



SOCCER

Women's soccer takes first three-goal win

SEE PAGE 6



OPINION

How to lose 15 pounds in 10 weeks

SEE PAGE 7



SPARTAN DAILY

Serving San José State University since 1934

Monday, September 13, 2010

spartandaily.com

Volume 135, Issue 7

INSIDE

NEWS

- Spartan Squad celebrates five-year anniversary **2**
- Students work to prepare for WST **2**
- Workshop confronts lesser-known prejudices **3**

A&E

- Biting a 'Georgia Peach' **4**
- 'Anna Karenina' leaves an impression **4**

SPORTS

- Women's volleyball outlasts Portland State in five sets for first of three wins **5**
- SJSU downed by No. 11 Wisconsin **5**
- Goal sparks offense in shutout of UC Riverside **6**

OPINION

- Working in the service industry with a smile **7**
- Modern day cane and able **7**
- The ease of cutting calories **7**

ONLINE

VIDEO

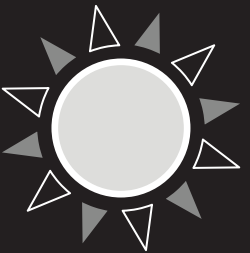
- SJSU students celebrate Eid news.sjsu.edu

SOCIAL MEDIA

Become a fan on Facebook
facebook.com/spartandaily

Follow our tweets on Twitter
@spartandaily

OUTSIDE



High: 77°
Low: 53°

Regulators order utility to inspect gas system; blast victims return home



PHOTO COURTESY OF: DON BARTLETT | LOS ANGELES TIMES (MCT)

Firefighters check for hot spots in the rubble of homes along Claremont Drive in San Bruno, California, Friday, September 10, 2010, that were destroyed when a large underground natural gas pipeline exploded on Thursday.

PALOMA ESQUIVEL

TONY BARBOZA

CATHERINE SAILLANT

Los Angeles Times (MCT)

SAN BRUNO, Calif. — State regulators Sunday ordered Pacific Gas & Electric Co. to inspect its entire natural gas system, as victims displaced by Thursday's San Bruno explosion began returning to their devastated neighborhood and investigators searched for four people still missing and tried to identify the dead.

The California Public Utilities Commission said it will ask PG&E to inspect its 5,722-mile natural gas network, giving priority to high-pressure lines such as the one that exploded in a suburban neighborhood Thursday,

killing at least four people and destroying 37 homes.

Commissioners also ordered PG&E to preserve records relating to the explosion and to any work done on the San Francisco Peninsula pipeline, and singled out service performed in September 2010 at the Milpitas terminal. Commission President Michael Peevey said he received a letter from Lt. Gov. Abel Maldonado on Saturday asking him to take the actions. Maldonado has been leading the disaster response while Gov. Arnold Schwarzenegger is in Asia.

PG&E employees and contractors will be interviewed as part of the probe. The company's process for investigating leaks will be examined as well as annual budgets to determine how much of the money authorized for

leak detection is actually spent, Peevey said in a news release Sunday.

The utility has said it performed an inspection of the San Bruno pipeline in the past year and turned up no problems.

PG&E has already begun to inspect the three pipelines that serve the San Francisco Peninsula. Geisha Williams, the senior vice president for energy delivery, told residents at a packed town hall meeting Saturday, "For San Bruno and the immediate areas, we are all over it, and we're developing a more comprehensive plan to look beyond San Bruno into San Francisco."

A 7,481-foot segment of the San Bruno line, farther north, was identified as among the top 100 riskiest, according to documents the utility filed with the California Public Utilities

Commission. That segment, built in 1948, needs to be replaced because "the likelihood of a failure makes the risk of a failure at this location unacceptably high," the documents concluded. The company proposed to spend \$5 million to replace it between 2012 and 2014.

Andrew Souvall, a PG&E spokesperson, said that section was inspected on Friday. "No leaks were found," he said. He said that the report's reference to pipeline risk was "forward-looking," meaning it would become a risk if it were not replaced in the proposed timeframe.

