IN SPORTS

Cal Poly students create kayak for disabled users

Amanda Sedo

Bryan Gingg, who suffers from quadriplegia, kayaked through Morro Bay last Friday.

Gingg's adventure was made possible due to the launch of a new and improved SoloQuad kayak — a motorized kayak that responds to a sip and puff system or joystick as a control mechanism.

Kevin Taylor, head of the adaptive paddling program at Cal Poly, developed the idea for the SoloQuad project. He said in an email that the first SoloQuad kayak was developed in 2008 but the control mechanism failed, causing Gingg to be towed back to shore.

This time, however, that was not the case.

Kevin Bezerra, a kinesiology senior, said the launch was a complete success this time around.

"The sip and puff mechanism worked without a hitch; there was no overheating of the motor," he said. "It went about as well as you could hope for."

Bezerra said the sip and puff system consists of a straw, which can be used to control the kayak through breathing.

"A person can control and steer the boat through the straw based on puffing or sipping air," he said. "For example, a short puff would move the boat forward."

Bezerra works alongside Taylor, and is also a part of the team who successfully got Gingg out on the water.

"This was a great opportunity to allow someone to go out and do something that they have been told they could not do," Bezerra said. "In some ways we were pretty much" see Kayak, page 2

Victoria Billings

KCPR has promoted alternative music since it was founded in 1968. Student DJs, such as architectural engineering sophomore Kristina Scovilka (bottom picture), continue to volunteer.

The SoloQuad kayak is a motorized kayak built by Cal Poly students for use by quadriplegics — those who have lost the use of their limbs through paralysis.

Human tendencies lead to grapples with power

IN OPINION, P. 9

Search for wrestling coach continues.

IN SPORTS, P. 12

The Mustang Daily is a better way to advertise...

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able to break the stereotype that people with quadriplegia can't be active.”

The idea for the SoloQuad began with Taylor in 1999. From then, the adaptive paddling program received a grant from the Christopher and Dana Reeve Foundation to build the first prototype for the SoloQuad. After the failed first attempts, another grant from the National Science Foundation allowed for the second launch of the SoloQuad.

With a team of kinesiology and engineering students (who called themselves Team Allatoona), the SoloQuad was outfitted with an electric motor and sip and puff control. This time around, the SoloQuad consisted of a display board which allowed Gingg to see exactly what commands he was giving to the kayak. Said Marian Watson, a kinesiology senior involved with the project, “This version of the SoloQuad was basically a tightened up version of the one before it,” Watson said.

The hardware that was used to make the SoloQuad will eventually be open source so that everyone can download it, Tourn said. “It is not published quite yet but out hope is to have it available sometime after summer,” Tourn said.

Watson said having open source information is another way the adaptive paddling programs can change more lives. “The fact that people around the world will be able to download the information means that there is the potential for more of them to be built,” Watson said. “That way Bryan’s life won’t be the only life that is changed — we can help more people.”

Brezera said the launch of the SoloQuad will not only change the lives of the participants, but the lives of those around them as well. “If you asked people, they wouldn’t think it was possible or a good idea for someone with quadriplegia to be out on the water on their own,” Brezera said. “With innovations like the SoloQuad, we can start breaking misconceptions.”

“SoloQuad was basically a tightened up version of the one before it,” Watson said.
Congress takes first steps toward extending controversial Patriot Act

Lisa Mascaro
TRIBUNE WASHINGTON BUREAU

Congress headed toward approval of a four-year extension of expiring provisions of the Patriot Act after the Senate voted overwhelmingly Monday to advance the anti-terrorism law over the objections of a coalition of conservatives and liberals.

Because of strong support from the Obama administration, a bipartisan majority in both the House and Senate is expected to ensure passage this week, preventing a lapse of the federal enforcement powers. The provisions expire Friday.

"It is essential to avoid any hiatus in these critical authorities," the White House said in a statement of administration policy.

The law has troubled civil libertarians and conservatives since its enactment after the Sept. 11 attacks. The debate has drawn new interest from the tea party movement, whose supporters argue that the law gives the federal government too much authority to spy on terrorism suspects.

