

A SPARTAN DAILY SPECIAL ISSUE

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Bean grindin'
all day

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Gettin' the green

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By Leeta-Rose Ballester
@leetarose

A farmworker family's journey to California

When survival in Mexico seemed impossible, one family said they had no choice but to risk an undocumented crossing through the desert and into the United States nearly seven years ago.

Antonio Cervantes said he and his wife, Elia, who requested to use pseudonyms out of fear of deportation, lived in the countryside working on corn and bean farms, but jobs became scarce so they moved on to another town to work as lettuce cutters.

Elia said she brought her baby to the fields and placed her in a wooden produce crate while they worked. She said that as she worked, her daughter would move along with her.

"She sat in the sun all day in the box and when she got sick of being in the box she would fall out," Elia said.

When the couple's daughter began to fall ill, Elia said they decided they couldn't work there anymore.

"We think it hurt her because there were poisons," Elia said. "That's when we decided to come here. I would cry with her because she was suffering."

Making the journey

Elia explained that a coyote is "a person who knows the road," and said they had to pay the coyote \$3,000 per person to make their journey to California.

Antonio said by the time they saved enough money to hire a coyote to help smuggle them to California, the couple had two girls, an 8-month-old and a one and a half year old.



Walking through Central Coast strawberry fields, Antonio Cervantes said 9-month-old Ester symbolizes hope for the family.

"We came through the desert for five days and five nights," Antonio said, glancing down at his feet. "We tied the babies to our backs."

Elia said the family and 10 others had to listen to every word the coyote said and they mostly walked at night.

"When there was no light from the moon, we walked like a blind person," she recalled. "Your legs get filled with spines and they go through your shoes."

She said that the trek across the desert was unbearable.

"When I couldn't take carrying my daughter anymore, I asked the coyote if we could stop for just 10 minutes and he got mad," Elia said. "At this point we wanted to have immigration just take us because we couldn't go on."

Antonio said the only water they drank was what they could find along the way but once they reached Arizona, a family invited them into their home.

"We met some (American) Indians who gave food and water to the babies, who were nothing but bones," Antonio said.

The next step, Antonio said, was to wait for a man who would drive the family from Arizona to the California coastline.

"He didn't want us to stop, even at the bathroom, for one full night and a day," Antonio said.

Arrival

Elia said when they arrived in the Central Valley, they were hopeful but felt lost.

"We had no money or food," she said.

After connecting with relatives, the family was able to borrow enough money to feed and clothe the children, according to Elia, and the couple began looking for work.

She said it was much harder to find work than she thought it would be.

"They asked if we knew how to pick strawberries and we said we didn't," Elia said. "They said there was no work for us here then."

Elia said they were finally able to find a ranch that was willing to teach them, but they had to promise to work there for three years.

"They paid us by the box, not the hour," she said. "We were paid \$1.50 (per box)."

The boxes hold 12 green strawberry baskets sold in stores.

Working

Antonio said it took a year to learn how to seek out the perfect berries and carefully stack them in rows that the foreman would find acceptable.

"It takes 30 minutes to fill the box," he said. "After going through this learning they now pay us \$5 an hour."

Elia said they are paid an extra \$1 per box picked, equating to a total of \$7 per hour, but you have to "work hard" and "have desire" to earn that much.

"Not every strawberry can go in because they want pure quality," she said.

According to Elia, workers are sent back out if the box has "one or two berries that aren't perfect."

She said sometimes they work 10 hours in one day but are never paid overtime.

Support

Ann Lopez, executive director of the Center for Farmworker Families, said she

identifies with the stigma of being an undocumented citizen because she grew up an "illegal person."

She said her mother is white and her father is Mexican, and in 1945 when she was born, interracial marriage was illegal.

"I was put in an all-white school," Lopez said. "There was a veil of shame over my family and I never understood why."

Lopez said she was offered a position studying agriculture and farm workers while pursuing her Ph.D. in environmental studies.

Now, she said she works intimately with families on both sides of the border and follows agricultural and immigration laws closely.

Lopez said her organization offers families extra help, such as tutoring and computer-skills classes, clothing and connection to legal aid, as well as advocating for farmworkers' rights and immigration policy reform.

According to Lopez, there were tariffs protecting the prices that farmers in Mexico could buy and sell food for, but that changed when the North American Free Trade Agreement went into effect in 1994.

"Free trade means getting rid of those tariffs that protected farmers at the border," she said.

She said many farm workers were left with three choices: stay with the land they couldn't afford, try to find work in Mexico City or make an undocumented border crossing.

"The farmworkers leave the worst of the Third World to find the worst of the First World," Lopez said. "This is in violation of human rights."

The future

Elia said they struggled while coming to California, but it was the best decision her family could have made.

Though Elia said she is happy to "have a life here," she misses her mother who is in Mexico.

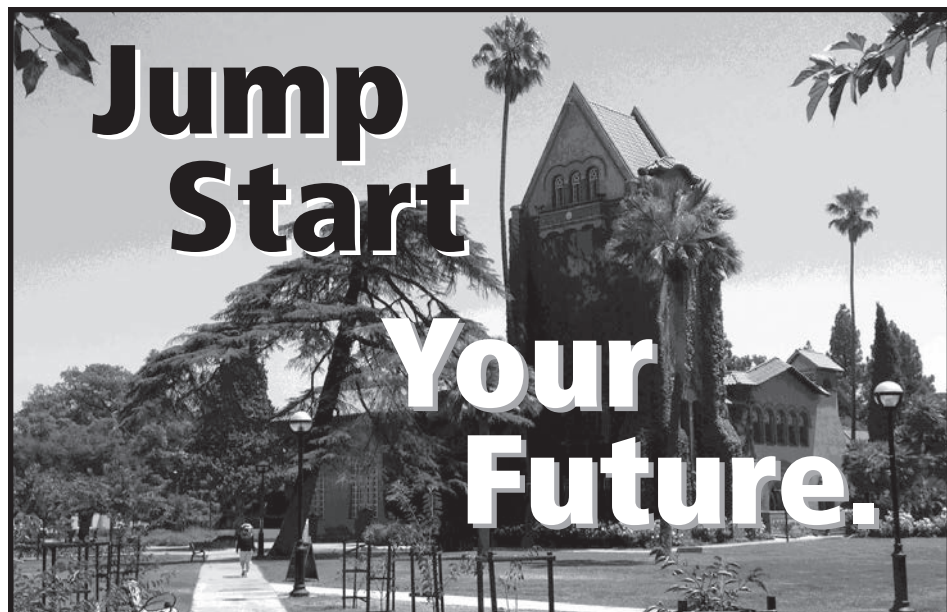
"If God allows, I can go there to see my mother," she said, "but never work there again."

The couple now has a third daughter, Ester, who is almost 1 year old, according to Elia.

"She is a citizen," Elia said. She said the education her daughters will receive in the United States can change their future.

"I send them to school every day so they can learn lots," Elia said. "That's how we can move forward."

Leeta-Rose Ballester is a Spartan Daily staff writer.



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...It's About Building Relationships For Life

Food truck industry is far from a cheesy business

By Juan Reyes
@jmreyes831

The food truck craze has slowly made a name for itself in the Silicon Valley – and you can be sure it won't be going away anytime soon. Starting up a mini-restaurant on wheels, however, isn't as easy as one might imagine.

Dennis Lynch and Shayne Herrera are the co-founders of an up-and-coming food truck called the Grilled Cheese Bandits. Lynch said the idea came to them by pitching ideas about homemade lunches, such as hot dogs, hamburgers and even ramen soups.

Ultimately, it came down to a simple but delicious on-the-go snack many people can agree on – grilled cheese sandwiches. Lynch said they looked at the American classic as a cross-cultural dish, such as a quesadilla, and it's something most people will enjoy.

However, it wasn't easy for the two flat grill masters with no background in culinary arts. According to Lynch, it took a while to get the truck rolling.

"We don't have any professional cooking experience ourselves," Lynch said. "We both have cooked before, but then it's like, 'What do you do?'"

Lynch said they essentially came up with a menu by trial and error. They visited stores ranging from Safeway to Whole Foods and filled their carts with a variety of cheeses and breads to test.

Next, the two bandidos got in a kitchen and started to create what would eventually become their future business.

"It's a lot more popular than we ever thought it would be," Lynch said. "We thought it would just be a hobby and be like the Scooby-Doo gang, driving around and slinging a couple of sandwiches. It went from kind of (a) hobby to a full-time job and a company."

Laura Mann has worked in the Grilled Cheese Bandits truck for less than two months and said she too had never had any experience in a kitchen before joining the group of outlaw chefs.

"It's been fun," Mann said. "It's my passion at home and it's not too complicated, but I take pride in it. I try to make sure



Juan Reyes | Spartan Daily
Brenda Silva preps a batch of pre-grilled cheese sandwiches inside the Grilled Cheese Bandits food truck.

they're all grilled nice and the cheese is melted."

We thought it would be ... like the Scooby-Doo gang, driving around and slinging a couple sandwiches. It went from kind of (a) hobby to a full-time job ...

Dennis Lynch

Grilled Cheese Bandits co-founder

When Mann isn't busy cooking up a batch of sloppy, gooey grilled cheese sandwiches, you can catch her cooking up a batch of whoop ass on the roller derby rink in Oakland.