"We constantly monitor our system and if at any time we identify a threat to public safety we act to repair it," he

See **SAN BRUNO** Page 3

Locals, students react to fires

STAFF REPORT

When Therese Idiart arrived at her home on San Bruno Avenue, San Bruno on Sept. 9, she said she was shocked to see fire engulfing houses less than a half mile north of her.

"You could definitely see the flames and there was smoke coming from where the fires started," she said. "There was a loud noise like the engine of an airplane."

Because of the city's proximity to San Francisco International Airport, she said San Bruno's residents had become accustomed to the

flight patterns of airlines and the distinctive sound of their engines.

She said she and her neighbors feared there had been a crash because of the fire and familiar sound, which she later discovered were the results of an underground gas line that had exploded.

Idiart said that 15 minutes later the power went out and the only form of communication was spotty cell phone reception.

"It was very frightening," she said. "It's another reminder of how fragile we are."

Meanwhile, Idiart's

daughter, Martine, said she was desperately trying to reach her mother from her home in San Jose.

"My mom ended up not having to be evacuated," said Martine Idiart, a junior dance and nutrition double major at SJSU. "But I was just on edge all night waiting for her, making sure she was alright."

Martine Idiart wasn't the only SJSU student concerned by the fire.

Erika Katwan, a senior civil engineering student,

See **FIRE** Page 3

Muslims celebrate Eid holiday

ISAIHAH GUZMAN

Staff Writer

Muslim SJSU students joined Muslims throughout the world on Friday in celebrating the Islamic holiday of Eid al-Fitr.

Eid al-Fitr, one of the two holiest Islamic holidays, marks the end of the Islamic holy month of Ramadan, when Muslims fast from sunrise to sunset, said Issra Dalil, the co-president of SJSU's Muslim Student Association.

"It's basically a day of festivities and giving thanks to Allah — God — who has enabled us to finish the month of Ramadan," said senior microbiology major Dalil.

She joined other students from SJSU in attending prayer at the Muslim Community Association in Santa Clara, where more than 3,000 people attend on a typical Friday, according to the association's website.

"You just take a look around at all the different people celebrating together, all the ethnicities and cultures, and it's really beautiful," Dalil said. "It makes you wonder why beyond that there's so much conflict in the world."

This Eid al-Fitr comes on the heels of tragedy in Pakistan, which the CIA lists as 95 percent Muslim.

Floods there have affected almost 21 million people, killed more than 1,700 and destroyed or damaged more than 1.8 million homes since July, according to the United Nations.

In a statement released by the White House Press Office, President Barack Obama urged Americans to donate to the victims.

"On this Eid, those devastated by the recent floods in Pakistan will be on the minds of many around the world," he wrote.

Billal Asghar, a senior global studies major, said he has been gathering donations to send to Pakistan, in keeping with the custom of doing good deeds during Ramadan.

"Whatever I can do," he said. "I've been trying to organize people to donate, and there's been a very good response from the American

See **EID** Page 2

Spartan squad commemorates five-year anniversary

MELISSA SABILE
Sports Editor

Thursday evening kicked off the fifth annual Spartan Squad event, where more than 1,500 free Spartan Squad T-shirts were given out to students who came within the first hour. "Spartan Squad was created by a group of students who wanted to make school spirit more common," said Event Coordinator Matthew Olivieri. "I think it grew bigger than they thought it would. People just kind of took it and ran with it." Alex Peters, a senior international business major and Associated Students event coordinator, said the A.S. promoted the event. "It's put on by Associated Students Events," Peters said. "It's a new department. We put on events like this and 'Fire on the Fountain.'" He said the event and the free shirts were paid for by the student fees. "That \$77.50 you pay for that helps fund the Print Shop and the Service Center, it also pays for things like this," he said.



PHOTO: DONOVAN FARNHAM | SPARTAN DAILY

Jenny Castaneda, a junior business marketing major, competed in the whipped cream eating contest hosted by the Spartan Squad on Thursday, Sept. 9.