Sen. Rand Paul, R-Ky., led opposition on the Senate floor Monday, arguing that the act allows the federal government to peer too deeply into Americans' private lives. He questioned the wisdom of trading privacy for national security.

"We cannot give up our liberty. If we do, if we trade it for security, we'll have neither," Paul said.

Sen. Dianne Feinstein of California, who chairs the Senate Intelligence Committee, defended the provisions as tools needed by federal law enforcement to investigate suspected terrorists, especially after the death of Osama bin Laden, when threats may rise.

"This is a time when our vigilance must be heightened," Feinstein said.

The sections of the law expiring Friday include the so-called saving waste tap provision, which allows investigators to continue eavesdropping even when a suspect switches phones.

Another section allows authorities to conduct broad personal records investigations, a provision that has become known as the library records provision. And a so-called lone-wolf provision allows the government to track foreign terror suspects even if they are not linked to a known terrorist group.

In all cases, a court order is required for monitoring. Congress struggled earlier this year to approve even a brief extension after conservatives in the House, including freshman lawmakers aligned with the tea party, mounted a surprise opposition to the measure.

House GOP leaders said they are confident the bill will pass. The Senate voted 74-8 Monday to advance the bill, with four Democrats, three Republicans and independent Sen. Bernard Sanders of Vermont opposed. A final Senate vote expected later in the week.

Several senators are seeking to amend the bill, and a bipartisan amendment from Paul and Sen. Patrick Leahy, D-Vt., would impose limitations and oversight.
They didn't know what happened to their families, and yet they were focused 190 percent on keeping people alive.

— Dr. Jason Persoff
Florida internist and storm chaser
Tuesday Tunes
What are you listening to?

- "Ain't No Rest For The Wicked" by Cage the Elephant
  - Travis Moeiter, landscape architecture junior

- "Past My Shades" by B.O.B.
  - Alex Alvaraz, mechanical engineering junior

- "We're So Far Away" by Minus the Bear
  - Devon Pharo, graphic communication senior

- "What You Don't Know" by Modest Mouse
  - Laura Wong, nutrition senior

California ordered by Supreme Court to solve prison overcrowding problem

Michael Doyle
MCCLATCHY NEWSPAPERS

A closely divided Supreme Court on Monday cited "serious constitutional violations" in California’s overcrowded prisons and ordered the state to abide by aggressive plans to fix the problem.

In a decision closely watched by other states, the court concluded by a margin of 5-4 that the prison overcrowding violated constitutional protections against cruel and unusual punishment.

Pointedly, the court rejected the state’s bid for more time and leeway.

"The violations have persisted for years," Justice Anthony Kennedy wrote for the majority. "They remain uncorrected."

The court agreed that a prisoner-release plan devised by a three-judge panel is necessary to alleviate the overcrowding. The court also upheld the two-year deadline imposed by the panel.

"For years, the medical and mental health care provided by California's prisons has fallen short of minimum constitutional requirements and has failed to meet prisoners' basic health needs," Kennedy wrote.

Driving the point home, the court’s majority made the highly unprecedented move of illustrating the decision with stark black-and-white photographs of a jam-packed room at one state prison and cages at another. The court cited, as well, particularly vivid examples of what has happened to inmates as a result of the overcrowding.

"A psychiatric expert reported observing an inmate who had been held in ... a cage for nearly 24 hours, standing in a pool of his own urine, unresponsive and nearly catatonic," Kennedy recounted in one of several similar examples.

Attorneys for the inmates praised the court’s action.

"This landmark decision will not only help prevent prisoners from dying of malpractice and neglect, but it will also make the prisons safer for the staff, improve public safety and save the taxpayers billions of dollars," declared Donald Specter, the director of the nonprofit Prison Law Office.

Conservative dissenters, in turn, warned that dire consequences will result from the plan, with Justice Antonin Scalia calling the decision a "radical" one that will force the release of a "staggering number" of felons who might start preying again.

"I fear that today's decision, like prior prisoner release orders, will lead to a grim roster of victims," Justice Samuel Alito added.

