

Thursday April 26, 2012 Volume 138, Issue 45

Spartan DAILY SpartanDaily.com



Korean food has some kick! see p.6



Industrial Design: See the multimedia online!

Stigmas, pressures of the Asian community

Parental expectations and cultural stereotypes may prevent open dialogue

by Julie Tran Staff Writer

For students of Asian-American descent, the duality of being part of two conflicting cultures can be a troubling experience because of family pressures and society.

Justin Ko, a junior child development major, expressed his parents' disapproval of his pursuit into becoming an elementary school teacher.

"My parents don't like the fact that I want to teach," Ko said. "In the Korean culture, elementary school teaching is viewed to be a 'feminine' job and my parents want me to do a more 'masculine' career."

From the April 2 mass shooting at Oikos University in Oakland to the 2007 tragedy at Virginia Tech, the issues of mental health care in Asian-Americans are raising concerns.

In a 2011 report from the National Alliance on Mental Illness, a grassroots mental health advocacy organization, Asian-Americans have higher rates of depression, suicide and anxiety problems because of a lack of bicultural/ bilingual providers as well as the stigma of having to seek help for mental distress.

A look at Duncan Hall's meticulous waste management process from user to disposal

by Julie Myhre Staff Writer

Biohazardous waste is constantly on campus in Duncan Hall and the Student Health Center, according to the operations manager for the animal care department at SISU.

said he doesn't worry about having classes in the same building as biohazardous material because he knows the science department has very strict procedures.

Senior chemistry major Kevin Le

"If you do anything wrong, you will get kicked out of the lab (and fail the class)," he said. bacterial, another tissue – blood product for example – that has the potential to transmit disease or something that would be (a) concern for another human being," Young said.

A biohazard could be as simple as a culture of bacteria from someone's finger, according to Young.

"That's the reason we manage anything of that nature as biohazard, because not everyone knows where it's from," he said. "I might not have known what grows on it." Young said it is important to emphasize the word "potential" when referring to biohazards. "We're working with materials that people shouldn't be swinging around loosely like a lollipop," he said. "This is serious business. Something is going to grow and it is responsible science that you manage it in a certain way, so what we use is the word 'biohazard." "I don't know where it's at," he said. "Is it in the room or down the hall where the students work?"

HOW IS THE WASTE HANDLED?

Photo Illustration by Leo Postovoit / Spartan Daily

David Crock, director of Environmental Health & Safety, said both the science department and the health center are trained in how to handle

Larry Young said the science department emphasizes training when it comes to the use of biohazardous waste on campus.

"The concept is educating and training in each individual unit where it's being used," he said.

It is important for the people in contact with the biohazardous waste to understand how to handle it correctly, according to Young.

"So that's really what this is," he said, "the process of managing anything you're doing in such a way that it doesn't get out into the regular trash or sitting on someone's desk. It's a culture, not a growth culture, it's a way of life for us."

Young said the science department is one of two waste generators on campus, the other is the

A representative from the health center was unavailable for an interview.

WHAT IS BIOHAZARDOUS WASTE?

health center.

"I think it's important to actually emphasize a biohazard is any material that has the potential to cause harm," Young said.

Biohazards are often pathogens and bacteria, not chemical-based as most people think, he said.

"Biohazards usually mean it's a bio-based material, whether it's viral,

Juan Vera, a freshman electrical engineering major, said he worries about taking classes in the same building that biohazardous waste is used. biohazardous waste.

"(The) microbiology department and biology department — it's all part of the curriculum to study biological organisms and the like so they are very well versed in handling these things," Crock said.

Places like hospitals and science departments became involved with managing the waste and containing it as its been used or generated, Young said.

It is important for the people in contact with the biohazardous waste to understand how to handle it, according to Young.

SEE **WASTE** PAGE 4

Students construct futures through industrial design

In particular, Asian-American youth tend to have higher rates of depressive symptoms in contrast to their peers.

"The first generation of Asians in America seems to have no faith in the U.S. health system," Ko said. "They try to keep their problems internalized."

Soo Choi, a professor of Asian-American studies, noted that the Asian-American students who take his classes seem to have issues with assimilating into American culture.

SEE **ASIAN** PAGE 3

CORRECTION

In the April 25th edition of the Spartan Daily in the article titled "Students use smarts to sweep contest," Tanya D'Silva was incorrectly identified as a sophomore business administration major. She is a senior. The Spartan Daily regrets this error.