"Students pay the fees so this is just a way to get some stuff back." Students lined up and filled the quad of the Campus Village to get a free T-shirt and play assorted carnival games, eat free ice cream, and enter a raffle for a free iTunes gift card. Olivieri said all this year, they redesigned the T-shirt distribution to make it run more smoothly. "If you don't have a shirt you just need to have your Student ID," he said. "When you put your e-mail address in, A.S. will send you updates on how to get more involved with the school."

He said the event aimed to help freshman get included in school events early in the semester. "My friend is a cheerleader and told us to come," said undeclared freshman Kimberly Kuchinka. "I love the school spirit at San Jose State and it's just another way to have fun."

Kuchinka said the promise of a free T-shirt was definitely a big help. "I'm going to wear it to games," she said.

Members of the SJSU football team and head coach Mike MacIntyre came out to help promote the Spartan Squad event and vamp up school spirit.

"It helps encourage us when the city and the school support us and help us fight," sophomore linebacker Charles Scicli said. "If we can get a full stadium, it's a great feeling to have. It's good when the fans are loud and having a good time and it helps motivate us."

Sophomore tight end Ray Rodriguez said he agreed. "Winning is the key," Rodriguez said. "Fans will be encouraged to support us if we are successful on the field."

MacIntyre said events like what Spartan Squad promotes does a lot for the team.

"I think it brings a sense of pride and it helps motivate the young men," he said. "We just went to Alabama and the student section was completely full. If we can do the same thing here, I think it will encourage the team to play better. And it will be nice to see all that gold in the stadium."

It is important to get the students involved, he said, and he will be starting a new tradition of getting the freshman in their Spartan Squad shirts to go on the field at the beginning of the first home game to help welcome the players to the field.

"School spirit helps the students get emotionally attached," MacIntyre said. "They get to interact with each other — it's good social networking. It brings them together."

Suruchi Joshi, a freshman occupational therapy major, said she and her friends didn't know about the event ahead of time, but still wanted to join in.

"We were walking back from dinner and heard the sound from the speakers and were wondering what was going on," Joshi said.

She said she thinks these types of events help raise the morale of the school.

"It brings students closer together when everyone is out here like this," she said. "There's a lot of school spirit."

Christine Gilbert, a freshman sales and marketing major, said she wanted the free Spartan Squad T-shirt.

"We want to go to all the football games," Gilbert said. "We will definitely wear (the T-shirts) to the games."

EID

From Page 1

Pakistani community. People are donating their clothes, whatever. We still need support from Americans who are not Pakistani."

Eid al-Fitr is one of two Eid holidays celebrated by Muslims. The other one, called Eid al-Adha, takes place after the annual Islamic pilgrimage to Mecca during the 12th month of the Islamic calendar, according to the Council on American-Islamic Relations.

Eid this year also comes in the midst of controversy about a mosque being built at ground zero in New York City, and talk of a Quran burning by Florida Rev. Terry Jones.

All this has been reported on extensively by The Washington Post, The New York Times, CBS and Fox news and other major newspapers and television networks.

Dalil said she feels that the recent controversy is caused by a constant association of Islam and terrorism in newscasts.

She said the word Islam actually translates to peace.

"Peaceful submission comes through a balance," Dalil said. "(Islam) is not what is portrayed through the media as a harsh, harsh religion."

On Thursday night, the Mosaic Cross Cultural Center held an iftar meal, which junior finance major Aisha Qasim said is a celebratory meal to break the Ramadan fast.

Qasim said she would split her time on Eid between relatives who drove up from Los Angeles and her friends.

"All the San Jose State students get together and go out to lunch," she said. "It's a prayer thing, too. We all pray for health, wealth and our future."

Mohammed Abusharkh, an SJSU electrical engineering alumnus, attended Eid morning prayers at the Muslim Community Association.

He said Eid is different here than it is in Egypt, where he was born and raised.

"Over there it's mostly family," he said. "We don't hang out with friends that much."

Asghar, who was born in the U.S. but lived in Pakistan for nine years, said Eid slightly resembles Thanksgiving, though with a religious purpose.