The court's decision fell along the conventional ideological lines, with Chief Justice John Roberts Jr. and Justice Clarence Thomas joining in the conservative dissent.

Justices Ruth Bader Ginsburg, Stephen Breyer, Sonia Sotomayor and Elena Kagan helping Kennedy form the majority.

Reducing overcrowding doesn't necessarily mean that thousands of inmates will be let loose. Alternatives include transferring some to other jurisdictions, diverting nonviolent inmates to jails and reforming parole so that fewer violators are returned to prison.

"I will take all steps necessary to protect public safety," California Gov. Jerry Brown said in a statement, adding that "full and constitutionally guaranteed funding" now must be secured to solve the prison overcrowding problem.

Last month, Brown signed a bill that would shift to counties the responsibility for incarcerating many low-risk inmates.

Up to 30,000 state prison inmates could be transferred to various country jails over three years, under the bill.

First, however, California state officials must agree on a way to pay for it.
Jennifer Coolidge brings sassy act to Cal Poly

Sarah Parr
SARAHPARR.ME@yahoo.com

Stifler's mom seduced again — but this time, she seduced Cal Poly.

Jennifer Coolidge, known for her roles as Stifler's mom in "American Pie" and manicurist Paulette in "Legally Blonde," brought her boldness and raunchiness to Chumash Auditorium May 20.

Coolidge has starred in more than 80 titles, including "Epic Movie," "Date Movie," "Click" and "Best in Show." She currently plays Betty in "The Secret Life of the American Teenager" on ABC Family.

Coolidge danced on to the stage wearing a lacey mini-dress with a plunging neckline, and silver, glittery stilettos. She began her hour and a half stand-up routine with jokes about the end of the world supposedly occurring the next day, May 21.

"The coolest thing about why I get to be here is because the world is ending tomorrow," she said about being in the so-called happiest town in America. "I just couldn't imagine running from a mushroom cloud in this dress."

Unfortunately, she joked, the role was cut because she spoiled the whole plot of the film when Heath Ledger and Jake Gyllenhaal first walked into the bar.

"Hey, you two are cocklovers!" she said she shouted in the axed scene from the film.

Although she claimed she almost had the part in "Brokeback Mountain," she said she still didn't enjoy the film because it was obvious that a straight man made it.

"No gay director would have had the ass-loving scene right after the bean-eating scene," she said.

She also expressed doubt toward the entertainment industry in general.

"My biggest complaint is how full of shit everyone is," she said.

When Coolidge saw actress Sophia Loren tell Oprah she merely used rosewater to attain her youthful look, she said "I wanna get some of that rosewater because it has stitches in it."

Unfortunately, Coolidge said she learned a lesson from an actress, even though she was full of shit — Penelope Cruz.

"She got me through a horrendous time," she said.

She told a story about her naiveté with men, especially the time she caught her ex-boyfriend having sex with her skinny neighbor and believed him when he said he thought he was getting it on with Coolidge.

Her ex-boyfriend said he had a condition called "faceblindness" — in which he had trouble identifying faces. She said she believed him, and ended up creating a "faceblindness" awareness campaign for him.

Later on, Coolidge and he broke up. Miserable and consuming mass amounts of fatty foods, Coolidge said she saw Cruz on Oprah with actor Daniel Day Lewis promoting her film "Brooklyn." Coolidge has starred in more than 80 titles, including "Epic Movie," "Date Movie," "Click" and "Best in Show." She currently plays Betty in "The Secret Life of the American Teenager" on ABC Family.

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"Imagine what the bend and snap really be," she said.

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How to make time for a good night's sleep in college

Erik Hansen is a graduate student pursuing a Master of Public Policy and the "When I Was a Mustang..." columnist.

Many of you have heard the bounds of sleep deprivation this past year. It always seems like there is never enough time in the day to squeeze in class, work, homework, studying, reading, exercise and a social life—let alone getting a full eight hours of sleep. Every day ends up being a test of one's time management skills and endurance.