Spartan Daily Serving San José State University since 1934 Volume 138 / Issue 45







Greg Nelson Staff Writer SJSU's industrial design program, which was established 30 years ago, has provided creative opportuni-

students. The students develop their own portfolio with regular critiques from their professors and peers, continually working to make their projects better.

ties through open workshops for all

Mario Quehl, a junior industrial design major in the program, is working on several projects at the moment.

"(The projects) have to be done by the end of the semester," Quehl said. "It always feels like it's not going to happen, but it usually gets done."

The program gives the students plenty of opportunities to be creative and work with their hands as they use tools such as saws and sanders to make their ideas come alive.

"I like using my creative side," Quehl said. "I couldn't find anything else that really interested me as much as this did." The students don't know what they're going to do until the brainstorming phase, which can begin with hundreds of ideas for projects.

They examine their ideas until it is narrowed down to 10 concepts, then develop those a bit, reduce the number to three and finally to one solid idea to take to the next level.

Edlin Carranza, another industrial design junior in the program, is working on a collaboration with three schools: Philadelphia University, Lincoln University in the UK as well as SJSU to create three prototype projects to go to three different destinations.

"It started when we all had our own objectives," Carranza said. "We had this one week where a group of us went to Philadelphia and with a group of students from Lincoln and we all met there and collaborated for a week and came up with a project (which was a) tabletop design."

The tabletop design is just a process where students learn how to do a project from start to finish. Nick Matsuda, an industrial design sophomore, is working on a redesign of a ticket kiosk.

"The objective is to take public transportation from here to (San Francisco Airport) and find a way to improve it," Matsuda said. "(It's) an integration between two systems - BART and

SEE **INDUSTRIAL** PAGE 4



Industrial design junior John Tran operates a band saw during class Wednesday April 18, 2012, in the Art building. **Photo by Greg Nelson / Spartan Daily**

2 SPORTS COMMENTARY

There are always two sides to the NFL Draft

SJSU safety Duke Ihenacho a possible selection in NFL Draft

by Scott Semmler Sports Editor

Looking solely at Stanford quarterback Andrew Luck's statline following his game against SJSU in September 2011, you would have never guessed that this was a player who would have more than \$20 million in his pocket in the near future.

Fast forward eight months and that happens to be the exact the case, as Luck will be selected tonight as the No. 1 overall pick in the 2012 National Football League Draft.

Luck has all the skills it takes to become the No. 1 pick – a good arm, accurate passing, mobile in the pocket, big smile and good personality. There is not a more well-rounded top pick in recent NFL Draft memory, and the Indianapolis Colts will have him as the face of their franchise for many years to come.

The NFL Draft has the power to do that by turning the everyday football player you see on the way to your next class into a multimillion dollar celebrity.

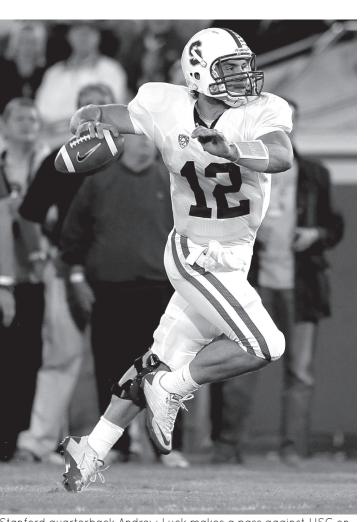
That is what will happen to Luck tonight, and that is what will happen to many players over this coming weekend dreams will become realities and their realities will never be the same.

In many ways, the NFL Draft is a sick and twisted phenomenon – every day, college football players have their futures decided by money-hungry executives who want to produce a winning team and **'For some** players, this will be the happiest next three days of their lives. But for many, the future of their football careers hang in the balance..."

more than \$20 million, but Luck passed.

While Luck has already been guaranteed as the No. 1 overall draft pick in tonight's NFL Draft and will be hearing his name called first by NFL Commissioner Roger Goodell, former SJSU safety Duke Ihenacho has no idea when his name will be called.

name called tonight or he by many websites to be selected



Stanford quarterback Andrew Luck makes a pass against USC on Oct. 29, 2011. Photo by Wally Skalij / MCT

could get his name called on Saturday night, which may or may not be the best part of the draft.

