campus

Daniel Triassi, Katelyn Ball, Brittany McKinney and Jessica Squellati

On campus, many "biased-related" incidents they encounter surfaced. After claims of possible free-speech violations, the launch of an upcoming Cal Poly program aimed at reducing the number of discriminatory incidents on campus has been postponed after claims of possible free-speech violations surfaced.

CARE-Net, a campus advocacy group, was slated to start in May to allow students to report incidents anonymously through a 24-hour study room at Kennedy Library. But Courtney, a senior from Moreno Valley, who requested that her last name not be used, said she did not believe the drug is dangerous. She usually uses it as her study aid; other uses included weight loss, coming almost as socially accepted as energy drinks and coffee.

According to FIRE's press release, the program is unconstitutional in a press release, FIRE claims that Cal Poly has suspended the program "will not function to suppress constitutional speech." The CARE-Net team defends a biased incident as "any speech, act or happening incident or action taken by a person or group which is perceived to be malicious or discriminatory toward another person or group based on bias or prejudice relating to such characteristics as race, color, sex, sexual orientation, gender identity, national origin, ancestry, ethnicity, religion, age or mental or physical disability."

"I don't agree with (FIRE's) interpretation of what CARE-Net is all about," Conn said. "It never intended to impede on free speech rights."

About 25 students, staff and faculty are involved with CARE-Net, including 12 campus advocates who will be available for students to report incidents to. Students will also be able to report incidents anonymously through Ethic-Point, a third-party online entity. This is not the first time Cal Poly has dealt with FIRE. In 2003, the organization led a campaign against Cal Poly's decision to charge student and member of Cal Poly College Republicans Steve Hinkle with "disruption" for posting a flyer on the Multicultural Center's bulletin board announcing a College Republicans-sponsored speech by a black social critic.

In that case, Hinkle successfully fought Cal Poly's disciplinary action in a federal lawsuit against Cal Poly led by FIRE and the Center for Individual Rights. Cal Poly was forced to strike the disciplinary action from Hinkle's record, and to pay significant attorney fees in a settlement of $40,000.

Chris Jagger

Upcoming Poly program accused of violating free speech rights

Chris Jagger

The launch of an upcoming Cal Poly program aimed at reducing the number of discriminatory incidents on campus has been postponed after claims of possible free-speech violations surfaced.

CARE-Net, a campus advocacy group, was slated to start in May to allow students to report "biased-related" incidents they encounter on campus. The program has been in the works since January after Cal Poly President Warren Baker and Cal Poly President Robert Kohls asked student affairs and academic affairs to develop the program. However, the implementation of the program was held up following what some saw were discriminatory incidents from last October when a name and a confederate flag were displayed outside the crop house.

The Foundation for Individual Rights in Education (FIRE), a Philadelphia-based nonprofit that advocates for individuals on college campuses nationwide, thinks the CARE-Net program is unconstitutional and impedes upon illegal stimulant use that range from 4 to 35 percent.

Helpful or harmful? Like Courtney, many students see their use of these drugs as technically illegal but see Drugs, page 2
Drugs continued from page 1

otherwise benign, but drug en¬
forcement officials and some med¬
ical experts disagree.
Adderall is an amphetamine and therefore classified as a Schedule II controlled substance — the same class as cocaine — by the United States Drug Enforcement Admin¬
istration due to its high potential for abuse with consequences in¬
cluding severe psychological or physical dependence.
Possession of these drugs with¬
out a valid prescription is a mis¬
demeanor, according to California Health and Safety Code, Section

11550. Violation of the law means a
jail sentence between 90 days and one year and possibly prohibi¬
tion for up to five years.
There have been at least four
cases involving the illegal use or possession of Adderall by Cal Poly or Cuesta College students since
January 2009, according to Of¬
ficer Cory Pierce of the San Luis Obispo Police Department.
"All the students involved with
the recent Adderall cases have
given two specific explanations
for using or possessing the drug," Pierce said. "The first explanation is that they need Adderall because they have ADHD or ADD and need it to self-medicate, and the second is that they need it to help
them study."

Health risks

Though doctors frequently
prescribe these drugs for ADD/ ADH D, treatment, that doesn't mean they are safe for off-label use. The difference between a prescribed and illegal use is the presence of medi¬
cal supervision, said Laura Freberg, a Cal Poly psychology professor.
"My students are commonly
under the misconception that somehow if you don't have ADHD, the stimulant meds behave differ¬
eently," she said. "They don't."