As you start getting to bed later and later, and the amount of sleep you get becomes less and less, it's not just your 8 a.m. physics class that suffers—eventually your mind and body will follow. To make matters worse, some of you might begin feeling the added effects of stress as we wrap up the school year and head into finals.

According to Dr. William Dement of the Stanford University School of Medicine, the average college student needs approximately eight hours of sleep per night. However, the University of Illinois McKinley Health Center summarized the findings of a St. Lawrence University study on sleep deprivation, which found that sleep deprivation can significantly impair a college student's academic and athletic performance. Also, in December 2010, the UK's "Independent" reported that when researchers showed people photographs of the faces of volunteers who had been deprived of sleep, the volunteers were found to be less healthy-looking and less attractive than photographs of the same volunteers when they were well-rested.

That's not enough to scare you right to sleep, according to WebMD. Short-term sleep deprivation can result in decreased performance and alertness, memory and cognitive impairment and an overall reduction in one's quality of life. Long-term sleep deprivation can also result in high blood pressure, obesity, psychiatric problems and mental impairment.

To perform at your best, and for those who routinely lack adequate amounts of sleep, try 1) making more time for sleep and 2) making the most of your sleep: emphasis on the word "making."

To help, the following tips have been compiled, or are inspired by, the websites of the various "sleep institutes," which specialize in addressing sleep disorders.

Making more time for sleep

Get stuff done earlier: Take inventory of the activities that are keeping you up late at night. This could include activities such as homework, household chores and/or emailing friends and/or family. Now, take this list of activities and schedule them for earlier in the day.

Stop procrastinating: Rescheduling those activities that keep you up late at night for earlier in the day can help address procrastination. People tend to put off activities that don't excite them, and/or which are boring or mundane. Whether it's delaying finishing a paper, or ignoring a sink full of dirty dishes, the task isn't going to complete itself. There's no such thing as a magic bullet for procrastination other than rationalizing the short- and long-term benefits and consequences of completing tasks in an efficient and timely manner.

Schedule your bed time: While you're rescheduling those activities that keep you up late at night, also try scheduling a time by when you'll be in bed. Realize that scheduling is the easy part; sticking to your schedule is the hard part.

Making the most of your sleep

Transition to bed: If you do schedule a time by when you'll be in bed, try to also set aside an hour right before you go to "transition." This means creating a time period when you don't do anything physically or emotionally taxing.

Limit/eliminate your stress: Everyone handles stress differently. Meditation, music, reading and video games are just a few examples of activities people use to deal with stress. These types of activities are also appropriate for that time period during which you're transitioning to bed.

Tune the atmosphere: Control the climate, increase the darkness and decrease the noise. Eye shades and earplugs are two cheap and easy ways to positively modify your environment and help you fall asleep more quickly.

Cut the caffeine: In the morning, try to limit your caffeine intake to a healthy level — typically less than 500 to 600 milligrams, or approximately three cups of drip coffee. As the day goes on, try to avoid caffeine in the afternoon and evening — this also means avoiding some sodas, teas and chocolate. With a half-life of approximately five hours, this will allow your body to process the caffeine in your system by the time you head to bed.

Get your drinking in early: If you're going to drink, try drinking earlier in the evening as your body has enough time to metabolize all of the alcohol in your system by the time you head to bed. As a general rule of thumb, your body is able to metabolize one drink — or half an ounce of pure alcohol — every hour; that's one beer, five ounces of wine or one shot. If you plan on being in bed no later — or earlier — than 10 p.m., having two drinks with dinner is fine, so long as you wrap up your drinking by 8 p.m.

Exercise: Not only does exercise exhaust your body, but it can also help your body better manage stress. However, similar to caffeine and alcohol, try to exercise earlier in the day or evening, finishing your workout at least two hours before you plan on being in bed. This will give your heart plenty of time to slow down, your body plenty of time to cool off and your mind plenty of time to come down from the adrenaline surge.

Don't go to bed too hungry or too full: Skiing that happy medium isn't as hard to do as it may seem. By not skipping dinner, but not eating after 8 p.m., you can prevent your stomach from keeping you up at night.
Asparagus: the speediest veggie

In the fast-paced culture of America, we want everything to be accomplished instantly and with little to no time spent waiting.