For the players, it has to be one of the most nervewracking moments of their lives, while the fans at home on their couches eating bagel bites would simply love to see the anxiety on the players' faces when they are not selected where they should be.

A four-year starter at SJSU, Ihenacho is ranked as a topfive safety in the 2012 NFL Ihenacho could get his Draft and has been predicted

anywhere between the third and seventh rounds. However, nothing is guaranteed, and he knows that.

For some players, this will be the happiest next three days of their lives. But for many, the future of their football careers hang in the balance and are now in the hands of petty executives with deep pockets.

Every player wants to hear just two words come out of the mouth of Roger Goodell this weekend - their name and that is the blessing and the curse of the NFL Draft.



SJSU women's golf team claims fourth straight WAC title

Staff Report

The SJSU women's golf

team won its fourth consecu-

tive Western Athletic Confer-

ence championship yester-

day, finishing the three-round

tournament with a total score

It was the Spartans' best

tournament score of the year,

beating out second-place Idaho

final round leading by 14 strokes, after Monday and

Tuesday's rounds of 291 put

the Spartans well ahead of the

the best single-round score of

the entire year, and they fol-

lowed it up with a final-round

score of 295 and a WAC title

Junior Jennifer Brumbaugh

shot the low round of the

day for the Spartans and had

the best finish for the SJSU at

Longbow Golf Club in Mesa,

Ariz., by shooting a three-

under 69 and coming in third

had the next best finish for the

Spartans, as she finished in

fourth place after shooting 70,

Senior Madeleine Ziegert

place in the tournament.

The team total of 291 was

SJSU entered yesterday's

of 877 strokes.

by 13 shots.

rest of the field.

yesterday.

Team Leaderboard

1 San Jose State +13

2 Idaho +26

3 Fresno State +38

4 Hawaii +46

5 New Mexico State +49

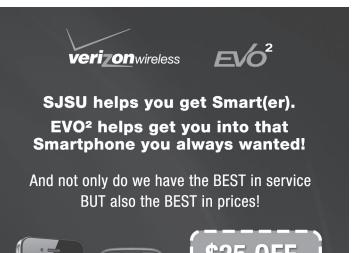
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74 and 72 in the three-round tournament. It was Ziegert's fourth WAC championship, as she has been a part of the Spartans' team the last four years.

Freshman Kathleen Rojas, who shot a three-under par 69 on Tuesday, shot 76 yesterday and finished in a tie for fifth place with a total of 220 strokes.

With yesterday's WAC championship victory, the Spartans will now head to the NCAA Regionals, which will be played May 10-12.

Information compiled from SJSU Athletics



make money while satisfying a fan base.

The NFL Draft is on ESPN in prime time and will attract one of the biggest viewing audiences of the entire year in sports, and they all want to see these college players strike it rich by simply having their name called by the commissioner of the NFL.

What has this world come to?

That is one of the reasons why Luck is such a once-ina-decade type of player. Even after he was promised to be the No. 1 overall pick in the 2011 NFL Draft, he went back to school, got his degree in architecture (something he may never use in the future) and then declared for the NFL Draft. Many players would have jumped on a chance at a guaranteed contract worth

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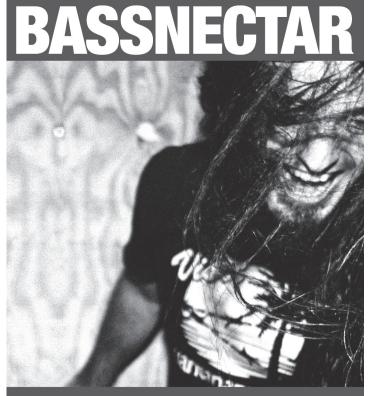


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Spartan Daily

FACTS TO KNOW

- Asian-American girls and women ages 15 to 24 have the highest suicide rates out of all racial/ethnic groups.
- Asian-American college students have higher levels of depressive symptoms than white students.
- In Asian culture, mental health problems are stigmatized to the point that they're expressed as more acceptable physical aches and pain.
- Southeast Asians have a higher risk for post-traumatic stress disorder than East Asians.
- Some of the root causes for mental distress in Asian-American youth include conflicting family values, culture and education.

Source: Data from National Alliance on Mental Illness

ASIAN: Cultural struggles in sharing problems

FROM PAGE 1

"In the 20 years that I've taught the class, I tell students to have a sense of ownership in America," Choi said.