A drawback of the food truck business some people might not realize is that the size of the kitchen the cooks have to work with can fill up in a flash. According to Lynch, space is a huge factor when it comes to stocking up a food truck.

"I'll go buy a 40 pound block of cheese and in a day or two it's gone," Lynch said.

He also has to shop every day for supplies since there's no extra fridge for the inventory. According to Lynch, his crew averages about 100 to 125 pounds of cheese, 50 pounds of ham and roughly 50 pounds of tomatoes for the tomato bisque a week.

Lynch has slowly built a steady customer base. One of his goals was to get people to look past the image of a gross "roach coach" and recognize the healthier restaurant-quality food they offered. To do that, they had to go door-to-door and ask companies' permission to serve their employees.

"I said, 'Look, we're a little bit different,'" he said. "We have a set menu, set kind of food and we're trying to improve the quality of ingredients with fresh stuff every day."

Lynch also said he hasn't used any

advertisement to promote the Grilled Cheese Bandits, but has been solely promoting through the world of social media, such as Facebook or by word-of-mouth.

The Grilled Cheese Bandits have now ventured out into the East Bay and participated in events such as Off the Grid in Alameda and Oakland.

"Since we're a truck, we have to go to them," Lynch said. "People don't come to a restaurant so that was a challenge in the beginning. Now I think our name has gotten out there, but it's always still a challenge when you go to a new city."

East Bay resident Ana Peña said that having food trucks available in areas such as downtown San Jose is a convenience, especially a grilled cheese sandwich truck for vegetarians like herself.

"I think it is a good way for businesses to expose and offer a variety," she said. "Just trying something that might not be readily available in my area, so that's always fun."

Lynch said people usually have specific trucks that they tend to go to the most, and he knows business can get a bit competitive with the other mobile-diner entrepreneurs. At the same time, it's a blessing in disguise, he said.

"We all do some kind of different cuisines," Lynch said. "That makes it somewhat beneficial for us and it's kind of symbiotic. As long as you're not serving all the same food and we're not stepping on each other's toes, people want variety."

Juan Reyes is a Spartan Daily staff writer.

Scan QR code to see more "behind the scenes" of the Grilled Cheese Bandits



Fall in love with mini pumpkin pies

By Tanya Mutz and Kellie Miller
@Tmmutz @kells21_

When the leaves begin to change and the temperature drops outside, it can only mean one thing: fall is here!

Autumn is our favorite time of year and one thing that we love to do is bake. Baking keeps the house warm and it fills the air with sweet smells.

Every fall, we look forward to eating warm pumpkin pie, and we don't think you should have to wait until Thanksgiving to enjoy it.

This is one of our favorite recipes for miniature pumpkin pies; they're great for parties or to enjoy at home or with friends. After all, what could be better than pumpkin pie? Pumpkin pie in just one bite!

Ingredients:

- 48 pre-made miniature tart shells*
- 1/3 cup granulated sugar
- 1/4 teaspoon salt
- 1 1/2 teaspoons pumpkin pie spice
- 1 large egg
- 1 cup pure pumpkin puree
- 1 teaspoon pure vanilla extract
- 1 five-ounce can evaporated milk

Whipped cream or Cool Whip for garnish (optional)

*If pre-made tart shells aren't available, mini fillo shells will work as well (We found ours at Safeway.)

Procedure:

- Preheat oven to 350 degrees.
- Line a baking sheet with parchment or wax paper.
- Place mini tart shells on baking sheet in rows
- In a medium bowl, combine the sugar, salt, pumpkin pie spice, egg, pumpkin puree, vanilla and evaporated milk and whisk until smooth.
- Fill each mini tart shell with pumpkin pie filling.
- Carefully transfer the pan to the oven and bake for 8-10 minutes or until the shells are golden brown and the filling is set.
- Remove pumpkin pie tartlets from the oven and allow to cool.
- Top with whipped cream if desired.

Scan the QR code to cook along with us in our cooking video.
Tanya Mutz and Kellie Miller are Spartan Daily staff writers.



Tanya Mutz | Spartan Daily

Scan the QR code to watch Tanya and Kellie's how-to cooking video



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Jerry Salas | Spartan Daily

Andrew Chua, senior management information systems major, chows down on a burrito at Iguanas.

By Jerry Salas
@popcrnchicken

I probably don't have to sell you on a burrito — especially if you go to college in downtown San Jose, where many students survive on the tortilla-rolled miracles.

Burritos are one of the best food items you can grab quickly and eat on the go, which is great if you're a hard-working college student with not enough time in a day. In fact, I'd better make this short and sweet before I lose your attention. Let's get to the good stuff.

Note: This guide isn't intended to sway you toward one burrito or another. It's simply here to inform you of restaurants close to SJSU with some quick tips to help you make your own decision on where to get some good food.

You can find these places right across the street from SJSU off of Fourth Street:

La Victoria Taqueria

140 E. San Carlos St.

Regular: \$5.45 (beans, rice, salsa and choice of meat)

Super: \$6.45 (add guacamole, cheese and sour cream)

The spin: A friend once told me that La Vic's orange sauce would taste good on anything — even

an old shoe. I never got around to testing this, but I believe him. The orange sauce complements the burritos well. With that being said, I don't think I would ever eat one without the sauce.

Quick tips: A bottle of orange sauce is \$6 and really does taste good on anything. Their green sauce is nothing to sneeze at either.

No one can imitate La Vic's orange sauce and they shouldn't try.

Iguanas

330 S. 3rd St.

Regular: \$5.25 (beans, rice salsa and choice of meat)

Super: \$6.25 (add guacamole, cheese and sour cream)

The spin: I've never left Iguanas without feeling satisfied. The guacamole they make is a personal favorite of mine and tastes amazing in the burritos as well as everything else on the menu. Iguanas is one of the few places that offers refried beans in their burritos and that's

one of my preferred ingredients.

They also have an orange sauce that is unique and doesn't try to imitate the competition. Warning: it can get really spicy if you eat too much of it at once.

Quick tips: Free soda refills and outside seating are available.

These next places are a bit of a walk from campus, but they're just as good.

Muchos! Taqueria

72 E. Santa Clara St.

El Gigante (regular) \$5.95 (cheese, beans, rice, salsa and choice of meat)

Grand Gigante (super) \$6.50 (add guacamole and sour cream)

The spin: Muchos! Taqueria's signature roasted chicken burrito was good, but I could hardly find the guacamole and sour cream inside. It comes with a side of chips and salsa if you dine in, which is a breath of fresh air in an area where those kinds of things cost extra.

Unfortunately, their salsas and sauces were just okay. I didn't get a chance to try their "Surfin' California" burrito, but

Unwrapped: A guide to downtown San Jose's best burritos

anything that contains shrimp and steak must be good.

Quick tips: There is almost no line during lunch time and they offer one free soda refill.

Angelou's Mexican Grill

21 N. 2nd St.

Regular: 5.25 (cheese, beans, rice, salsa and choice of meat)

Super: 6.25 (add guacamole and sour cream)

I appreciate a restaurant that cooks their food in front of me, even if I have to peek over the counter to see.

The spin: I must be dreaming because this place had free chips as well. Too bad there was no salsa to go with them. I was forced to squeeze the sauce out of the bottle onto my plate in order to wet the dry chips.

Speaking of sauce, they also have one of the orange variety, but it tries too hard to imitate La Vic's. No one can imitate La Vic's orange sauce and they shouldn't try.

The burrito contained cheddar and that gave it exceptional flavor. Most taquerias use Jack or a number of other white cheeses in their burritos, but not Angelou's. This small as-

pect sets them apart from the pack, but I will definitely need to return for further "research."

Quick tips: There are small lines during lunch and Angelou's has a large interior with a relaxing ambiance.

Bakery Mexico No. 2

87 E. Santa Clara St.

Regular: \$4.75 (beans, rice, salsa and choice of meat)

Super: \$6.25 (add cheese, avocado and sour cream)

The spin: My favorite part about Bakery Mexico No. 2 is that they cook to order. They will cook, season and chop the steak instead of preparing it beforehand and placing it in a metal tray under a heat lamp. I appreciate a restaurant that cooks their food in front of me, even if I have to peek over the counter to see.

The burritos here have a lot of flavor and the red and green salsas set them even further apart from the competition. Fresh avocado is used in place of the usual guacamole and it works well. Bakery Mexico No. 2's burritos are consistently fantastic — which is great considering it's a bakery first and a taqueria second.

My only gripe with the place is that it's not aesthetically pleasing inside. When you come across the hole-in-the-wall bakery downtown, you've found Bakery Mexico No. 2.

Quick tips: Grab a dessert — it's a bakery!

Jerry Salas is a Spartan Daily staff writer.