Unfortunately for us, that is not how the world of nature typically plays out. In nature there are seasons, days, weeks, months and even years of waiting for a crop to finally be ready to harvest, but if we are patient, there is one veggie that seeks to catch up and grow at the rapid production pace we accomplished instantly and with little to no challenge just to keep up with this vivacious veggie. Within 24 hours, a few things in mind. First, in true American style, bigger is better — the larger the diameter of the stalk, the more tender it will be — but watch out for a woody stalk. Also, look for closed tips with firm stems. There are three color varieties to choose from. The most common is green, and then there is white — this variety is accomplished by packing sandy soil on top of the growing stalks to eliminate the sun from reaching the plant and thus stopping the production of chlorophyll (pigment responsible for the green color). Finally, there is the purple variety, which has a slightly higher sugar content and a much fresher taste. This variety also has higher levels of anthocyanins (helpful antioxidants).

After purchasing comes storing the asparagus. The truth is, storing asparagus is not highly recommended. Also, look for closed tips with firm stems. There are three color varieties to choose from. The most common is green, and then there is white — this variety is accomplished by packing sandy soil on top of the growing stalks to eliminate the sun from reaching the plant and thus stopping the production of chlorophyll (pigment responsible for the green color). Finally, there is the purple variety, which has a slightly higher sugar content and a much fresher taste. This variety also has higher levels of anthocyanins (helpful antioxidants).

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What do humans actually need?

The world system is economic, political, and social. Most of the systems function by informing people that they are unfulfilled and then presenting fulfillment for the low price of money, votes, and conformity. It is a self-supporting system that equates success with the ability to create and meet needs. Because it provides the highest rewards to those who create the most need, it has a strong structural tendency to reward hunger and suppress contentment—it needs to be needed.

The life blood of this system is power, the ability to compel people to do things, to need things. To the extent that you need something you are incapable of honestly evaluating, changing or rejecting it. When we accept the belief that "the good life" is achieved by applying products and services that represent that status, the less-than-rich attempt to mimic it. Since money correlates to social status, wealthy people (or those who form the image of wealth) gravitate toward products and services that represent status, which is the least-than-rich attempt to imitate.

Poor people (people who don't have the stuff they know they need) raise their voices, and non-profit stuff-giving organizations and politicians bend over backwards to altruistically make sure that they have their minimum amount of stuff. Companies and public health agencies create an image of healthy, "normal" aging, then charge for the chemical, surgical and cosmetic processes necessary to maintain it. We have a right to a highly mobile, disease-free life that extends past a hundred birthdays. If that's not the way our bodies naturally work, then we must acquire the "health" care necessary. If we can't afford it ourselves then the general public can and there is no shortage of public servants eager to give us what we need and deserve.

Politicians tell us that the normal life is one with an unruffled economy and perfect freedom from fear, and all it costs is an occasional vote and some of your peripheral rights. We are told that the unfulfillment in our lives will be healed by getting a large number of certain objects, which requires going to school for 12 plus four years so that we can produce such objects for other, similarly unfulfilled people.

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Politicians tell us that the normal life is one with an unruffled economy and perfect freedom from fear, and all it costs is an occasional vote and some of your peripheral rights. We are told that the unfulfillment in our lives will be healed by getting a large number of certain objects, which requires going to school for 12 plus four years so that we can produce such objects for other, similarly unfulfilled people.

What do humans actually need?
HELP WANTED

The Mustang Daily is hiring the following positions for the 2011-2012 school year:
- Section editors
- Copy editors
- Staff writers
- Web editor
- Design Editors

If you are interested in any of the above positions please send a résumé and at least clips to kaytlynleslies.md@gmail.com or drop off in the Mustang Daily newsroom, Graphic Arts bldg 26 room 226. Job descriptions are available on MustangJOBS.