Choi added that in the history of Asians in America, the problems they faced were derived from the struggles of a society that didn't include them until today.

"Asians, like any other immigrant group, have to become more engaged in their society and gain respect," he said.

College graduates find debt increasingly difficult to cover

McClatchy Tribune Wire Service

PHILADELPHIA — To get educated these days, most students have to go into debt. And debilitating debt, ex-

perts say, could trigger a financial meltdown akin to the mortgage crisis if students don't repay their loans.

It could also make the millennials, aged 18 to 34, the first generation in America not to do better than their parents, a potential failure that has people questioning the morality of how we now pay for education.

"Is it ethical to saddle a 17-year-old who's never had experience with credit with this amount of debt?" asked Barmak Nassirian, associate executive director of the American Association of Collegiate Registrars and Admissions Officers in Washington. "No counseling teaches the pain of repayment."

And while students suffer, lenders flourish, Nassirian added: "What's better than garnishing my wages and owning a piece of me for life?"

Nationally, the average student debt is about \$25,000 per person, according to 2010 figures, the latest reported by the Institute for College Access & Success. That's the highest level of student debt in American history, up nearly 43 percent since 1996, in today's dollars.

Overall, U.S. student debt is more than \$1 trillion. This includes loans for students who attended any type of



Stephanie Martins, a Rutgers law school student, faces almost \$100,000 in debt from school tuition and expenses. Photo by Sharon Gekoski-Kimmel / MCT

postsecondary institution whether they graduated or not, according to the newly formed federal Consumer Financial Protection Bureau. That total is more than all the outstanding charges on all the credit cards throughout the United States (\$693 billion), or all U.S. auto loans (\$730 billion).

Student loans can be dangerous for young people, who can't declare bankruptcy and walk away from their obligations the way people with credit card or gambling debts can. Student debt can be garnished from wages and Social Security.

"It worries me," said Mike Mychack, 24, of Philadelphia. He graduated this year with \$50,000 in debt from Temple University and now works at the Bridesburg Boys & Girls Club in Philadelphia, making

less than \$20,000 a year. "I'll never be able to pay the loan off at this rate."

Aaron Troisi, 25, knows firsthand the difficulties of debt. He graduated in 2008 from Pennsylvania State University with degrees in sociology and anthropology — and \$80,000 of debt.

Eight months after graduation, Troisi got a \$42,000-a-year job as a union organizer for Service Employees International Union-Healthcare Pennsylvania. His monthly loan payments totaled \$600, but with his parents' help and his own frugal living, he was able to pay \$1,311 per month. He was promoted to a \$50,000 job, and by the end of 2011, Troisi was able to retire half the loan.

Now, he's getting a master's degree in education at Temple, with an additional \$20,000 in loans.

Troisi, who lives in West Philadelphia, considers his original Penn State debt "outrageous." He added, "The loan is absolutely overwhelming. Penn State was founded to help the working class. But they're now pricing people out."

The bulk of students in America attend public colleges and universities, where state funding nationwide has been cut 2.8 percent in the past two years.

At the same time, experts on college financing point out, universities are continually spending money to improve their physical plants and to make their campuses more enticing to students.

SEE **DEBT** PAGE 4



<u>SpartaGuide</u>

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24th Annual Pilipino Cultural Night: S.P.A.M. 6 p.m. to 9 p.m. Mexican Heritage Plaza 1700 Alum Rock Ave.

San Jose, CA 95116 Presented by Akbayan Pilipino-American Organization

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7:30 p.m. to 9:30 p.m. SPX 89 Presented by SJSU's Ballroom Dance Club \$3 for one lesson / \$5 for both

SpartaGuide is provided to students, staff and faculty, free of charge. The deadline to submit is at noon, three working days prior to desired publication date. Entry forms are available in Spartan Daily, DBH 209. Send emails to spartandailyeditorial@sjsumedia.com titled "SpartaGuide." Space restrictions may require editing or exclusion of submissions. Entry is not guaranteed. Entries are printed in order of which they are received.



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Undeclared sophomore Melissa Aguas took an Asian-American studies class and noted the behavior of her Asian-American peers.

"They seem to keep to themselves and don't like to talk about their problems," she said. "When it comes to stress they like to keep it personal and if they don't do well in school or relationships, they blame themselves."