The Burrito Information You Crave

<p>La Victoria Taqueria Location: 140 E. San Carlos St. Regular: \$5.45 Super: \$6.45</p>	<p>Muchos! Taqueria Location: 72 E. Santa Clara St. El Gigante: \$5.95 Grand Gigante: \$6.50</p>
<p>Iguanas Location: 330 S. 3rd St. Regular: \$5.25 Super: \$6.25</p>	<p>Angelou's Mexican Grill Location: 21 N. 2nd St. Regular: \$5.45 Super: \$6.45</p>
<p>Bakery Mexico No. 2 Location: 87 E. Santa Clara St. Regular: \$4.75 Super: \$6.25</p>	<p>Legend = 1 star out of 5 = 1/2 star Ratings provided by Yelp.com</p>

Infographic by Jerry Salas | Spartan Daily

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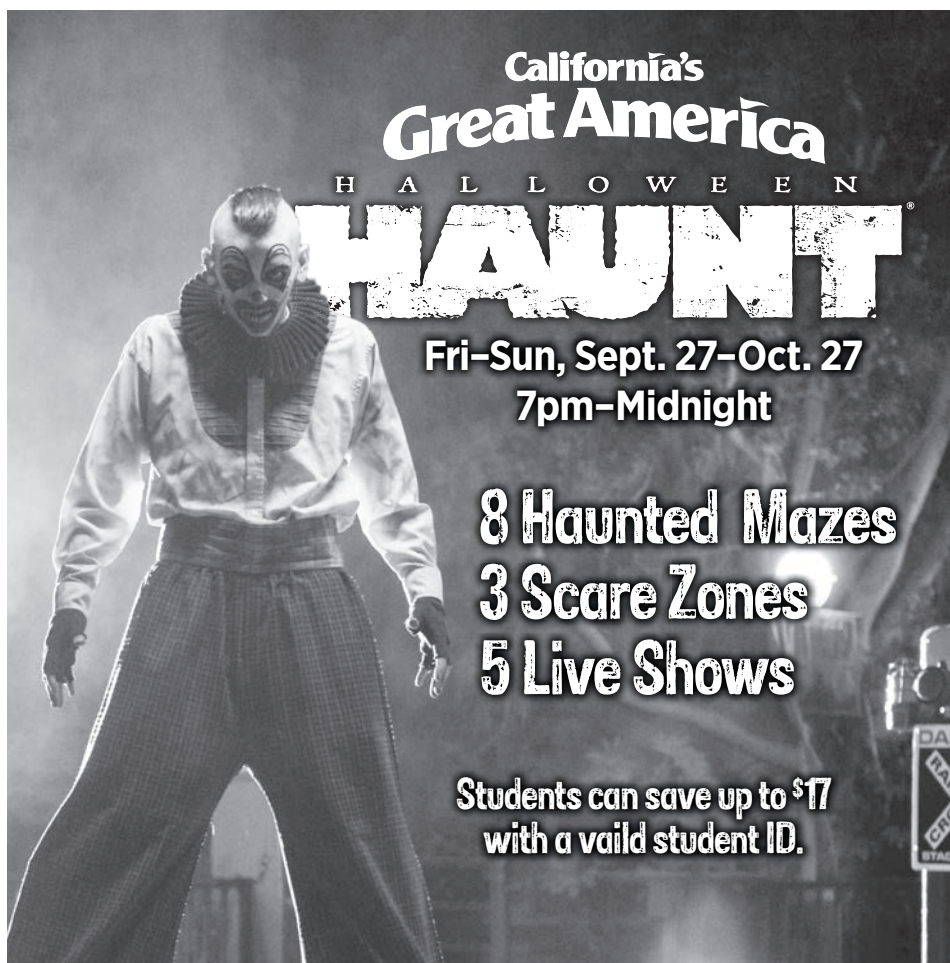
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69 N. SAN PEDRO ST.
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99 E. SAN FERNANDO ST.
- 10. CAFE STRITCH**
374 S 1ST ST.
- 11. ARCADIA**
100 W. SAN CARLOS ST.
- 12. LA PASTAIA KITCHEN + BAR**
233 W. SANTA CLARA ST.
- 13. MORTON'S, THE STEAKHOUSE**
77 PARK AVE.
- 14. SPENCER'S FOR STEAKS AND CHOPS**
2050 GATEWAY PLACE (not shown on map)

Information compiled from Silicon Valley Restaurant Week
Infographic by Carolyn Seng and Tessa Terrill | Spartan Daily

By Tessa Terrill
@tweetybirdTT

Restaurants all over Silicon Valley are offering a fixed price menu for the biannual Silicon Valley Restaurant Week (SVRW).

According to the SVRW website, participating restaurants will offer a discounted three-course dinner menu each night. They are open for business starting Oct. 16 through Oct. 23. The participating restaurants' cuisine

range from Indian to American to Mexican. Patrons will receive a meal including an appetizer, entrée and dessert. Each customer will get to choose between three options for each course on each menu.

According to its website, SVRW is a way for consumers to support local restaurants and allows restaurants to show their appreciation to local customers. Tessa Terrill is a Spartan Daily staff writer.

Family recipe cooks up tradition

By Kellie Miller
@kells21_

Christmas Eve has always been a really special day for me. With my parents divorcing when I was just 2 years old, I was always traded off for holidays, the one exception being Christmas Eve. Every year, I've been able to spend that day with my dad, which especially meant a

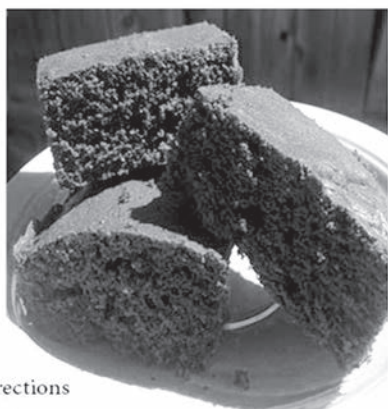
lot to me before my teenage years because I only got to see him every other weekend. All of my dad's life, he went to his Aunt Marilyn's house for Christmas Eve and kept that tradition going with me and my little brother, Matt. Aunt Marilyn's house has always been a magical place. It was exciting to pull up in her driveway and see all of the lights twinkling on her porch. I loved to run through

her house and count the dozens of snowmen. Her tree was always beautiful with white lights, 49ers ornaments and, of course, more snowmen. Seeing one another and opening a few gifts was always fun, but one thing that we all spent the night looking forward to was eating Aunt Marilyn's homemade brownies. Aunt Marilyn has been making her brownies for 45 years. One of her clients brought in a batch to her beauty salon and she insisted she had to get the recipe

because they were irresistible. Once our family had a taste of them, they became part of our Christmas Eve tradition. They are deliciously crunchy on the outside and gooey on the inside. Even though we are always stuffed after dinner, we somehow find room in our stomachs for at least a couple of these brownies. Seeing Aunt Marilyn and enjoying her brownies are truly what make Christmas Eve so special. Kellie Miller is a Spartan Daily staff writer.

Aunt Marilyn's Ghirardelli Chocolate Brownies

- Ingredients**
- 4 eggs
 - 1 cup sugar
 - 1 tsp vanilla
 - 2 sticks melted butter
 - 1 cup Ghirardelli ground chocolate
 - 1 cup flour
 - 1 tsp baking powder
 - 1/4 tsp salt



- Directions**
- preheat oven to 350 °
 - on lowest speed, mix eggs, sugar, vanilla and butter
 - sift together chocolate, flour, baking powder and salt
 - add eggs to mixture
 - spread into a 13x9" pan that has been greased and floured
 - spread evenly into pan
 - bake 25-30 minutes until toothpick comes out clean

Infographic by Kellie Miller | Spartan Daily

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Sports drinks: The truth about their effectiveness

By Juan Reyes
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“Be Like Mike.”

This was one of the most iconic slogans in the history of sport’s marketing that popularized and helped expose the sports drink, Gatorade, but one may question whether it was just a gimmick or if the product works.

Most people would think it doesn’t work, and that having someone such as Michael Jordan endorse it would only be for commercial purposes.

However, Izzie Brown, SJSU nutrition food science and packaging lecturer said something such as Gatorade would provide assistance, such as delaying fatigue during any vigorous physical activity.

“I think sports drinks have a place in training,” she said. “Generally if an athlete has not had a meal recently before starting an exercise or if they’re exercising for longer than 60 minutes, a sports drink is appropriate.”

Brown said other sports drinks, such as Powerade, also work. Eating a health bar with water, or drinking watered-down juices, will get the calories a body needs during a workout, which is something water alone doesn’t do.

... Athletes do have different needs depending on where they are relative to their exercise ...

Izzie Brown
nutrition food science
packaging lecturer



The G Series of sports drinks by Gatorade, featuring a pre-game, in-game, and post-game drink.

The body needs sugars and carbohydrates in order to fuel exercise because that’s what the muscles preferably like to use, according to Brown.

In 2010, Gatorade introduced a new line of products they called the G-Series which was intended for use before, during and after exercise.

According to a company fact sheet, “Gatorade Prime 01 is a pre-workout or pre-game fuel with 25 grams of carbohydrates in a small four-ounce pouch and it helps kick-start activity by making carbohydrate energy rapidly available to muscles.”

Gatorade Perform 02 is essentially the same product they have been making for years and it’s supposed to be sipped during longer periods of physical training or activity.

The final product is Gatorade Recover 03 and according to the fact sheet, “It’s the first protein beverage formulated with the consistency of a thirst quencher that provides hydration and muscle recovery benefits after exercise.”

It sounds like another profitable marketing scheme for Gatorade, but Brown said that these pre and post game-enhancing products may in fact help with any specific calories, carbohydrates and sugars the body needs in order to keep performing at a high level.

“Athletes do have different needs depending on where they are relative to their exercise,” she said. “They need to have something in their bodies before exercise.”

In order to keep energy stored and at a constant level, Brown said

James Tensuan | Spartan Daily

the G-Series can be a substitution for food if none is readily available. However, SJSU kinesiology instructor Daniel Murphy is skeptical about the new product and said it’s not just Gatorade that likes to bring out new business tactics.