Doctors modify prescription
orders according to a patient's age
and body weight and do not pre¬
scribe these drugs to those who
have any sort of pre-existing con¬
dition that would put the user in increased danger.
For instance, there are several types of antidepressants that can be
hazardous when combined with Adderall. Therefore, it is never
prescribed to patients who use
those antidepressants. According to
PHRHealth, a physician reference Web site, if Adderall is taken with¬
in 14 days of taking one of these antidepressants, a life-threatening spike in blood pressure could result.

Equally serious is the effect
of Adderall on those with a pre¬
existing heart condition. In 2009, Canada suspended the marketing of Adderall after a dozen children using Adderall died. It was dis¬
covered that the deaths were the
results of underlying heart abnor¬
malities in each child.
"Misuse of amphetamines may
cause sudden death and serious cardiovascular adverse events," read the warning that was imme¬
diately placed on the Adderall la¬
bel by the FDA in response to the Canadian deaths.

For instance, Drug Enforcement Administration compares the ef¬
fects of amphetamines like Adder¬
all to the effects of cocaine. How¬
ever, an article on the U.S. DEA's
Web site describes these effects as having a slower onset and a longer duration. Drugs with a slower on¬
set are typically considered to be less addictive, however the longer duration means that amphetamines typically remain in the central ner¬
vous system longer, which produc¬
ees prolonged stimulant effects.
Large doses of amphetamines can produce a psychosis that re¬
sembles schizophrenia, according to the U.S. DEA. "It is character¬
ized by paranoia, picking at the skin, preoccupation with one's own thoughts, and auditory and visual hallucinations."

The Partnership for a Drug¬
Free America gives a descrip¬
tion of both the short-term and long-term effects of Adderall use.
Short-term effects can feel like an increase in alertness, attention and energy partnered with a sense of euphoria. Yet short-term effects when the drug is abused also in¬
clude the potential for heart at¬
tacks or lethal seizures. If Adderall is used compulsively it can be addictive. Repetitive uses can lead to feelings of paranoia as well as hostility and negative mood swings.

"Adderall affects each individual differently, so students typically describe a period of jittery hyper¬
awareness, followed by a crash. "At the peak, it makes me feel completely concentrated and also very irritable," said Jim, who does not give Adderall any credit for his academic success. "Sometimes I even find myself looking for fights. Other side effects: 'I get a love for techno music, weight lifting and sex.'"

"This is extreme "come¬
downs" and sometimes I find myself leaning toward a state of depres¬
sion," Jim said, adding that he com¬
bats the feeling by self-medicating
with another drug, marijuana. "If I smoke weed I can relax and have a smooth comedown without the headache."

Despite the psychological roll¬
coster and potential health ef¬
fects, Jim said he sees Adderall use as critical to his success in school.
"I wouldn't be here if I am academically if Adderall was not there for me," he said.

— Fallon Sholl, Jessica Wyne, Zach Lantz and Kate McIntyre con¬
tributed to this report.

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Wednesday, June 3, 2009

Mustang Daily News editor: Rachel Glass; News designer: Omar Sanchez
www.mustangdaily.net

A student who asked to be identified by his first initial only, A, is one of the many who receive pills from a friend. "It's not my prescription," he explained. "My friend has one and gives me the rest of the pills that he doesn't end up taking." Students who have legal pre¬
scriptions to Adderall become quite popular among friends who also take the drug for studying purposes, but who do not have their own prescription.
"I don't sell Adderall, but I will trade it from time to time," said Jim, an agricultural systems man¬
agement senior. "I find it amazing how during finals week my cell phone rings off the hook."

The Adderall experience

Adderall affects each individual differently, but students typically describe a period of jittery hyper¬
awareness, followed by a crash. "At the peak... it makes me feel completely concentrated and also very irritable," said Jim, who does not give Adderall any credit for his academic success. "Sometimes I even find myself looking for fights. Other side effects: 'I get a love for techno music, weight lifting and sex.'"

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Chicago officer convicted of battery on bartender

Don Babwin
ASSOCIATED PRESS

A hulking Chicago police officer who claimed he punched a female bartender half his size because he thought he was in danger was found guilty Tuesday of aggravated battery. Anthony Abbate, 40, faces probation to up to five years in prison when he is sentenced June 23.

Judge John Fleming rejected Abbate's claim that he acted in self defense when he threw, punched and kicked Karolina Obrycka as she tended bar in February 2007 in an attack caught on a tavern security tape. The altercation happened after she refused to serve him more drinks.

Abbate, 40, faces probation to up to five years in prison when he is sentenced June 23. He remained free Tuesday after Fleming denied a request to revoke bond. The video footage of a drunken, 250-pound Abbate punching and kicking the 125-pound Obrycka circulated widely as another example of misconduct by Chicago police. During the controversy, then-Superintendent Phil Cline suddenly announced his retirement, and Jody Weis was appointed with an order to clean up the department's image.