In addition, the stereotype of Asians as being "smart" or the "model minority" can add pressure to Asian-American students to succeed, but Aguas said it all depends on the individual.

"Some students may go against the stereotype, others don't, but it all depends on the person's personality," she said.

Ko added that even the addition of "positive" stereotypes could potentially cause mental harm upon a person.

"Even if the stereotype is positive, the concept of stereotyping is negative," he said.

In spite of the struggles Asian-American students face in today's society, Choi said they should not feel ashamed of where they come from.

"People can enjoy being in two cultures," he said. "They shouldn't feel ashamed of their heritage and it shouldn't bother them mentally."

Choi also believes that with a sense of independence and selfassurance, Asian-Americans can overcome their tribulations in American society.

"With the struggles, they (Asian-Americans) need to gain full ownership or else their identity won't be recognized," she said. Features: • On-site project manager • Computerized gate access • 24/7 Cameras • Close to Campus



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4 News **WASTE:** Proper handling needed

FROM PAGE 1

He said the janitorial staff puts its gloves into cans called "red bins" to identify the trash in a certain way and not to handle it as regular trash.

"So it kind of starts with the Environmental Protection Agency, then the EPA delegates to the state and local governments," Crock said.

Medical Waste Management is a program in the California Department of Public Health that develops laws and regulations for medical waste, he said.

Graduate student Jessica Overby, enrolled in the science education credential program, said the signs warning of biohazardous materials in Duncan Hall don't bother her.

"They're really careful," she said. "They have to disclose it as a legal issue."

Overby said the potential of being harmed by the materials isn't nearly as much of an issue as being in the sun all day, which causes cancer.

"I guess you always think about it, but in this case I don't think anything will happen," she said.

WASTE DISPOSAL

Young said the university has a county-approved company that is responsible for picking up the red bags.

"We don't take it from building to building, so it stays in this building," he said.

After the red bins are full, he said his responsibility is to make sure they get on the truck safely.

"No such waste can be sitting in waiting for removal for greater than 90 days," he said. "That's a county expectation."

Young said the biohazardous waste is often sterilized by freezing or refrigerating to help stop bacterial growth.

The biohazardous waste company could come to pick up within 24 hours if necessary, according to Young.

"How (sterilizing of biohazardous waste is) being done in whatever division is based on the nature of the material they're growing and however they have it, and sometimes it's also by volume," he said.

Another form of sterilization is autoclaving the materials, Crock said.

"Autoclaving is extreme heat, pressure and steam that would essentially kill these organisms," he said. "Then once that's happened, then it's handled as a simple waste material."

Young said once the material is taken by the waste company it is disposed of based on state and county regulations.

He said the state of California permits most biohazardous waste to be incinerated.

Young said it is important to make sure the waste is labeled correctly because it lets people know what material is in the bag.

"It's not to say that the items are infectious, because we simply don't know," he said. "It's essentially a culture of responsible conduct. I'm not going to say there aren't risks to students or anything, but you have to begin to measure risk."

There are four levels of biohazardous waste starting at level one - the safest biohazardous waste - going up to level four, which is reserved for the unknown, according to Young.

He said in his 20 years of working at universities, he has never seen a facility reach level three or above.

INDUSTRIAL: Projects to be showcased

FROM PAGE 1

Caltrain - to make a seamless transition of ticketing and developing a system for that." Samantha Del Rosario, an

industrial design senior, is working on a backpack to help disabled children.

"(It's) a traveling system for special-needs children who use feeding pumps," Del Rosario said. "It helps special-needs children who need formula pumped directly into their stomachs by a pump and it aids them when they're on their strollers or at school."

According to Del Rosario, the seniors propose their projects their first semester as a senior, which includes typing

up the idea and doing a lot of research to make sure the idea is workable.

> When the proposal is approved, they get design mentors to give them feedback on their projects and then get to work, finishing around the beginning of May.

> "There's four years in the program," Del Rosario said. "The idea behind the program is we do product design and design (a little bit) of everything, from the iPhone to furniture, or ergonomics."

They all do their own projects, which start with the foundation, and every year they have a portfolio review they have to pass in order to move on.

When their projects are finished, there will be a showcase at San Jose City Hall called the Junior-Senior Show on May 21 and 22.

Del Rosario said she hopes to start a line of backpacks and other functional bags when she graduates.