“Companies who traditionally only have one product have found (it) limits their revenue stream,” Murphy said. “So what they do is start rebranding minor versions of these products, and Gatorade has been genius at this.”

He said the company has done a good job at bringing in sports celebrities to promote the new product, but research still needs to be conducted to show the efficacy of the sports drink and if they actually enhance sports performance like Gatorade claims.

However, he does agree with Brown and the fact that sports drinks offer what water doesn’t have, but does admit that companies tend to oversell their benefits and undersell the drawbacks.

“One of the troubles we find in sports drinks (is) that the amount of sugar content often outweighs any of the health benefit that you might get from it,” he said. “Research is fairly inconclusive on the effectiveness of sports drinks, almost all companies now, especially companies invested in sports related things often do their own market research.”

This means that companies such as Gatorade aren’t actually doing scientific studies and can expose or hide what details they want in their commercials.

Amanda Tsukamoto, a junior at SJSU, is a firm believer of sports drinks and said it provides some kind of assistance for exercising.

“Drinks like Gatorade I think work,” she said. “I know it has the electrolytes after you work out a lot and I personally will drink Gatorade a lot during the summer because I work out all day. I don’t feel a quick effect, but I know that it has a lasting effect as you go on.”

Reuben Soto has been an SJSU facility worker for 19 years and said that Gatorade does have their propaganda side of the business, but is convinced that the sports drink does indeed help him during exercise or on a hot day, especially when he’s had to work on a scorching roof.

“I think they work to a certain extent,” he said. “I drink Gatorade a lot of the times when I’m working out and it does give me a little more rejuvenation, believe it or not. I really believe in the potassium intake when you drink Gatorade and that’s about the only thing I drink.”

Juan Reyes is a Spartan Daily staff writer.



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Athletes are what they eat

By Samantha Mendoza
@sam_mendoza_

Nutrition plays a key role in athletic performance, providing the nutrients necessary for athletes to compete. Maintaining a well-balanced diet contributes to athletes' ability to endure a strenuous workout.

"A diet can be defined as anything someone eats," said Izzie Brown, a nutrition food science and packaging lecturer at SJSU. "The way we define a healthy diet would be one that's balanced in terms of eating from a lot of different food groups, but also eating many foods from within the same food group."

Brown said it's important for athletes to pay attention to their diet and make sure they get enough of the macronutrient (carbohydrates, proteins and fats) they need to maintain their strength.

"The way we talk about it in (the) nutrition world is a balanced diet that consists of moderation and proportionality related to each other," Brown said. "Choose My Plate is a pretty good description of proportionality."

ChooseMyPlate.gov is an initiative by the U.S. Department of Agriculture and is a resource to help people make good dietary choices.

Brown said an athlete, who is exercising 10-12 hours a week, will have a much bigger plate than a non-exercising person.

However, different athletes will adjust their meals de-

pending on the sport they play.

"The nature of sports can be very different, therefore (the) nature of the diet has to be very different to meet their needs," Brown said. "A gymnast doesn't eat like a cross-country runner. The amount of protein will be bigger for the cross-country runner than the gymnast."

James Fonda, head coach of the SJSU rugby team, said he recommends his athletes eat a big meal three hours before a game to store plenty of energy.

"You could definitely see the players who are eating correctly and the players who are not," Fonda said. "They're sluggish and eating too much and eating late."

According to Fonda, the athletes who have energy throughout a game have planned their meals.

Fonda encourages athletes to eat Mexican food to replenish their energy because of the high amounts of carbohydrates, proteins and fats.

Rugby matches usually begin at 1 p.m., so Fonda highly suggests his athletes have their last big meal before 9 a.m.

He said the team has a partnership with Gatorade, which helps them stay hydrated before, during and after a game.

As commissioner of the Pacific Western Rugby Conference, Fonda has gained support from Gatorade for the rest of the conference.

"They usually get information from coaches or athletic trainers or the Internet or ad-



SJSU powerlifter Ilyssa Russ poses in the SJSU Sport Club with some of the foods she eats in a day. Russ adjusts her diet depending on her training and competition schedule.

vertisements that sound convincing," Brown said. "They tend to not go to dieticians because they cost money."

According to Brown, not many athletes know the facts about nutrition and are surrounded by myths.

"There is a plethora of misinformation out there online, but good resources would be Layne Norton's videos, professionally trained dietitians, and some National Academy of Sports Science (NASM) and American College of Sports Medicine (ACSM) certified trainers who know enough to consult their clients," said Ilyssa Russ, a graduate student in English.

Russ is an athlete on the club sports powerlifting team.

"Powerlifting focuses on the 'big three' movements – bench, squat, deadlift," Russ said. "We call these 'compound movements' because they affect (and often demolish) multiple parts of the body at the same time."

Russ said powerlifters are burning massive amounts of calories in the gym and it's important for athletes to feed their bodies and keep their hearts, muscles, joints, ligaments and tendons healthy through proper nutrition.

"It's also important for us to watch our diet because what we eat directly reflects how we perform in training," Russ said. "The saying is generally 'Eat to grow,' and the same holds for increasing our

lifting numbers."

According to Russ, it's possible to get stronger and reach a heavier weight over time at a deficit if athletes are new to weight training. She said athletes lift more when they eat more.

Russ said the MyFitnessPal app has been a lifesaver for her.

Available in the App Store and Google Play Store, MyFitnessPal is a way for smartphone users to track calories, set goals and record daily food and exercise.

Russ said she's tracked every single calorie and macronutrient for more than a year with the app and has never missed a day.

"I've learned everything I know currently through

over a year of research and parents who work in pharmaceutical and health sciences," Russ said. "The best rule of thumb, though, is: keep it simple."

According to Russ, a calorie is a calorie. If athletes burn more calories than they're consuming, they will lose weight. If athletes consume more calories than they burn, they will gain weight.

"Don't believe the hype pseudoscience – especially 'cleanses,'" Russ said. "Don't think that 'eating clean' aka only fruits and veggies will guarantee that you'll be healthy. Don't starve yourself – eat at a healthy deficit if you want to lose weight."

Samantha Mendoza is a

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Coffee lovers drink their fix



Kristi Myllenbeck | Spartan Daily

(left) A barista pours latte art for a customer at Chromatic Coffee Company. (above) Hiver van Geenhoven demonstrates his technique for making a fern leaf design by pouring milk and foam.

By Tiffany Gerami
@TiffanyGerami

While juggling school, work and extracurricular activities, it may be hard for most students to stay awake.

Coffee is a common solution for a quick pick-me-up to start the day.

The average coffee-drinking college student consumes up to three cups a day, according to a recent study by the University of New Hampshire.

Located in the heart of downtown San Jose, SJSU gives students easy access to a variety of coffee shops to fulfill their caffeine needs.

On campus, there are more than five coffee shops located in places where students frequently visit.

Frequent coffee drinker Tonya Ward, a graduate student in urban and regional planning, said she has specific tastes when it comes to quenching her coffee cravings. "I come to On Fourth: (A Novel) Cafe (in Dr. Martin Luther King Jr. Library) at least once a week before class," Ward said. "Not only am I offered a good selection between coffee and food, but I'm not spending five bucks for a cup of coffee when I can find what I'm looking for at a reasonable price here."

On Fourth: A Novel Cafe is open to the public as well as students.

The laid back music and dim lighting set the atmosphere for students studying inside the shop.

The friendly staff is more than willing to help their customers choose a pastry or snack to go along with their drink. No matter the time of day, there is always a line of about eight people and several others seated.

Another on-campus coffee hit is Peet's Coffee located on the first floor of MacQuarrie Hall.

Surrounded by Jamba Juice and Just Below, an organic deli, Peet's Coffee seems to be a quick fix for Spartan coffee lovers.

"I spend all of my spare time in Sweeney Hall, so Peet's is where I mostly get my coffee," said Michelle MacFadyen, a graduate student in education. "Their coffee is good and it's convenient for me to go to, but I have to say, I'm a Starbucks girl at heart." She said she prefers Starbucks because it's where she originally developed her taste for coffee.

The Peet's Coffee in MacQuarrie Hall does not have any seating for its customers, but functions as a place for students to get their coffee on-the-go.

The waiting area provides enough room for customers to receive their order and they have

the option of browsing through food options nearby.

They offer a variety of pastries, such as croissants and bagels, to go with their coffee and have the advantage of pairing up with the deli.

When five paying customers at either Peet's or Tully's were asked what their favorite coffee spot was, at least two of the students answered with Philz Coffee.

Although Philz isn't located on campus, it is across the street on the Paseo De San Antonio plaza between South Third and South Fourth streets.

Even from a distance, one can see the line that proceeds out the door into the middle of the plaza.

Philz has a constant flow of incoming customers, as well as indoor and outdoor seating.

"There's a lot of variety and they have a good vibe," said Cayla Molina, a junior humanities major. "They don't conform to the normal stereotypical coffee shop. It's a unique experience."

According to Matthew Shacko, a senior behavioral science major, the variety of coffee blends separates Philz from other coffee shops.

"I usually make my coffee at home, but whenever I need to get coffee on-the-go, I always end up at Philz," Shacko said.

Customer service is important for any food business, and according to Kristina Leung, a junior child and adolescent development major, Philz provides nothing short of great customer service.