"All Muslims are brothers and sisters and it kind of reinforces that," he said. "There are different people. You are encouraged to be yourself, but at the same time there is a feeling of sisterhood, of brotherhood."

"That feeling is very unique when you see different races and people hugging each other and not having any animosity. It's amazing how a religion can bring people together like this."

“
On this Eid, those devastated by the recent floods in Pakistan will be on the minds of many around the world.
”
PRESIDENT BARACK OBAMA

Students work to prepare for WST

SHIVA ZAHIRFAR
Staff Writer

Eighteen students now know what to expect on the Writing Skills Test after attending a workshop on Sept. 10 in the Student Activities and Service Center.

"I wanted to learn more about how to pass the test," said undeclared sophomore Amy Martinez.

During the workshop, organized by the Learning Assistance Resource Center, a PowerPoint presentation went over the essay and multiple choice sections of the WST.

"It will ease their nerves because they will know what to expect," said Amy Lehman, a writing and learning specialist for the center.

While discussing the three types of prompts the essay section of the test is based on, Lehman gave tips to the students.

Junior nursing major Patricia Guzman

said she will try to use all the tips discussed at the workshop when she takes the WST.

"They are really helpful," she said. "I will study those tips. I will have a good chance to do better."

Tips for better writing
Examples of direct, open-ended and quote prompts showed students what kind of essays they would be asked to write.

Before the writing portion of the test begins, Lehman said students are given 15 minutes to brainstorm the prompt and that it's important for them to completely understand what is being asked.

She said circling key words, rereading the prompt, writing an outline and thinking of personal examples are some useful ways to use the time allotted.

Students were provided an opportunity to use these tips during the workshop when they were given a sample prompt and asked to brainstorm for eight minutes.

If students have leftover time after reading the prompt and organizing their

thoughts, Lehman suggested they write down key sentences such as the thesis.

Writing a couple of sentences of the conclusion during the brainstorming time comes in handy, Lehman said, because students often run out of time before writing the essay's conclusion.

Lehman said she is often one of many readers who grade essays from the WST and that readers look for students who look at the topic from all sides.

"Showing thoughtfulness will boost up the score," she said about discussing both sides of a subject. "Not looking at some as just black or white shows you are thinking about the topic."

Lehman also had suggestions for students when it came to the multiple choice part of the WST.

According to the PowerPoint presentation, students who are stuck on a question should try to scan, understand, eliminate, pick or guess the answer.

Lehman said students do not get marked down for a wrong answer and she advises students to guess if they are unsure.

By not filling in a bubble on the answer key, she said a student might answer the next question in the empty spot, making all of the answers off by one.

Selena McGowan, a junior graphic design major, said the workshop has helped her feel more confident about taking the WST.

"Knowing about the style and how they are going to grade, it puts you to ease," she said.

Alice Ting, director of the Learning Assistance Resource Center, said the WST workshop was created more than nine years ago when the center realized there was a need for WST support.

"We don't want the anxiety to build up," she said. "We don't want them to go in cold about the test format with no idea about what the test is all about."



PHOTO: TIM O'BRIEN | SPARTAN DAILY

Amy Lehman, faculty writing and learning skills specialist for the Learning Assistance Resource Center, goes over writing strategies for the Writing Skills Test at a workshop in the Student Services Center on Friday, Sept 10, 2010.

An Evening With Dolores Huerta

"By the Time We Got to Phoenix: SB 1070 and the New Chicano Civil Rights Movement"

A conversation with legendary civil rights activist Dolores Huerta, MALDEF president Thomas A. Saenz, and three members of the activist band Ozomatli; moderated by Richard Gonzalez of NPR.

September 23, 7:00 PM
Morris Dailey Auditorium

\$15 General - \$10 Students
available at Event Center Box Office or at ticketmaster.com

A benefit for the Center for Steinbeck Studies and the Mexican Heritage Corporation

Sponsored by the Student Union, Inc. and Mexican Heritage Corporation; in cooperation with Associated Students and the César Chávez Community Action Center.