Testifying Tuesday, Abbate acknowledged he was drunk, but said the bartender pushed him first as she tried to remove him from behind the bar. Abbate said he "didn't want to receive another injury, I threw her to the ground to get her off of me."

Two charges of official misconduct were dismissed by the judge, who said there was no evidence Abbate abused his position as a police officer, noting that Obrycka testified Abbate never identified himself as an officer.

Abbate has been "suspended pending separation" and relieved of his duties and pay, said Chicago police spokesman Roderick Drew. Wells has said he wants Abbate fired.

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WORD ON THE STREET
"Other than pot, what drugs (including prescription) do you think are most used by Cal Poly students?"

Adderall is used because a lot of people have prescriptions for it if they have ADD. I've heard of people who don't have a prescription but use it to keep them awake and help them study.
-Diana Eckert, horticulture senior

"Ibuprofen and Advil are commonly used because more people at Cal Poly probably want to get rid of their headache than get wasted or faded."
-Tyler Charlesworth, software engineering senior

"Claritin is used frequently because of the high allergy risk that we have at Cal Poly due to the wide variety of environmental surroundings."
-Natalie Ramezani, business administration junior

"Besides pot, medicines like Tylenol and Ibuprofen can help people who have trouble sleeping."
-Ryan Naval, English sophomore

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**State**

**SAN FRANCISCO (AP) —** The incoming chancellor of the University of California, San Francisco said Tuesday the state's budget crisis will force making some "tough decisions" for one of the country's leading medical schools.

Dr. Susan Desmond-Hellmann takes over in August as head of the university, which has an annual budget of $6.5 billion and ranks as San Francisco's second-largest employer.

Desmond-Hellmann told The Associated Press following the opening of a new cancer center Tuesday that the outgoing chancellor, Dr. J. Michael Bishop, has been in discussions about how to respond to likely funding cuts that the state struggles to close its budget deficit.

**SACRAMENTO (AP) —** A crime-fighting bill moving through the California Legislature would force patients to get a doctor's prescription to buy a common remedy over the counter.

The measure by Sen. Rod Wright, a Highland Downey Democrat, would make it a misdemeanor or misdemeanor to obtain ephedrine, pseudoephedrine or related drugs without a prescription. Those are common ingredients in cold medicines but they're also used to make illegal methamphetamine.

**WICHITA, Kan. (AP) —** An abortion activist opponent was charged Tuesday with first-degree murder in the death of last-term abortion provider Dr. George Tiller at his clinic.

The suspect and the prosecutor said the evidence in the case ruled out the death penalty. Scott Roeder, 50, who drove a van into a side street from the Sedgwick County Jail. He fled with the charging documents on a pedicab in front of him, and said "OK" three times at Judge Ben Burgess read the charges and explained the court process.

**National**

**COLUMBIA, S.C. (AP) —** Authorities revoked the license of a South Carolina funeral home and its director after he admitted one of his employees cut the legs off a 6-foot-7 man without the family's permission so the corpse would fit in a casket.

The state Board of Funeral Service voted unanimously Monday to close Case Funeral Home in Mt. Airy, S.C. The board also fined funeral director Michael Case, 60, and ordered him to pay $5,000 for the offense.

In an agreement with the board, Case said employees never told James Hines' family that his body might not fit in a standard casket.

An unidentified witness, Charlie G. Case, cut the legs with an electric saw.

**COPENHAGEN (AP) —** Early results Wednesday suggested a possible power shift in Greenland's last parliamentary election before the voters of the ice-capped island assume greater autonomy from Denmark.

With about 30 percent of the votes counted, polls suggested the Social Democratic Summit Party could be ousted after 30 years in power in a vote focusing on corruption allegations and political straining.

The first official election results from small hamlets on the mostly Inuit island showed the left-wing opposition Inuit Ataqatigiit getting more support than Nunatt, although it was unlikely either party would get an outright majority.

**CHINA Roundups Dissidents**

**WASHINGTON (AP) —** China has arrested two human rights activists and blocked access to several online sites in apparent clampdown ahead of the 20th anniversary of the bloody suppression of 1989's Tiananmen Square pro-democracy protests.

The action is a new sign of the government's concern about the potential of such technology in an authoritarian society where information is tightly controlled.

"There has been a really intensified clampdown on quasi-public discussion of awareness of this event," said Xiao Qiang, adjunct professor of the Graduate School of Journalism at the University of California-Berkeley, and director of The Beijing China Internet Project.

"It's a discussion about where China is now and where China can go from here," he said. "The authorities are making a major crackdown to block user-generated sites such as Twitter and show there is no right to public discussion," he said.

China has the world's largest online population, and Internet communities have proven increasingly influential in spreading word of events to everyday from student protests to group shopping excursions.