"They are very personable with their customers and if you don't like your drink they would be more than happy to make another one for you," Leung said.

Komiel Mohsen, Philz Coffee store manager, said the importance of catering to the primarily student-based customers is that, "We want to keep that vibe of San Jose coffee culture going on around the school, as well as give a chill area for students to come hang out or study."

He said there is always a constant inflow of students, so they try to save students' time by offering iOS apps that allow them to order in advance.

All located within a two-mile radius of SJSU, students have easy access to these coffee shops and more, such as Starbucks and B2 Coffee. Starbucks is located on Second Street and Paseo de San Antonio Walk. B2 Coffee is located between North San Pedro Street and West St. John Street.

"I think SJSU definitely gets the job done when it comes to availability of coffee," MacFadyen said.

Tiffany Gerami is a Spartan Daily staff writer.

Vegetarians and vegans declare no meat no problem



Kristi Myllenbeck | Spartan Daily

(Top) Good Karma's vegan cafe offers home-cooked vegan meals, including favorites like spicy basil tofu, vegan pork buns, brown rice and craft beer. (Above) Erin Sherwood, Good Karma employee, takes a break in front of the cafe located on South First Street.

By Kristi Myllenbeck
@ricekristi

Vegetarian and vegan diets have their differences, but according to vegans and vegetarians in San Jose, both can have benefits if followed correctly.

Ryan Summers, owner of Good Karma Vegan Cafe in downtown San Jose and vegan of 20 years, said vegans "don't consume or purchase or interact with any animal products whatsoever."

Some products such as honey and yeast can be con-

troversial in a vegan diet, according to Summers.

Summers said, "Is yeast vegan? Well, technically no, but I love beer and there's tons of yeast in beer."

Vegetarians refrain from eating meat, but can consume dairy and eggs, Summers said.

Travis Gonsalves, a senior civil engineering major, said he was a vegetarian for four years.

"I was worried about the low quality standards for food products and the over-

abundance of processed foods," he said. "I figured the one thing I should not be stingy about were the things that I put into my body."

The impact

Summers said he thinks adopting a vegan or vegetarian diet and lifestyle has a significant impact in various ways.

"Factory meat, cows, dairy, they're producing loads of methane," he said.

Methane gas is argued to be one of the causes of global

warming, according to Summers.

Summers also said that a vegan diet is "low impact, low cholesterol, high energy, more mental clarity and peace of mind."

Cassie Alvarado, SJSU campus dietitian, said that adopting a vegetarian or vegan diet can have many positive health effects.

"Depending on the types of foods eaten, plant-based diets can help prevent or treat chronic diseases," she said. "Plant-based diets are usually low in cholesterol and saturated fat, and tend to be high in fruits and vegetables."

Regardless of what someone chooses to eat, being informed is vital, according to Summers.

"I think that everybody should just do what they think is right," he said. "If you're cool with eating meat from Safeway, then more power to you, but know where it came from — just be informed."

Freshness matters

Mark Anthony Medeiros, farm director of Veggielution, a community farm in San Jose, said that eating meat can be done in a smart way.

"From an environmental standpoint, I try to eat ... 'locally raised' meat," he said.

According to Medeiros, having a balanced diet is what matters most.

"Focusing on eating vegetables is important, but I'm not going to say that being vegetarian or vegan is necessarily more healthy for people because eating a small amount of animal protein whether its eggs, meat or dairy — I can imagine that being helpful for a lot of people," he said.

Veggielution, although not officially affiliated with any single lifestyle or dietary choice, aims to provide San Jose with an abundance of

fresh, locally grown vegetables, according to Medeiros.

"The main thing that we're doing is creating a community that supports these values of eating healthy and eating a more natural diet of more vegetables," he said. "We want to educate people about the importance of eating fresh veggies."

One way Veggielution is encouraging a more vegetable-filled diet is through its Farm Box program in which families pay a certain amount each week to receive a box of farm-fresh vegetables, according to Medeiros.

Summers said he switched to a vegan lifestyle more than 20 years ago after getting food poisoning from Carl's Jr.

"The people supplying that food, they don't care about you," he said. "If it's cold or if it has bacteria in it, they don't care."

He said that is why he supports the slow food movement, a protest against fast food, and the "buy and support local" movement.

"Veggielution offers fresh, organic, local food year-round," he said. "They're really low impact and they're able to feed a lot of people."

What to eat

Summers said he has avoided animal products with ease since his Carl's Jr. experience.

"It's not tough, sometimes you have to be a little more creative," he said. "It takes a little planning."

Summers said Good Karma tends to shy away from over-processed "fake meat" such as tofu, and opt instead for a bounty of vegetables, which can, at times, be more difficult to season and make appetizing.

"Being vegan is a little more work," he said.

Alvarado said that, depending on the food choices made by the individual, vegetarian and vegan diets can be low in protein, calcium,

vitamin D, zinc, vitamin B12 and iron.

"It is important to pay special attention to these nutrients and focus on incorporating them into a vegetarian or vegan diet," she said.

Summers said having a vegan diet gives him everything he needs.

"I'm not worried about protein, I get loads of protein," Summers said. "I probably get more protein than the average meat eater."

According to Alvarado, vegetarians and vegans have many options available to them that offer the extra nutrients usually obtained from meat.

"Some plant-based sources of protein include soy-based products such as tofu or tempeh, beans and peas (kidney, pinto, black, white, chickpeas/hummus), nuts, nut butter and seeds," she said.

Summers said he gets the majority of his protein from legumes, most notably beans and lentils, nuts, an abundance of leafy greens such as kale, a little bit of tofu and quinoa. "The list goes on," Summers said.

The point

Gonsalves said he recently switched back to eating meat as a health choice after becoming ill.

"I went back to eating meat as a lifestyle change," he said.

Gonsalves is unsure of how long he will continue to eat meat, but he hopes the change will positively impact his body.

Summers said that overall, some things matter more than whether or not a person eats meat.

"Turn off the TV, turn off the video games, have a conversation," he said. "I don't care what's on your plate, the conversation is what's important."

Kristi Myllenbeck is a Spartan Daily staff writer.

Save the food, save money



Laura Nguyen | Spartan Daily

Adam Filipp, Spartan Shops sustainability coordinator, performs a food waste audit in the Dining Commons during lunch. His audit revealed that fruits and veggies were thrown out the most that day.

By **Laura Nguyen**
@Laura_Nguyen_

Out of sight, out of mind

The food industry makes food and wastes food. Spartan Shops, which oversees all food eateries on campus, is taking steps to target and reduce food waste.

"Last year, students eating in the Dining Commons left 125 pounds of food per day on their plates, which translates to 118 tons of food annually," said Jeff Pauley, director of Dining Services.

Pauley is responsible for all the food operations on campus, including retail eateries such as Just Below, the Student Union food court, On Fourth: A Novel Cafe in the Dr. Martin Luther King Jr. Library, the Village Market, the Dining Commons and Spartan Catering.

Adam Filipp, the Spartan Shops sustainability coordinator and senior environmental studies major, has started implementing waste audits in the Dining Commons to calculate food waste from leftovers scraped off of plates during lunch.

In one bin, pulled from one of two caves where students place their plates after eating, Filipp sorted through to separate any fruits, vegetables, meat, grain and other remnants.

With 2,700 people on meal plans, Pauley said, a few ounces of food multiplied by 7,000 visits a day, multiplied by roughly 16 weeks of a semester could be a significant amount of money spent on food purchased and energy used in making the food.

Last year, the Dining Commons spent over \$3,000,000 on food, Pauley stated in an email.

"If we didn't have to purchase that, or didn't have to make that food, we wouldn't have to spend as much money, and the meal plans would cost less," Pauley said.

Pauley said a Platinum seven days-per-week meal plan costs \$2,425 per semester and a Gold five days-per-week meal plan costs \$2,100 per semester.

In any situation, food waste happens because people aren't aware of their impact on it, Filipp said.

"I did it myself when I was a freshman and only ate half (of my food,)" said Lura Noyes, a liberal studies major and manager of Just Below.

Students just push their plates through a window in the Dining Commons to be cleaned.

It's a very out-of-sight, out-of-mind type of thing, Filipp said.

However, Cheryl Yee, a sophomore health nutrition major dining in the Student Union food court, said she is more aware of the values of food.

"If you waste food, you waste your money," Yee said. "It's like throwing your money away."

Food Waste Audit Dining Commons Lunchtime, Oct. 9

1 bin weighed 14.8 lbs

Bin	Contents	%
1	Meat, seafood, dairy	9.4
2	Fruits, veggies	37.8
3	Processed grains	24.3
4	Non-food waste	28.4

Every year a new crop of students fill the eateries, but the consciousness of the food waste isn't as recognized or valued, according to Filipp.

Waste is our enemy

According to Pauley, the Dining Commons has more diners than the Student Union food court, and this is where a food waste prevention campaign will reach more students.

"The biggest single source of waste we have is the food that people leave on their plates at the Dining Commons," Pauley said.

Wasting food now affects students in the future and the community because everything takes resources, Filipp said. "When you waste food, you're technically taking food from other people, and no one is getting the benefit of it."

It's always important to keep track of food, because often the amount needed versus the amount purchased fluctuates, said Bryman Wang, a senior business management major and employee at Just Below.