PHOTO: HUSAIN SUMRA | SPARTAN DAILY

Students participate in a workshop about heightism and sizeism on Sept. 9 at the Mosaic Cross Cultural Center.

Workshop confronts lesser-known prejudices

REBECCA HENDERSON
Staff Writer

For anyone who has been told they were too tall, too short, or even just average, Mosaic interns at last Thursday's workshop set out to educate students on height and size discrimination and clear up stereotypes.

"The event was very eye-opening because heightism is the least-known prejudice in our society and people should definitely be more aware of it," said senior psychology major Evelyn Shieh.

The two main points discussed in Thursday's program, organized by the Mosaic Cross Cultural Center, were heightism, which is discrimination because of height and sizeism, which is discrimination based on someone's size.

"When it comes to issues of size and height, it's something that goes unnoticed in our society," said Lukogho Kasomo, a senior political science major who set up Thursday's program. "No one really thinks about height."

She said skin color, gender and religion are the most commonly talked about topics because they are the things most obvious.

"When you start to talk about size proportions, people

don't really see how that affects people's lives," said Kasomo, a diversity advocate intern for Mosaic.

A brief history of the Napoleon complex, also known as short man's complex, was explained and three videos were shown during the program.

There was a question and answer segment where students discussed misconceptions and feelings they had about each group.

Throughout the workshop, students were asked to form groups, which placed them according to their height: average, below average and above average.

According to the program, the average height of a man is 5 feet 9 inches and for women, 5 feet 4 inches. Women who are 5 feet 3 inches and under and men who are 5 feet 8 inches and under are considered below average, while women 5 feet 5 inches and over and men 5 feet 10 inches and over are above average.

"I thought the event was really good because I never thought of height in terms of prejudice and I didn't realize I was considered above average," said Lindsey Leong, a senior social science major.

Leong said she thought it was very interesting the way everyone was broke up into

groups.

"Be mindful of your language and don't stereotype people based on their height," said senior psychology major Denisse Mendez.

Marc Baker, a Mosaic diversity advocate intern, said these programs are held every Thursday throughout the semester until finals and there are 10 workshops held during a semester.

"Depending on the topic and how we advertise it, the number of people that attend can be anywhere from 20 to 40 people," said Baker, a junior health science major.

On multiple occasions, he said Mosaic was packed and students were only able to stand up, with an average of 20 or more people showing up to the programs.

"We act as a resource for the campus and we are here to educate SJSU and the San Jose community on issues of social justice, diversity and multiculturalism," Kasomo said.

Baker said that affecting one person can create a chain reaction, which is what the Mosaic staff strives for in each program.

"I feel like the event was a success because anytime I can educate someone on something I feel like I have succeeded in that aspect," Kasomo said.

his own house.

"We have a lot of trees around the backyard, so that always brings up potential problems, but for the most part I feel safe," he stated. "I hope PG&E does some tests to make sure it doesn't happen again."

Keirns stated he was sitting in his house when he heard a big boom that lasted for at least 45 seconds.

"You could hear siren after siren racing by the house for about an hour," he stated. "I closed all the windows so none of the smoke could get in and prayed for nothing else to happen."

San Bruno resident Mike Parra said he wasn't evacuated from his home about a mile away from the fire.

"That night we had to close all the windows and doors because of the heavy smoke," he said. "It was pitch black."

Alexander Kulik, a senior corporate finance major, said the age of gas pipes should be a major focus in the regulation process.

"If the pipes are really old than they could become a problem," he said.

Kulik said if the pipes get to a certain age, PG&E should check them to see if there is a problem.

"They should overhaul the whole regulation process," said junior marketing major John Tran. "Its clear there is a problem."

Tran said this disaster shows there are major issues with the regulation process.

Keirns said he was glad PG&E had taken responsibility for the explosion and hopes they restore the neighborhood quickly.

Pat Lopes Harris, director of media relations at SJSU, stated in an e-mail that 89 SJSU students list San Bruno as their home address.

"Via e-mail, we have offered all of these students counseling services," Harris said. "A few have called in for such help, as well as housing."