People are going outside the normal, controlled channels to set up communities online, spreading information about campus unrest and other activities that the government considers to be potentially subversive.

Government Internet monitors have shut down message boards on more than 6,000 Web sites affiliated with colleges and universities, apparently to head off any talk about the 1989 events, according to the Hong Kong-based Information Center for Human Rights and Democracy.

"We understand the Chinese government is blocking access to Twitter and other international sites, though the government has not issued any explanation," said Jason Huoyou, spokesman for Yahoo which owns Flickr. "We believe a broad restriction without a legal basis is inconsistent with the right to freedom of expression."

Officials from Twitter did not respond to a request for comment.

Authorities have been steadily tightening surveillance over China's Internet community ahead of this year's anniversary, with some leading writers already under house arrest for months.

Government critics, including activist Ding Zilin and former top government adviser Bao Tong, could not be reached amid reports that they had been ordered to leave the capital prior to the anniversary of the crackdown.

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Air France crash leaves global trail of victims

Shawn Pogatchnik

Three young Irish doctors — one a Radiance performer — returning from a vacation to Brazil. An American geologist and his wife headed to Europe for work, and some RAR. An 11-year-old boy traveling alone on his way back to an English boarding school. All were among the victims of Air France Flight 447, leaving broken hearts from Rio to Paris and far beyond.

“We will miss your dancing feet,” said a tribute from New York.

“We were very happy because she was starting to take up her activities and a normal life again. Fate caught up with her and us,” said her older brother Michel.

“Some families recalled how their loved ones had survived dangerous jobs or medical crises, only to perish in Monday’s unexplained crash over the Atlantic Ocean, which was presumed to have killed all 228 on board.”

Christine Pericarts, a 28-year-old Michelle the engineer from France, had recovered from a stroke and was returning home after a 10-day visit to see her boyfriend in Brazil.

“While others traveled on to Australia, the trio headed home to resume their busy medical careers.”

“Her friends will, we hope, remember their special time together with fondness and joy, despite this tragic end,” read the tribute to Walls.

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locally grown plants aid in local recovery

Jennifer Titcomb
n/a

Upon arriving at Growing Grounds Downtown it appears like many other plant shops filled with dozens of different varieties of plants and flowers, but its unique background in service makes the shop one-of-a-kind.

Growing Grounds Downtown is a store run by Transitions Mental Health Association. Its main focus is horticultural therapy which involves the clients of the program working both at the 956 Chorro St. store location and Growing Ground's farms in San Luis Obispo and Santa Maria, where the majority of plants sold at the store are grown.

"People have found and studies have shown that working outside and working with your hands and working with plants and getting that physical activity really has a lot of good results," said Transitions public relations coordinator Hannah Brown. "It really does help people manage what they are going through and channel their energy in a creative and good way."

The store site is well hidden in a space that was once a driveway for the building next door. Growing Grounds Downtown sells more than just plants; a wide variety of locally made products such as olive oil, honey, herbs and teas are also available.

"We have stuff to accommodate those who are looking for gifts or see Plants, page 9
Plants
continued from page 8

people that have been gardening for years that just want one more thing to add to their garden," said assistant coordinator and philosophy senior Shannon Todd. "People usually come in and say that it's just a really soothing place and it's kind of a breath of fresh air."

The sounds of birds chirping, blowing of wind chimes and the trickle of fountains create a tranquil working environment. Some of the mental illnesses that Transitions works with are bipolar disorder, schizophrenia, anxiety disorder and depression.

Clients fulfill tasks around the store such as helping open the store and putting out plants as well as acquire customer service skills by helping customers, teaching them about plants and working the cash register.

“Our goal is to help people recover; a lot of people think that mental illness is like a destiny, once you've been diagnosed that's it and that is really not true," Brown said. "People recover all of the time."

Transitions' vocational service programs match interests of clients with jobs that include more than just Growing Grounds. Clients can choose to work at other places in the community with the help of Supported Employment which aids with counseling, job preparation and the job search.

“It's hard to find a job in normal life especially for someone who has a mental illness or gap in their resume that makes it even harder," Brown said. "Our programs help people redevelop that sense of self-worth that comes with work and to re-enter the community."

Annually, Growing Grounds helps serve over 100 clients. This year marks two special anniversaries for the Transitions organization. It is the 30th year of Transitions Mental Health Association as well as the 25th year of the Growing Grounds San Luis Obispo farm.

To celebrate there will be a special event from 12 p.m. to 6 p.m. on Friday, June 26 at the San Luis Obispo farm, 3740 Orcutt Rd. The event is meant to be a thank you to all the people who have volunteered throughout the years and will feature three bands, grilled foods and booths from local organizations.