Noyes said for orders at Just Below, she always tweaks numbers to reduce waste, because people don't always order the same type of bread.

Extensive data for the other food eateries on campus isn't available yet, according to Pauley.

However, Noyes said she keeps reduction logs at Just Below.

"Waste is our enemy, and it essentially causes higher prices," she said. "It's something that we're very serious about reducing."

Pauley said it's difficult to manage which locations waste the most food, but on a pure poundage scale, the Dining Commons wastes more mainly because of the number of visitors.

A food waste reduction campaign, Filipp said, will be implemented on campus with public service announcements using broad statistics and will be narrowed to more relevant campus statistics as more data is collected this year.

Food waste guidelines

According to Pauley, Spartan Shops purchases franchises such as Panda Express that have specific guidelines to be followed.

"We have no choice in how we run the operation," Pauley said.

For example, Panda Express entrees must be thrown out after a certain length of time by its guidelines, Pauley said.

"So it's harder to control waste in franchises because we have to play by their rules," Pauley said. "It's important that they protect their brand."

Of the 3,000 people who enter the Student Union food court a day, Pauley said a third of those people purchase food at Panda Express.

On a consumer scale, sometimes students cannot eat foods possibly due to food allergies, or even a general dislike of the meal, Yee said.

"In some situations, you have to throw it away," she said, but she tries to offer her food to friends or offers to save the leftovers for her friends.

Some businesses throw away about 40 percent of food because of sell-by dates and expiration dates, which are misunderstood, Pauley said.

"Sell-by dates are just guidelines," Noyes said. "Usually, products are still edible a week or two after depending on the product."

Donating and repurposing

Filipp is working with Just Below, On Fourth: A Novel Cafe and the Village Market to organize food donations. He said they donate bread, pastries and sometimes packaged items such as chips.

Emergency Housing Consortium LifeBuilders and Grace Community Center are some places that receive food donations from Spartan Shops.

"I feel better knowing it goes to someone who needs it," Noyes said.

However, one of the problems with donating food, Pauley said, is that people may not want the food or need the food when it is available to donate.

"There is a general perception out there that there are a ton of non-profit agencies that are looking to take any sort of food that we have left over and we've had difficulty finding places that were willing to take everything that we had," Pauley said, such as food that has already been cooked.

According to Pauley, an alternative to donating certain foods is to make use of unused products.

"Most of the leftover things, the produce or meat items that we didn't end up serving in the Dining Commons, we can repurpose in another way and serve," Pauley stated. "A good example would be taking cooked chicken that wasn't served and making chicken salad from it."

Students in the Dining Commons "see it as one little swipe," Wang said. "It's already been paid for, so it's okay."

However, if students in the Dining Commons wasted less food, the price of the meal plan could be less because of fewer food purchases, Pauley said.

The campaign

Filipp said he is hoping to bring back a "taste on waste" program so students can sample before receiving their food.

A 5 percent reduction goal will be implemented for Spring 2014 to Fall 2014, Filipp said.

"I want to help the (Dining Commons) see which items are wasted the most so they can decide whether or not to keep it," Filipp said.

Most food waste at the Dining Commons is converted to compost at a materials recovery facility that also separates the waste, Filipp said.

"Everything is thrown away together," Noyes said. "We have a company that recycles and sorts through the stuff."

But Filipp said he stresses that it's not okay to just recycle as an alternative to landfills.

"The best thing to do is to reduce the source because you're still wasting the labor, energy and water," Filipp said. "We always want to reduce first before recycling."

Laura Nguyen is a Spartan Daily staff writer.

The high price of take-out meals

Staying in or going out?

IN		OUT
\$2.49		\$7.61
\$2.11		\$15.79
\$2.05		\$12.49

Cost per comparable serving

Sources: Better Homes and Gardens and Cooking Light magazine, Chili's, Pizza Hut, Olive Garden
Infographic by Leeta-Rose Ballester | Spartan Daily

By **Leeta-Rose Ballester**
@leetarose

Cooking magazines and the Internet offer a smorgasbord of do-it-yourself recipes that claim to rival restaurant flavors for a fraction of restaurant prices, but that doesn't stop students from falling prey to the lure of dining out.

On an average weekday, 3,000 students eat at the SJSU Food Court, according to Jeff Pauley, director of Dining Services for Spartan Shops.

Pauley said that 800 people purchase food at the Market Cafe and another 550 eat at the on-campus Subway on any given day.

James Smith, a junior political science major, said his favorite restaurant near campus is Peanuts, located across the street from Dudley Moorhead Hall.

"They have good options and a good variety of food," Smith said. "The owner is very nice, outgoing and generous to students."

Smith said that one of the best menu items is the grilled cheese sandwich, something customers wouldn't be able to bring from home and still enjoy when it's hot.

Other students, such as Alexis Morales, a junior communicative disorders and sciences major, said she forgoes dining on or near campus in favor of bringing her own lunch.

"I don't really like anything here," she said. "I think it's too expensive and it's the same thing all the time."

Minh Nguyen, a junior food science and technology major, said he eats at the Panda Express in the food court regularly.

"It's very convenient," he said. "It's a reasonable price for me."

Abraham Carrillo, a junior computer engineering major, cited price as one of his main considerations for going to Punjab Cafe, located on Seventh and East Santa Clara streets.

"The lunch special is all-you-can-eat and it's about \$8 when you show your student I.D.," Carrillo said. "The food's pretty good there."

Silvia Maciel, a junior business marketing major, said that she finds it more convenient to bring lunch and snacks because she is at school all day.

"I don't have time and the lines are too long," she said. "There's not a lot of variety and pre-packaged food doesn't look good."

Leeta-Rose Ballester is a Spartan Daily staff writer.



Scan QR code to see Leeta-Rose Ballester's burrito cost comparison video.

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Textbooks & Tantrums

by Leeta-Rose Ballester

Food obsession and a society based on looks don't mix well

With the magical, vexing age of 30 rearing its ugly head last year, I decided to make a change and lose 50 pounds, but I found that didn't make much of a difference in my self-esteem.

One after another, I saw my friends complain about feeling old, tired and generally unattractive as they hit the milestone age of 30. I thought that, at the very least, when my birthday came I would lose enough weight to feel good about my appearance.

My entire life I have used food as a crutch. Tired? Load up on some candy. Bored? Eat a box of Ritz crackers.

My mom said she remembers me passing out with my face in my dinner plate often as a toddler. I just couldn't or wouldn't stop, even if I was full.



Follow Leeta-Rose on Twitter @leetarose

Last September, I began writing down everything I ate and going to the gym every day for two hours of exercise. It became an obsession and I was moved to tears if I had to skip a day of gym time or succumbed to fast food.

Slowly but surely, my 200 pound, 5' 2" physique morphed and the weight came off. People began to notice once I had lost about 20 pounds.

"You look so good," friends and family started to say.

Instead of taking this compliment, my mind transformed it into, "Boy, were you ever fat before!"

I became so focused on the numbers on my scale that I didn't notice the other amazing transformations that were taking place. My blood pressure was down significantly

and I was moving away from the label of "obese" that doctors had slapped on me.

All I wanted was for those damn numbers to move, and even as they did, I just wanted more. Spinach and water became my best friends, and I cried as I denied myself gustatory pleasures like pizza and chocolate.

I wasn't happy, fat or thin. I lost 50 pounds within 10 months, bringing me down to 150 pounds. This is still overweight by clinical standards but definitely an accomplishment.

However, when I looked in the mirror, I didn't see it. When my kids asked me to climb around on play structures with them, I still declined because I envisioned myself as a big, round, fumbling monster.

It took the words of my best friend, who I have always envied for her fantastic metabolism, for me to realize that I was having an out-of-body experience.

She reminded me that skipping one day of exercise wouldn't put all the weight back on. But, more importantly, she emphasized that even moderation should be in moderation and that denying myself my favorite foods was just making me sad all of the time.

It's not that I have an eating disorder, but definitely a dysfunctional relationship with food. Before I was piling it in and having a love affair, and now it had become my enemy and primary thought and worry.

What a world it would be if we got more, "You sure are intelligent and thoughtful," than, "You look great today..."

And coupled with the food obsession, I just couldn't love my body — no matter what. Any progress was overshadowed with a drive to have smaller thighs, arms and tummy.

According to a study published in *American Family Physician*, about 1 percent of the general population has some form of Body Dysmorphic Disorder, a mental illness characterized by a "preoccupation with an imagined deficit" in their appearance.

This disorder causes significant

anxiety and stress and is found in 2 to 5 percent of female college students, according to the study.

I can go through most of my day without thinking about my flaws, but when I pass by a mirror or catch a glimpse of my seemingly enormous thighs in a window reflection, my mind fills with self-loathing.

I do not have BDD, but there is certainly an unhealthy level of concern about my looks.

I find the thing that helps most is to give myself compliments for my other achievements and I try to do the same for others.

My daughter is 7 years old right now. I am trying to be careful about what I say to her so that she doesn't base her confidence on her looks.

Rather than praise her for being pretty, I lavish attention on her great problem-solving skills or other talents like her artwork.

Media has been blamed for providing unrealistic expectations of what people, particularly women, should look like. However, I think it's the day-to-day things that we say to one another that reinforce those ideals, no matter how well-intentioned they may be.

What a world it would be if we got more, "You sure are intelligent and thoughtful," than, "You look great today," from those around us.