"I love this program," she said. "I wasn't sure what I was going to do. I was choosing between this and graphic design and I realized I really wanted to make stuff, and one of the things I really like about this program is the fact that you have such a small class so you become really close with (your classmates)."

DEBT: State apportions plummeting

FROM PAGE 3

Certain schools offer financial-aid packages without loans. But often, experts say, parents are expected to contribute, and they end up taking out loans.

When the family conversation turns to dollars and cents, the living room grows tense.

"Money is just a bunch of numbers to her," Paul Martins, 52, says of his daughter, Stephanie, 25, a student in her final year at Rutgers School of Law in Camden, N.J. For college and graduate school, Stephanie owes about \$100,000 in student loans.

"She has no idea how much that is," Martins continues. "But she's going to find out the hard way." Stephanie stays quiet, studying her father.

Martins and his wife, Isabel, 50, are Portuguese immigrants who live in a modest house in Barrington, N.J., with Stephanie, their only child.

Paul, who helps design pharmaceutical equipment, has a high school degree. Isabel, a paralegal, has an associate's degree.

Stephanie was a Spanish major at Ursinus College in Collegeville, Pa., where the yearly cost of attendance is near \$50,000.

"The biggest problem," Paul says, "is that she could've had a free ride at Rutgers."

Grants and scholarships would have paid for Stephanie's entire undergraduate education at Rutgers University-Camden. But she

Both Paul and Isabel have chosen to help pay Stephanie's loans over saving for retirement. "I didn't want to look back and say, 'Because I was greedy, she didn't go to college," Isabel says. "My biggest joy in life is seeing my daughter succeed. But it's so difficult for her generation."

After graduation this spring, Stephanie would like to be a prosecutor. But there are few openings.

"You always can go into private practice," Isabel tells her daughter, revisiting another well-worn family issue.

"I'd rather not," Stephanie says, quietly ending the conversation.

In a private moment away from her folks, Stephanie confesses "my stomach turns" when she contemplates her debt.

"I try to avoid thinking too much about it, or I'd collapse from the stress of it all," she says. "I thank God my parents let me stay with them."

Colleges are facing a shift in who pays their bills, concludes a recent study by the Delta Project, a nonprofit that studies college spending. Especially at public universities, the portion of costs covered by tuition is going up faster than overall spending.

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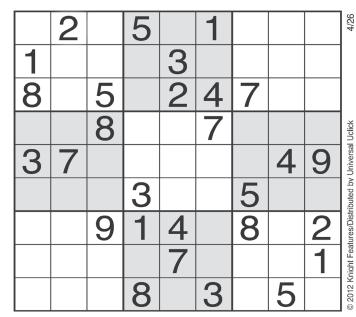
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email resume to: dgriffithjones@avac.us

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UNIVERSAL UCO -.

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



DIFFICULTY RATING: $\star \star \star \star \star \star$

How to Play

Complete the grid so

Previous Puzzle Solved

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Tuition hikes are hurting student futures



In an effort to elude high tuition costs the California State University has imposed on SJSU students, I have decided to enroll in courses over summer session to inch a little bit closer to graduation.

Did I mention that a parttime student enrolled in one to six units over the summer must pay \$2,075, according to the Bursar's office.

What the hell?

As a student, how does the education system expect me to pay this much money when the basic minimum wage per hour is \$8 in California, according to the U.S. Department of Labor website.

Currently, the tuition for a part-time student this spring semester is \$2,277, according to the Bursar's office, with a full-time student paying almost \$3,500.

Regardless of which school term I am enrolled in, high tuition costs are unavoidable to not only me but fellow SJSU students as well.

I am doing the best I can by enrolling as a full-time stu-

dent since high school gradu- marriage and having kids. ation and ensuring that I have good grades to avoid having to repeat a course at SJSU because I cannot afford to do so.

Hopefully, if everything goes well and luck is on my side, I will have graduated by Spring 2013.

However, when I do walk across that big platform on graduation day to receive my bachelor's degree in journalism, I will be handed a bill as well.

I will be starting my career backwards, being in debt rather than making a steady income, because I decided to be the first person in my family to graduate from college and be successful in life.

Because I chose to continue my education after high school, I wont be the only one affected by my decision.

One day, like many other people, I do plan on getting married and starting my own family, but it won't be easy.