Promotional coordinator for events and fundraising Lesta Travis said Cal Poly students have always been a great help with volunteering. Many campus organizations and clubs have come to the farm and cleaned up or painted, whatever needed to be done, she said.

Growing Grounds Downtown will also take part in Art After Dark on June 5. Ceramics craftsman Charles Varni is the featured guest. He will also be giving a presentation from 11 a.m. to 12 p.m. Saturday, June 6 as part of Growing Grounds Downtown spring lecture series.
LOS ANGELES (AP) — You'd be forgiven for thinking "The Hangover" is a documentary.

After all, who hasn't woken up in a trashed Las Vegas hotel suite with a missing tooth, a tiger in the bathroom, a belly in the closet and little or no memory of what happened the night before?

Director Todd Phillips and screenwriters Jon Lucas and Scott Moore take this familiar "What happens in Vegas ..." idea to bold new heights — or depths, depending on your perspective — with a comedy that stays weird and wild for the first two-thirds, only to disappoint in the final act.

Structurally, though, it's based on a clever concept: Three guys take their buddy Doug (Justin Bartha) to Vegas for a bachelor party right before his wedding. When they wake up the morning after their bachelorette, they realize the groom is missing — and that's only the beginning of their trouble.

As they nurse their pounding heads and retrace their steps, they stumble down an increasingly absurd and surprisingly dark, path. And because it all turns out to be so unpredictable, we feel like we're solving a mystery right along with them. The wordless sequence alone in which we survey the full damage of their Caesars Palace hotel suite will probably require a second viewing; there's no way to take it all in at once. (It must have been fun to be the production designer that day.)

As in Phillips' "Old School" — by far the best movie he's ever made — the casting of these ne'er-do-well pals goes a long way toward making such crazy situations even vaguely acceptable. Bradley Cooper ("He's Just Not That Into You") once again plays it breezy and arrogant as de facto leader Phil, a school teacher who steals from his students and hates his life (a fact that will miraculously reverse itself by the movie's end).

Ed Helms co-stars as Stu, a sweet but insecure dentist who lives under the tyrannical reign of his insulting, smothering girlfriend (Helms' fellow former "Daily Show" correspondent Rachel Harris in a grating one-note role). "The Hangover" does give Helms a chance to show some unexpected dramatic chops and singing skills, though.

And although he's there to tag along, Zach Galifianakis steals many a moment as Doug's soon-to-be brother-in-law Alan. As a loner with a sketchy past who clearly yearns to be accepted by the other guys, his performance is a fascinating balance of creepy and endearing: It's risky, but it works. But Ken Jeong, veteran of several Judd Apatow productions as well as "Role Models," is stuck here in a role that's a distasteful (and unfunny) stereotype of both Asians and gags. As a vengeful gangster, he's part of a third act that ends up being a huge letdown compared to the inspired antics that preceded it. We won't say where Doug was the whole time — we can't even say much about Doug himself because he's barely there — but the answer is sadly mundane.

Maybe that's the point: the final gag: that the joke's on Phil, Stu and Alan and, by association, us. But that makes for one hell of a ride awakening.

"The Hangover," a Warner Bros. Pictures release, is rated R for pervasive language, sexual content including nudity and some drug material. Running time: 99 minutes. Two and a half stars out of four.

In this film publicity image released by Warner Bros., Zach Galifianakis, left, Bradley Cooper, center, and Ed Helms are shown in a scene from "The Hangover."
Conan on ‘The Tonight Show’ wins high ratings

David Bauder
ASSOCIATED PRESS

NEW YORK (AP) — Conan O’Brien has reason to smile after his debut as “Tonight” show host.

His first Nielsen Media Research report card showed a 7.1 rating and 11 audience share in the nation’s biggest media markets. Those numbers indicate more people checked out O’Brien’s show out than watched David Letterman’s “Late Show” on CBS and ABC’s “Nightline” combined.

“We were very happy,” said O’Brien’s boss, Ben Silverman, co-chairman of NBC Entertainment and Universal Movie Studios.

The trick is the second night, and the third — and the hundreds more likely to come.

O’Brien set himself apart early from predecessor Jay Leno with his reliance on taped comedy bits, but that approach drew some mixed reviews from the critics, “I just wish O’Brien had devoted the entire first half of his debut to himself,” said David Zurawik, The Baltimore Sun TV critic.

O’Brien opened his show with an extended segment supposedly showing him running across the country from New York to Los Angeles, only to realize when he got there he had forgotten his keys. Separate taped bits also had him commandeering a tram full of tourists on the Universal lot and driving his Ford Fairlane in his adopted, auto-obsessed hometown.

“Newspaper Vern: Gay said opening-night jitters were apparent.