The more I try to balance my diet and remember that no one is perfect, the happier I have become. I can have a full plate of greens with piece of pie on the side and it doesn't make me an awful person—it makes me human.

"Textbooks & Tantrums" usually appears every first and third Monday of the month. Leeta-Rose Ballester is a *Spartan Daily* staff writer.

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UNIVERSAL Sudoku Puzzle

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

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

DIFFICULTY RATING: ★★★★★

SOLUTION:

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

PREVIOUS PUZZLE ANSWER

A	S	S	A	M	A	C	T	S	A	L	B	A		
H	A	I	F	A	W	H	O	A	N	E	L	L		
A	N	T	A	G	O	N	I	S	T	A	I	L		
R	E	V	E	C	H	E	V	E	N	N	E			
A	S	P	L	A	L	A	C	T	I	N				
S	T	E	A	L	I	N	T	A	K	E				
A	R	E	N	A	B	O	O	R	D	E	W			
P	A	R	T	N	E	R	E	C	H	E	L	O	N	
H	S	I	P	A	P	I	E	N	A	T	E			
I	O	D	A	H	O	S	I	N	A	T	A	R		
M	E	M	E	N	T	O	S	R	A	T	E			
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S	A	S	S	O	R	T	E	L	I	T	E			

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Today's Crossword Puzzle

Universal Crossword

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15					16		
17					18					19		
					20			21			22	
23	24	25			26		27			28		
29					30		31		32			
33					34			35		36		37 38
39				40		41			42		43	
44					45		46			47		48
					49			50		51		52
53	54						55		56		57	
58						59			60			
61					62			63	64		65	66 67
68					69					70		
71					72							73

- ACROSS**
- 1 Share knowledge
 - 6 Run of (conflict with)
 - 11 Special (military force)
 - 14 Like Santa's girth
 - 15 Russian crepes
 - 16 Extreme abbr.
 - 17 Prohibited
 - 19 ch'uan
 - 20 "Thanks, but I already..."
 - 21 Baby fox
 - 22 Shark's appendage
 - 23 Office-building no-no
 - 27 Appearing to be
 - 29 Sigma follower
 - 30 Cheese in a ball
 - 32 Catch in a stocking
 - 33 Work for a director
 - 34 Archaeological find
 - 36 Average guy
 - 39 The 4077th, for one
 - 41 Russian country home
 - 43 "Trek"
 - 44 American felines
 - 46 Goes right by
 - 48 Part of a pension
 - 49 Top-level domain name
 - 51 Jealousy element
 - 52 None whatsoever
 - 53 Predatory critter, in dialect
 - 56 Periods in stark contrast to global warming
 - 58 Six-legged hauler
 - 59 Fresh-sounding antelope
 - 60 Chewbacca's captain
 - 61 Colorful neckwear
 - 62 Some baseball players
 - 68 Morrison (Them singer)
 - 69 Golden Horde member
 - 70 Outfit
 - 71 Bit of work in physics class
 - 72 Move toward one's prey, perhaps
 - 73 Temporary tattoo dye
 - ger Blood type letters
 - 7 The gripper, now
 - 8 Parts of pig tales
 - 9 Boxers, e.g.
 - 10 Tunes in beating in the ring
 - 12 Apparent
 - 13 Yellow jacket's defense
 - 18 On knee
 - 23 It's often stuck in the corner
 - 24 Hong Kong neighbor
 - 25 Being more clever than
 - 26 Bashes
 - 28 Apple varieties
 - 31 Jagger and Fleetwood
 - 35 Five alarm stuff
 - 37 Guillotined Antoinette
 - 38 Grad student's hurdles
 - 40 "Bodily" follower
 - 42 Military attack helicopter
 - 45 Water sources
 - 47 Kind of bomber
 - 50 Like some company picnics
 - 53 Trombone part
 - 54 "Lend" (Listen)
 - 55 "Frutt" (Little Rich-ard classic) the Giant
 - 63 Circulation increaser
 - 64 Bug or annoy
 - 65 Great geological time span
 - 66 "Arrested Development" narrator
 - 67 Whirlpool site
- DOWN**
- 1 "The Way" of Lao Tzu
 - 2 Down Under bird
 - 3 Well-put
 - 4 Dagger partner
 - 5 Bigger and stron-

All right, all right, you're vegan, we get it

Want to hear a joke? "How do you know if a person is vegan? Don't worry, they'll tell you."

The joke is a little harsh, but it brings up a good point. Why can't someone simply adopt a lifestyle or way of consuming nourishment without feeling like they have to brag about it?

For those of you who may not know, the vegan lifestyle is defined by not consuming or coming into contact with animal products, most notably dairy, eggs and meat.

Some vegans may decide to not consume honey or products that come from insects. In addition, vegans don't wear leather or use down comforters.

Does making these decisions constitute an attitude of complete smugness though? I'm not so sure.

I understand it takes a ton of dedication to commit to the vegan lifestyle, but you'd think that those who respect and love Mother Earth and all things living would be, in general, just a tad more agreeable.

Okay, I'm not saying all vegan people are awful by any means. I'm just saying some vegans I know constantly look down on anyone who doesn't adopt the same lifestyle.

I've met handfuls of vegan/vegetarian people on either side – both boastful and modest.

Some people who are vegan or vegetarian feel the need to belittle people who enjoy eating meat, while others simply go about their business without making a spectacle out of their dietary choices.

I understand going vegan has myriad health and environmental benefits, and that's awesome. But why can't you just be an animal activist and do well for the Earth without being a pretentious asshole?

You can so easily decline that piece of milk chocolate by saying, "No, thank



Follow Kristi Myllenbeck on Twitter @ricekristi

you" instead of "EW, I can't eat THAT, I'm VEGAN." I can assure you, almost nobody cares that you're vegan.

I can hear all the vegan students reading this grumbling and groaning. Don't worry. As you know, there is another side to the story.

Meat-eaters can be just as vicious and rude, if not more. On top of that, those who do not eat meat are confronted with a variety of situations.

There's the situation where there is nothing to eat besides fries at the restaurant your friends choose. There's the jerk who interrogates you about why someone would ever give up bacon, God forbid. And of course, there's the quintessential friend's dad who straight-up makes fun of

you for not eating meat, with no valid argument to back up his taunting.

Nowadays, there are so many dietary fads that people brag about, I can hardly keep anything straight.

I think what is most important is that we take care of our bodies, regardless of what that may mean for each person. It comes down to common courtesy and being respectful of one another.

You make the choices you do because it's best for you, whether it relates to religion, study habits, eating meat, whatever. Notice the "you." It doesn't say other people.

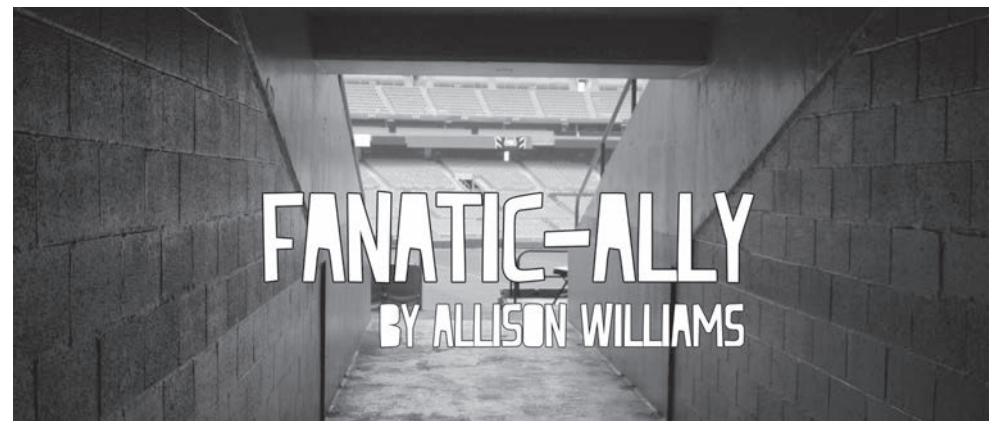
I'm all for education and opening others' eyes to new possibilities, especially if it can positively affect someone's health, but there is a right and wrong way to go about it.

I am a huge supporter of not forcing beliefs on others.

I think with a little more sensibility and respect on both sides, the food world and world in general could definitely be a better and more peaceful place.

Kristi Myllenbeck is a Spartan Daily staff writer.

It comes down to common courtesy and being respectful of one another



Stadium food insanity

Food and sports – it goes hand in hand. From grabbing a hot dog at a baseball game to nachos at a hockey game, the art of stadium food has become increasingly intricate.

The days of a simple hot dog with some mustard, ketchup and relish are over. In its place are the likes of "baseball's best burger," a cheese-smothered burger, topped with bacon on a split, sometimes grilled Krispy Kreme doughnut sold at GCS Ballpark, a minor league baseball stadium in Illinois.

And we wonder why America is as obese as ever.

Stadium food has built up and out, satisfying the taste buds, but not the body in the long run.

Stadiums serve heaping helpings of fried and greasy foods for fans to enjoy as they sit and watch a game.

At AT&T Park, attendees can indulge on the traditional favorites like hot dogs, pretzels or peanuts and the gourmet options like the Sheboygan Bratwurst and fresh popcorn topped with butter and/or flavored toppings.

And for the kids, there's cotton candy and snow cones!