Cal Poly’s student radio station KCPR 91.3 is looking for a News Director. The News Director will lead and manage public affairs through the planning, production, and generating of news programs and news operations along with managing news planning, reporting, editing, and production, while closely working with the Mustang Daily, and other facets of Cal Poly Journalism. Responsibility and understanding of news planning, reporting, editing, and production. All majors are encouraged to apply. Applications may be submitted to generalmanagers.kcpr@gmail.com or at KCPR on the third floor of the Graphic Arts Bldg.

COME TO THE "THAT'S THE KEY" SPRING CONCERT
AN AWESOME A CAPPELLA SHOW
"That’s the Key" is Cal Poly’s brand new a cappella group! Come and enjoy a night of music and entertainment on either of their Spring Concert nights, MAY 26th (THURSDAY) @ 6:30pm, 264 La Canada Drive, SLO

Tickets are $5- and doors open at 6pm!

Facebook us! www.thats the-key.com

MISCELLANEOUS

Check out the "Just Right Crossword Puzzles" books at QuillDriverBooks.com

When Bob the Tomato went bad, he went really bad.
Stow family expresses gratitude to Los Angeles Police Department

Ann Scow's (left) son, Bryan, remains in critical condition after he was beaten following a Giants-Dodgers game in Los Angeles on March 31.

Wrestling

have somebody that can organize fundraising campaigns."

On top of helping the program get endowed by alumni and supporters, the new coach will have to keep players on track with the school's academic standards, Azevedo said.

"It's a tough school," he said. "Holding them accountable academically during the season is very tough when they're working out twice a day."

Junior Ryan DesRoches said Azevedo has had a knack for keeping the team in line school-wise.

"(Azevedo) knows how academics work," he said. "A lot of coaches, when they come in new, they don't know how Cal Poly is. We want a coach that wants us to succeed in life as well as (in) wrestling."

DesRoches also said he wants a leader with expectations as high as his own.

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Oberhelman continues search for Azevedo’s, Perry’s replacement

We want a coach that wants us to succeed in life as well as (in) wrestling.

— Ryan DesRoches
Cal Poly junior wrestler

Cal Poly athletic director Don Oberhelman is just a few months into the job, but he may soon make his first big move since coming to campus: finding a successor to wrestling head coach John Azevedo and co-head coach Mark Perry.

Azevedo, whose name within wrestling circles is synonymous with knowledge and experience, announced earlier this year that the 2011 season would be his last, after 10 years of building the team up to one of the school’s most prominent programs.

Primarily under Perry’s watch last season, the Mustangs had one of their best seasons to date. They went 9-2 overall and 4-2 in the Pac-10, and sent Boris Novachkov to the NCAA Championship match in the 141-lb. weight class.

That was one of the main reasons, following Azevedo’s retirement, Perry was expected to take over. However, Perry accepted a coaching job at the University of Illinois, leaving Cal Poly wrestling momentarily without a leader to pick up where the promising team left off this year.

Oberhelman said this was an unexpected double whammy. “Azevedo did a great job here for a long time,” he said. “It’s kind of the perfect storm that he retire (and) at the same time Mark leaves for Illinois.”

Oberhelman said he is conducting a national search for a new coach and has received some impressive resumes. “We are whittling our list down,” he said. “We’re going to be doing phone interviews, hopefully, by the end of the week. I am very, very pleased with the applicant pool. We’ve got some great coaches out there that want to come to Cal Poly.”

The team has been increasingly successful over the past few years, finishing the 2011 season with one of their best dual meet records and sending four wrestlers to the NCAA Championships. Part of Azevedo’s legacy is having a Pac-10 Champion and an All-American competitor every year.

Oberhelman said the program’s reputation is aiding in finding a qualified new coach. "Knowing what kind of program a guy like (Azevedo) can build just makes it more marketable to people," he said. "They’re probably looking at it thinking, 'I may be able to build on what he’s already done.'" Azevedo said furthering the team’s success is going to require work both on and off the mat.

"Any of the wrestling coaches that they’re going to be looking at can teach wrestling skills," he said. "There’s a lot of things here at Cal Poly that you have to have skills in because of the situation with the finances and the budget. You have to

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Last year under co-head coaches Mark Perry and John Azevedo, the Cal Poly wrestling team went 9-2 (4-2 Pac-10).