“The first night of what will probably be the first night of the rest of Conan O’Brien’s professional life was not a disaster,” Gay wrote. “Not at all. But it was far from a success... A few million ‘Tonight’ show habitues turned to their spouses and said, ‘tell me AGAIN Mabel why NBC dumped Leno for this guy?’”

Entertainment Weekly’s Ken Tucker said the debut was “glitzy, glamorous fun” and that the taped material showed how much planning O’Brien is putting into the show.

Silverman said he was optimistic that O’Brien can keep NBC ahead of its chief late-night competitors. Letterman is 46; Letterman is 62.

“I’m hoping that Conan’s youth and smart sense of humor and kind of transparent kindness comes across,” he said. “I think that comes through with Fallon and Leno, too. These are genuinely kind people that care about the people around them.”
Capitolists are society's true humanitarians

It is vital to recognize that the humanitarian is necessarily limited and defined in his efforts to promote good by those who are able to give. A world inhabited only by humanitarians of the usual variety would quickly whither from lack of production.

In a matter of weeks, many of you will be handed a college degree. On this day of anointment, no doubt many of you will reject the traditional career paths that white collars have been traditionally groomed for. Many of you, sensing the futility of acquiring a decent job in today's gloomy market, will opt instead to devote yourself to altruistic, humanitarian causes.

For those of your bent, there is a burgeoning source of jobs (or calling) in the nonprofit arena. With such a job, you may not enjoy a hefty salary, but you will assuredly be able to bask in the social status that these positions seem to automatically earn. Or, if you're like the president's wife, you might possibly be able to enjoy both the sainthood from working for a nonprofit and the extravagant salary of a Wall Street tycoon.

But whatever you end up doing, I must submit a note of caution to the next generation of do-gooders. The first point that must be soberey addressed is one which is often overlooked. You see, many people assume that by becoming a do-gooder, they naturally and inevitably become agents of good.

This is hopelessly mistaken. It is important to remember that the road to hell is most often paved by those with good intentions. Nowadays, it is distressingly difficult to find a true black hearted villain. Yet still the world is without respite in turmoil and agony over the trouble that people cause one another.

Evil abounds, but self-admitted evil doers do not. How is this? We must come to grips with the fact that a great deal of evil is perpetrated not by the evil-doer or even the disinterested, but by those with the pretext of intentions and the noblest of motives. For even these can use the wrong means to achieve their objectives.

This observation may offend sensibilities, but it is difficult to deny the evidence. After all, consider all the evil which humans have committed against one another — crimes of murder, rape, fraud, etc. Even a limited accounting of all the atrocities committed by man against man will quickly illuminate the statistical impossibility that villains are always to blame. There simply aren't enough soundbites to accomplish the job.

The second point which cannot be hardly overemphasized is that the vacancy of humanitarians is not for everyone. In fact, it is probably best reserved for only a very few.

Over the course of history, society has generally suffered only a minority of the population to act as professional humanitarians. After all, the career humanitarian is a unique breed. The humanitarian seeks alms for the poor and must, in turn, seek alms for himself to continue his alms-seeking vocation. And from whom does the humanitarian seek alms?

From those with the means to give alms, naturally. This is a neglected portion of society, I'm afraid. Of course, there are those of enormous means who make sensational headlines with their giving, but I don't speak of those. I refer to the bedrock of society, the backbone of industry, the ordinary people of means who, prompted by religious or moral convictions, give humble amounts out of our marginal surplus.

It's ordinary people like this who are the unusual heroes of every despairing and humbled person. For it is vital to recognize that the humanitarian is necessarily limited and defined in his efforts to promote good by those who are able to give. A world inhabited only by humanitarians of the usual variety would quickly whither from lack of production.

Those who enable the generous habits of humanitarians are part of productive society and their roles is at least as important, if not essentially much more so, than the humanitarian's. They go to work and make money; their earnings are not considered donations but payment for productive, meaningful labor; they are, in a word, capitalists. They are society's true humanitarians.

Jeremy Hicks is a 2008 political science graduate, the founder of the Cal Poly Libertarians Club and a Mustang Daily political columnist.
I think the article about the legislation that would force the Cal Poly Corporation to open its records is great news and I sure hope that this bill passes.

On many occasions I have been disgruntled with the cost of goods and services on campus and the significant price mark-up of certain items over off-campus alternatives. For example, bananas at The Avenue are sold at over four times the price of the same banana at Trader Joe’s. A pre-made peanut butter and jelly sandwich from The Avenue costs over $5, more than a freshly-made footlong sub at Subway. Sure, The Avenue offers convenient on-campus eating, but to me it’s more of a monopoly over location than the actual cost of convenience.