The food selections available at stadiums are becoming more and more eye – and pants button – popping.

The SAP Center, home of the San Jose Sharks, has moved on from its traditional nachos and hot dogs to featuring Amici's, TOGO's and Sonoma Chicken Coop.

O.Co Coliseum offers a Burger Shack, Kinders BBQ and Mexican Grill.

There are so many options at so high a price. No secret here, when I go to a Sharks game, my first stop is usually the concession stand for a bag of M&Ms and a water. And every time I cringe as I hand over the nearly \$10.



Follow Allison on Twitter @all3ybobbally

And forget about a beer – there's no way I'm paying \$8 for a flimsy cup of brew.

As if paying for the tickets isn't pricey enough – there isn't any hesitation to gouge you again when you get hungry or thirsty.

Is it worth paying the money for food that is ultimately not that good for you?

Probably not, but it usually tastes pretty darn good.

I, for one, don't usually think about the food in any greater detail than that.

Well, that was until I stumbled across an ESPN article titled, "What's lurking in your stadium food" complete with a nice interactive map giving you the percentage of health code violations at a given stadium.

Mice droppings were found in 10 vendors at the Verizon Center in Washington, D.C., for instance.

The data is from 2009, but it still hits a little too close to home. On the bright side, AT&T Park had only 4 percent of vendors in violation. Not so pleasant was McAfee Coliseum, with 34 percent of their vendors in violation.

I thought that was pretty bad until I realized that in comparison to other stadiums, California stadiums weren't nearly as bad. In the 75 – 100 percentile are eight stadiums, all on the East Coast. There are Verizon Center and Tropicana Field with 100 percent of their vendors in violation.

In hindsight, I guess it isn't all that surprising. But nevertheless, it's concerning.

I suppose the next time I get the idea to indulge in something to eat at a game, I'll recall the ESPN article and save a few dollars.

Allison Williams is a Spartan Daily staff writer. "Fanatic-Ally" appears every first and third Thursday of the month.

Venturing beyond orange chicken

There's no need to hide it. You've tasted Chinese food and you love the well-marinated taste of kung pao chicken or the steamy scent of a fresh barbecue pork bun. But Americans often have a hard time discerning authentic East Asian food from Americanized East Asian "cuisine," especially with restaurants like Panda Express and P.F. Chang's around.

Not to sound pompous, but as an Asian-American individual from an ethnically Chinese background and who has lived in Beijing and travels to East Asia frequently, I grew up with authentic East Asian food.

Don't get me wrong, dishes such as orange chicken from Panda Express and Northern-style spare ribs certainly appear good when you're in a hurry. But frankly, the Chinese dishes my mother makes would be closer to authentic entrees you would taste in Beijing and Hong Kong.

After spending a month in China and Japan over the summer, East Asian cuisine in cities such as Chang-



Follow Michael Chen on Twitter @MichaelGChen

sha and Tokyo may seem like distant progenitors of Americanized East Asian cuisine. From the sweet-tasting ethnic dishes in Shanghai to the raw seafood paradise of Tokyo, much of the East Asian cuisine has not changed since my visit to both countries more than six years ago.

The loud but friendly locals who work through the frantic, populated rush during the daytime are even more alive for the nightlife. In a smoke-filled karaoke bar where I went drinking in the shopping district of Changsha, waiters presented extra-spicy pickled bamboo shoots, a local favorite coupled with cocktails. It is dishes like these that seem almost non-existent in contemporary Asian-American restaurants.

Some of the authentic Asian dishes ranging from shredded bitter melon pickle to fried pigeon are delicacies you would find in downtown Kowloon in Hong Kong. Other traditional Chinese dishes such as deep-fried oil bread sticks and soy-

bean soup are common to backstreet diners in the heart of Beijing. All of these dishes can be found in today's more culturally diverse America. But that wasn't always the case a few decades ago.

Looking back at the 20th century food scene, what Americans considered Chinese food seems starkly different from what Chinese cuisine from the '60s had to offer. Twentieth century Chinese dishes such as chow mein, chop suey and wonton soup transitioned from '60s Southern Chinese dishes such as General Tso's chicken, kung pao chicken and mushu pork. To top it off, all of these dishes had to be Americanized in order to be palatable to American tastes.

The reason for the '60s paradigm shift in Chinese food lies in old, strict American immigration laws that prevented mainland Chinese immigrants from coming to the U.S. Before Nixon's historic visit to China in 1972, almost all ethnic Han Chinese immigrants hailed from Hong Kong and Taiwan, regions known for their unique spicy Hunan and Szechuan style food.

nese immigrants entering U.S. society created the standard of American Chinese food that is a mix of authentic and Americanized tastes. Fortunately though, authentic Chinese food from a much wider range of mainland China is now represented in the states.

Today, if you visit popular Chinese-American communities in areas around San Francisco, Silicon Valley, Fremont, New York's Flushing and especially San Gabriel Valley right outside Los Angeles, you will find a plethora of authentic Chinese food. Authentic Chinese food is here, you just have to look for it.

Michael Chen is a Spartan Daily staff writer.

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Garden to Table sows its seeds

By Jenny Bennett
@JennyDaily

A small off-white apartment complex sits back from the road, tucked behind a small parking lot for the tenants of two buildings.

The pale two-story buildings face each other, creating a pathway to the back lot of the complex.

Here, a garden of corn, onions, flowers and trees grow.

The green plants are a stark contrast to the dead grass and dirt patches that surrounds the planter boxes.

Jose Rios is one of the tenants in the apartment building who uses the planter boxes to grow fruits, vegetables and flowers.

The planter boxes were placed last fall, Rios said.

Garden to Table, a non-profit organization that works on urban agriculture projects in central San Jose for low-income families, put the boxes in the complex, according to executive director Zach Lewis.

Beginnings

Garden to Table began as a CommUniverCity project, said Dayana Salazar, CommUniverCity executive director.

CommUniverCity's mission is to build community by engaging residents and students in service learning projects that accomplish neighborhood-driven goals, according to the organization's website.

Garden to Table began in 2011 as the "brain-child" of Hilary Nixon, associate professor in the department of urban and regional planning, Salazar said.

She said they hired then-graduate student, Zach Lewis, in the urban and regional planning department, to run the project.

Garden to Table is funded by a grant from Health Trust, a San Jose based organization that provides grants to organizations that support healthy living, healthy aging and healthy communities, according to the Health Trust's mission statement.

Nixon wrote the grant that has provided funding for Garden to Table, Salazar said.

Programs

Since Garden to Table's beginning, the organization has picked 25,000 pounds of fruit and donated it to local food pantries, Lewis said.

Staff and community members glean fruit from people's yards who allow them to collect it, Lewis said.

"This fruit would be waste if we weren't picking it," Lewis said.

Garden to Table also installs planter boxes such as the ones at Rios' apartment complex.

"We work with low income families at apartments or homes," Lewis said, "and basically find shared space ... and we teach them how to grow organic vegetables."

Salazar said the families "are able to bring to their table fresh produce that would probably be ... easily worth \$200 a month if you go to (a) supermarket."

Growing community

There are six units in the apartment complex where Rios lives, and five shared planter boxes on the lot.

Lewis said he and his staff check on the plants about once a month to make sure the plants are growing properly.

During the first few weeks of October, they were working on transitioning from summer plants to fall plants, according to Lewis.

Members from each family come out to pull the summer plants out and plant new ones for fall.

The corn grown during the summer was pulled out to make room for kale.

Rios and his community have now had the planter boxes for a year.

"Zach came to our door step, I guess, and he presented to us that we can do this in our community, so we just went on ahead and did it," he said.

Rios said some of his favorite plants have been tomatoes, cilantro, spinach, carrots and Brussels sprouts — his favorite, however, is kale.

"You could eat that raw and it's very good," he said.

Rios said he didn't know what kale was before they had the garden.

He said the garden doesn't just provide produce for the community, but is also aesthetically pleasing to the neighborhood.

"It's something good to look at," he said. "Something beautiful, because it used to be ... just grass — not lively here — now we brought life here."

Rios admitted that his dad takes care of the garden while he only plants the new plants.



Jenny Bennett | Spartan Daily

Zach Lewis, executive director of Garden to Table, shovels compost into a wheelbarrow to use for planting plants Thursday, Oct. 10.

"Sometimes I'll sit out here, just watch it, sit in the dark at night" Rios said. "Sometimes I'll just come and sit, to be by some greens, you know."

Becoming sustainable

The grant money supporting Garden to Table will run out by December, Salazar said.

Garden to Table is working on becoming self-sustaining by creating an urban farm in downtown San Jose, according to Lewis.

"We believe we can generate enough revenue to sustain the whole organization," Lewis said.

According to Lewis, the one-acre farm will be at a vacant lot behind the Chase bank

on West Taylor and North San Pedro Streets.

"We'll have aquaponics set up to raise fish ... we'll have bees, we'll have chickens, we'll do sprouts, mushrooms, heirloom vegetables," Lewis said.

He said he hopes the first stage of the farm will be completed by the end of October.

The Garden to Table staff and community members will begin working on the farm Oct. 19.

"They're really thinking about the long term sustainability of that independent, you know, stand-alone, non-profit organization," Salazar said.

Jenny Bennett is a Spartan Daily staff writer.



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San Jose resident Jose Rios plants seedlings in a planter box outside his apartment complex Thursday, Oct. 10.



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