I am sorry to say this, but to my future wife out there, you won't only be getting me in your life – but most likely my school debt as well.

Last week, Google published a news article saying that college loans have driven students to delay both

The education system nationwide has not only buried students in debt but has altered their future.

Graduate students don't have time to celebrate finally finishing school, they have to immediately begin to work their way out of the hole they buried themselves in financially.

'No matter how many ways you look at it, the education system in California is not helping students get out of college sooner rather than later."

Moreover, plans of meeting that potential wife are probably going to have to wait until

later when you're in your 30s because of student loans that need to be paid back.

It's unfortunate that students won't have the ability to get married or have kids soon because they simply chose to better their lives with higher education.

No matter how many ways you look at it, the education system in California is not helping students get out of college sooner rather than later.

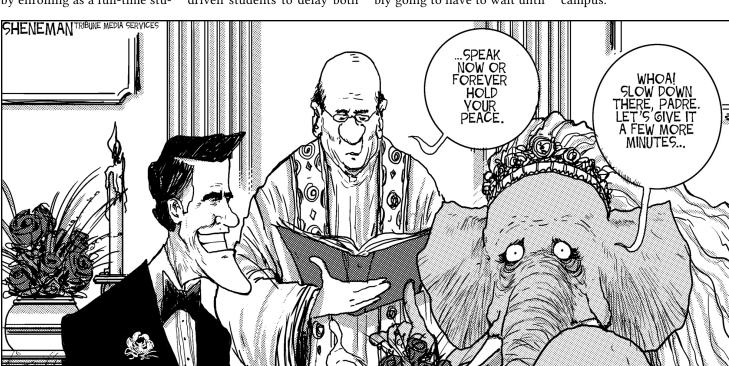
According to SJSU, students who once were able to take up to 21 units a semester in an effort to get out of school faster have now been capped at only 17 units.

Spring 2013 units will be capped at 16. Again, I am doing the best I

can as a student at SJSU, being full-time and going to summer session, but tuition won't go down.

I transferred to SJSU in the fall of 2010 with a low tuition cost of \$2,200, but this coming Fall 2011 semester I am looking at paying nearly \$4,000.

Ultimately, I am not the only person who faces these struggles with SJSU tuition fees, but I hope I have voiced the concerns of students on campus.



OPINION 5 A day in my skin: Learning to deal with being mixed



Segregation of a race on the basis of skin tone has played a major part in my life for as long I can remember.

Growing up, I always felt a little out of place and insecure about my skin tone.

Coming from a mixed background and living in a predominately African-American neighborhood as a kid, I was often singled out because of the color of my skin.

I learned at a young age that racism was not just black and white, but it was also light-skin versus darkskin in the black community.

As a child I had no concept of what skin color was or why all my friends were a different shade of brown in comparison to myself.

My mother, being a fairskinned woman, would try to explain to me why my skin was the color that it was but I never understood because all I ever wanted to be was dark-skinned.

Over the years, I felt like I had to over-compensate for being light-skinned, whether it be wearing my hair in braids or straight because I didn't want the other kids to see my curls.

I was bullied in school because all the other kids who were darker than me thought that I was better than them because of my lighter skin, but in reality I just wanted to fit in.

I was often called names like "light bright," "halfbreed" and even sometimes

how the African-American race has been oppressed by other races for so many years.

This type of mindset of light-skin versus dark-skin goes back to slavery days when the light slaves would work in the house and were called "house niggers" and the darker slaves who worked outside would be called "field niggers."

This idea of separation because of skin tone has shattered the unity of the African-American community before we even had a chance to unify as a people.

The light-skin versus dark-skin conflict is a mechanism created to make a race hate itself, and it is not something that just happens in the African-American community.

This stigma of skin tone happens in Middle Eastern cultures as well, in which, if you are of a lighter skin tone, you are thought to be better than someone who is darker than you.

Now that I have come to terms with who I am, no one can tell me that my skin tone is a factor in defining me as a person, because skin is just an outer layer and we should not let it define us a people.

Coming to terms with my skin tone was not an easy task, but it was something that I knew I had to do in order to move forward with my life.

I found that stepping out of my comfort zone and meeting new people and experiencing new things helped me build confidence in my appearance.

Through my newfound confidence, I learned to accept the things about myself



just "white."