These facts are frustrating, but even worse is the fact that these on-campus organizations are blanketed under a “non-profit” label, yet their finances are not publicly accessible. I find it laughable that they say the bill would “put the corporation at a disadvantage in competing with off-campus, for-profit businesses.” As it stands, few things on campus are price comparable with off-campus, let alone competitive. And is it any surprise when you think about the services? How many off-campus for-profit businesses do you know of that have large flat-panel televisions to display mostly stagnant menus? On campus, Backstage Pizza has two and 19 Metro Stations has four. That system alone must have cost thousands of dollars to put in place. Personally, I would rather have more affordable food than the pleasurable but multi-thousand dollar system that we have on campus.

Perhaps if this bill passes, public scrutiny may force the on-campus businesses to be more competitive. I understand that any profit (technically referred to as “surplus” for non-profits) is turned around and used to grow the business, but it seems like private companies tend to make changes more quickly and economically than is done on campus. It seems like in the private sector, things are done efficiently in order to save money for both the business and the consumer whereas for a non-profit company on campus, any surplus earned is often quickly spent on trivial things, or even wasted on things we may not know about as long as their financial records are kept private.

Jeff Lewis is a mechanical engineering sophomore and a Mustang Daily guest columnist.

Angela did a fantastic job as ASI president. This was a tough year to be in those shoes, what with the crops science incident, the death of Carson Starkey and all the other major events on campus and in the world. I’m not sure how she does it, but I’m glad she stepped up to the plate.

— Kate

Response to “Kramer’s presidency: a look back”

Angela Kramer is going to go very far in life. All of us back in New York is very proud of her.

— Diana Cola

Response to “Kramer’s presidency: a look back”

“We’re just concerned about people dissecting what we’re doing, how we’re doing, and how that’s going to impact the services that we provide for the campus.” If there is nothing to hide, why be so afraid of a little scrutiny over what goes on behind closed doors? Remember, it’s our money being collected and spent.

“The bill would also put the corporation at a disadvantage in competing with off-campus, for-profit businesses.” We do want to make sure that the on-campus businesses to be more competitive.

— Cameron Shew

Response to “Bill would force Poly Corp. to release records”

I must be missing something. How does this fall anywhere above the realm of “mediocrity”? Denise’s columns were better, get off your high horse.

— Kevin

Response to “To do it or not to do it: That is the question”

I do call it whoopee in real life. Most girls don’t find it attractive.

— Zeb

Response to “To do it or not to do it: That is the question”

I have extended the application period for next year applications forms at mustangdaily.net/about-us/apply/all majors welcome!

applications due Thursday, June 4

email to emilieeegger@gmail.com
Pop Culture Shock Therapy by Doug Bratton

When Spock First Learned that Morticia and the Keebler Elf Were His Real Parents

The New York Times Crossword

Across
1 "Start of a 38- Across"
2 Early MP3-sharing Web site
39 "Teet oll"
37 Up-to-date
38 Hint to the word "sadder" in the answers to the starred clues
43 , and that's final!
44 "Put into piles"
45 Canal site,
53 Toxic pollutant,
47 Showing
48 Lacking
52 Last in a series
53 Trace pollutant, for short
55 Sweet, in Italy
59 Many Christmas ornaments
62 Holly
63 Crossword maker or editor, at times
64 It may precede a strike
65 For Paul's nickname
66 Directive issued by Columbus
67 "As"
68 Charge components,
69 Dog
70 "Smaller and smaller for one"
71 "Kind of land"
72 "End of a 38- Across"

Down
1 At minimum
2 How baseball games rarely end
3 Kind of land
4 Unbeats
5 Camp Swampy dog
6 Symbol of courage
7 "The Way of Perfection" writer
15 Worst after red or dead
24 Solomon's asset
26 In profusion
28 Pseudo-cultural
31 Muff one

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in the game today,” said Riley, the Heat president who has five NBA titles as a head coach. "I coached for 25 years. My best days are left be­hind me. My best days are in front of him. He’s a pure coach.”

Van Gundy gets it done with one gear. The coach is rarely out­rushed.

There have been nights when Van Gundy has gone straight from the airport after a road trip to the Magic’s practice facility to watch film until the team meeting the next morning. He was so engrossed by work this season that he had to buy a new car after he went about 30,000 miles without changing the oil in the old one.

The NBA finals are only causing that stress to swell.

‘‘At 3 in the morning, I can’t sleep because I’m worrying about how to stop Kobe Bryant,” Van Gundy said.

Hoc coach Erik Spoelstra, who worked with Van Gundy in Miami, has said he worries about Van Gun­dy’s constant intensity. Spoelstra said Van Gundy often wouldn’t eat on the team plane because he was too worked up after games, so Spoelstra would throw food at him.

‘‘He’s always 100 percent real. He’s not coming from any other angle, other than what he’s actu­ally feeling,” said Hoyt.

For Van Gundy, a husband and father of four, the time to re­tax comes in the summer, when the lifelong baseball fan heads to Miami to attend Florida Marlins games.

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Let your voice be heard
Nunno completes grueling comeback

Alex Kasik

Wednesday, June 3, 2009

It was just another jump for Cal Poly decathlete James Nunno. Last March, Nunno was feeling bigger, faster and stronger than he had ever felt before, training to defend his 2007 Big West Conference decathlon title. Deciding to test his best event to catapult himself in the air after a full sprint like he had done so many times in the past, he leaped from the ground and the pole flexed, it shattered in half — reaching off the ground and striking him in the abdomen as he awkwardly fell into the pit. The worst he expected were some broken ribs, but little did he know this time he was competing for his life.

"I was in a ton of pain, not marked by anything I’ve felt before," said Nunno, who was feeling woozy and had to recollect himself before screaming down from the pad. "But there wasn’t even the idea that I could be like my ribs were really sore so maybe I thought it might be some fractured ribs." Cal Poly’s multi-event coach Jack Hoyt likened the rare accident to someone taking a full swing at your ribs with a bat, adding the broken pole could have easily impaled the architectural engineering senior.

But a Cal Poly trainer determined nothing was wrong with his ribs despite the constant pain, swelling, trouble breathing and the significant welt caused by the pole that spanned across his back, down his side and through his ribs. The trainer simply instructed Nunno to go home and rest.

If Nunno had taken the trainer’s advice there is a good chance he would not be alive, let alone be the No. 20 ranked decathlete in the nation or earn his second Big West title May 8, about a year after his injury.

While in the trainer’s room, a friend of Nunno’s noticed he was losing color in his face and said, "If I didn’t know any better, it looks like you are bleeding out.” But everyone seemed to brush it off, Nunno said.

Luckily, Nunno’s mom was in town and advised her son to go get an X-ray. At the Health Center the athlete’s vision became spotty and he almost passed out.

"That’s when everybody realized there’s probably something more going on," Nunno said.

After rushing to the Sierra Vista Regional Medical Center, the CAT scan revealed Nunno ruptured the main artery in his spleen and lost 3 pints of blood. His only option was to have surgery immediately or else he would internally bleed to death.

"It was a blessing that his mom was at practice that day and could just load him in the truck and get him to ER because he may have just wandered off to his room and died there," Hoyt said.

Nunno echoed his coach’s observation.

"If I would’ve went home and went to sleep that night, I wouldn’t have woken up," Nunno realized.

Freshman Cal Poly decathlete Corbin Duer had been training closely with Nunno and was integral to his recovery. Nunno said.

"Once I heard he had to go to the hospital, I was scared he might not be back," Duer said.

When he first got into the emergency room, they gave him medicine to take his mind off the pain, but it did the exact opposite.

"(The medicine) amplified the pain," Nunno said. "It was like Chinese water torture, all my focus was on the pain and I thought, ‘pull the plug, do what you gotta do because I’m going crazy.”

Once Nunno woke up from surgery, he looked down at 21 staples in his stomach where doctors cut from his sternum to his belly button through abdominal muscle and tissue and rearranged his internal organs. He was forced to live off an IV for a week until his digestive system functioned again. It felt as though his stomach was trying to rip open each time he laughed or coughed.

I had enough nutrients to live but that’s about it, so my body pretty much started eating itself, my eyes had sunk in, cheek bones became pronounced and I looked like death."

Hoyt said he looked like prisoner of war of 10 years having lost color in his face and said, "If I didn’t know any better, it looks like you are bleeding out.” But everyone seemed to brush it off, Nunno said.

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The Magic point guard, who also played a season under Van Gundy in Miami, had a late turnover against Cleveland and was ripped by Van Gundy on the sideline. The Magic point guard, who also played a season under Van Gundy in Miami, had a late turnover against Cleveland and was ripped by Van Gundy on the sideline. The Magic were blowing out the Cavaliers.

"I said, ‘What could you possibly be yelling about? We’re up by 40,” Alston said, adding that he loves Van Gundy’s passion.

But in the end, Van Gundy’s teams win.

He led Miami to the 2005 Eastern Conference finals and the Magic have won division titles in each of his first two seasons. He has Orlando in the NBA finals for only the second time in franchise history.

Since March 4, 2004 Van Gundy’s record is 198-90 in regular-season games, a winning percentage of 68.8. 

Orlando Magic coach Stan Van Gundy, shown above, has his team four wins from an improbable first NBA championship.