The negative and hurtful things the other kids would say to me stayed implanted in my mind way into my high school years.

I was often told that I didn't belong at the "black kids" table because I was too light but I couldn't hang out with the white kids because I wasn't white enough and, for the longest time, I felt no sense of belonging.

It is sad that one race can oppress its own people without even thinking about that I could not change. "I hope that people come to realize that there is only one race and that is the human race and we are all a part of it," said Margaret Atwood, a Canadian poet, nov-

elist and literary critic. This quote gave me a different outlook on life and how I looked at people who had a skin tone that was different than my own.

It taught me that skin tone should never be a factor, because at the end of the day, skin is just skin.



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REVIEW



Keeping with Korean tradition, Omogari offers a variety of small dishes known as banchan. Most common is the spicy, fermented cabbage known as kimchee. **Photo by Jeffrey Cianci / Spartan Daily**

Japantown's tasty hidden gem

by Jeffrey Cianci A&E Editor

Everyone has their comfort food - a meal so satisfying that enjoying it is an improvement to your day.

For some, a bowl of macaroni and cheese or the combination of grilled cheese and tomato soup is what's needed on a down day to warm the mood.

On my less than perfect days, however, I find the sweet and spicy flavors of Korean barbecue mixed with the bitter earthy bite of kimchee to be the fix to warm my soul.

For Korean barbecue in the South Bay, many swear by the slew of Korean barbecue buffets along El Camino Real, whose piles of marinated meats and endless buffet stands of pickled snacks are wonderfully inviting but equally expensive.

While your search for allyou-can-eat bulgogi in Santa Clara can be a pricey endeavor, SJ Omogari in San Jose's Japantown is a much closer and equally satisfying meal. Located at Jackson and North

Fourth streets among the sushi restaurants and Japanese storefronts, SJ Omogari will fulfill any cravings for Korean barbecue.

The small, dimly-lit restaurant does not have the same capacity as the Santa Clara buffets — Omogari seat maybe 60 at the most — but the service is attentive and friendly and the food is delicious.

At nearly every Korean barbecue restaurant, your meal begins with your server spreading an assortment of as many as a dozen small dishes of pickled, marinated and steamed vegetables.

Known as banchan, these tapas-like dishes can be snacked on or mixed with your rice and barbecued meat.

The two most popular styles of banchan are kimchee, which are spiced and seasoned fermented veggies, and namul, which refers to blanched vegetables that are often flavored with sesame oil and vinegars.

While kimchee is often known as "kimchi," the spelling varies because of a dispute concerning the Japanese and Korean varieties of the fermented cabbage. Needless to say, the Korean's would rather you not confuse their kimchee with Japan's "imitation" kimchi.

The most notable of the kimchees is the bright pink baechu, a fermented napa cabbage with red chilis and salt that many know commonly as kimchi.

While kimchee is enjoyable for its spice and bitterness, namul is savory and flavored by the use of the distinct taste of sesame oil. My favorites are bean sprouts, cucumbers and garlic spinach.

Now that you've eaten your vegetables, it's time for that delicious Korean barbecue you came there for.

Your options at Omogari are the traditional marinated steak bulgogi, spicy pork and marinated short ribs called Gal-bee, which come as large portions of freshly cooked meat, easily sharable among friends.

Bulgogi (\$12.95), which I consider to be one of the best tasting meats, are soft, tender slices of beef marinated to a sweet and spicy sublimity.

The spicy pork (\$12.95) is also one of the better tasting things I have enjoyed. Marinated with red chilis, the bright pink strips are amazingly tender and have the perfect mix of sweet, smoky and salty.

deliciously tender at Omogari Korean restaurant in Japantown. Photo by Jeffrey Cianci / Spartan Daily

The Gal-bee short ribs (\$16.95), marinated in a sweet glaze and grilled, are very good but not nearly as enjoyable as the thinly sliced meat.

Each meat is served on a sizzling platter with chopped onions and cabbage, which allows diners to eat the meat as is, or let it rest a while longer on the hot pan for a nice crunch.

As a finishing prize to your Korean feast, Omogari offers free green-tea ice cream as dessert, which was sweet, with the perfect balance of earthy, green tea flavor.

Omogari in Japantown may not boast the exuberant buffet tables of the Santa Clara barbecue palaces, but it's a short drive and an enjoyable experience when your day needs a Korean barbecue pickme-up.

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