SAN BRUNO

From Page 1

said. "We always take a proactive approach toward the maintenance of the lines."

City officials said two of six people previously reported missing had been located. The San Mateo County Coroner confirmed four deaths, while the San Bruno police reported further remains that may be additional victims. Forensic testing on the remains is pending.

The National Transportation Safety Board, which is leading the investigation, said it could take more than a year to finalize its investigation into the cause of the blast.

Federal investigators said they would issue a preliminary report in the next 30 days or would issue recommendations right away if a safety issue is found. NTSB vice chairman Christopher Hart urged witnesses to contact local authorities or e-mail investigators at sanbruno@ntsb.gov, noting that the agency is particularly interested in viewing videos of the fire.

With the inquiry in its infancy, evacuees began returning to their homes on Sunday while others turned to prayer for solace.

Around mid-day, police allowed residents who live at least a block away to return home.

Emil Mathews and his wife, Lisa, pulled up to their light-brown tract home, within a stone's throw of the destruction zone, a few minutes after search teams with cadaver-sniffing dogs departed.

After looking inside to make sure everything was in place, Emil Mathews put up a ladder and climbed to the roof to view the devastation: home after home reduced to smoldering black piles, a fireplace sticking up here and there. A few houses away, the street looked normal: tidy homes, manicured lawns and unscathed cars lining the curb.

The only nearby clues to Thursday's devastation were a pair of abandoned pink flip-flops, a few singed leaves and a bright neon-green sticker on the door that read: "lawful residency permitted."

"I feel very blessed," said Lisa Mathews, "but six houses down everything is gone."

Closer to the center of the blast zone, residents gathered near metal barricades and shook hands and hugged, some introducing themselves for the first time. Someone proposed a neighborhood party or some kind of get-together, to get to know each other better and support one another.

"It's funny," said Dennis Costanzo, "now we're getting to know each other. The feuds and all the petty arguments are gone."

The community, residents say, is a friendly one — a middle-class place where people buy homes because they are cheaper than in neighboring San Francisco yet offer a reasonable commute. San Bruno has 40,000 residents and is located 12 miles south of downtown San Francisco.

It's not that people didn't know each other before this happened, neighbors said, but it was like many suburbs: sometimes you say a quick hello to your neighbors, sometimes you fight about little things.

"Something changed here when this hap-

pened," said Maria Orrante, who has lived on and off in the neighborhood for 40 years. "People that you haven't seen around the corner for 10, 15 years, now we're all coming together. It's like we're all family."

Earlier, residents filled houses of worship, including the tearful congregation at Bethany Presbyterian Church.

Three members of the small church remained unaccounted for and were presumed dead: Greg Bullis, his teenage son William, and his elderly mother, Lavonne.

"Most of us came particularly with the Bullis family in mind," said Rev. Don Smith during the 10 a.m. service. "Lord, there are times when grief is worse than others, pain more enslaving of our lives. Today, the Bullis family comes with grief and sorrow — not because they know, but because they don't know."

"Move along the process, so we may know the truth," Smith prayed. "Lord, embrace this family in your arms. Give them the sense of your presence."

Two other missing members of the congregation had been found safe, and many of the churchgoers at Bethany Presbyterian struggled with conflicting emotions.

They were stunned by their community's disaster, but grateful for the city's first responders and the outpouring of support.

"What love and support everyone has given," exclaimed one congregant during open prayer. "We all have so much to be grateful for. Yes, the event has been horrendous. But we have to take our blessings into account."

At St. Robert's church, worshippers prayed for the dead and for families who lost homes and for those returning to structures nearly destroyed.

Pastor Roberto A. Andrey said one of the identified dead, Jessica Morales, 20, had been volunteering for a safari-themed church festival scheduled for this coming weekend.

Another church member, Elizabeth Torres, is believed to be among the dead. The pastor spoke to her devastated eldest son, who said authorities are conducting forensic tests to verify they found his mother's remains.

"It's almost certain that it was her," Andrey said.

Parishioners have raised several thousand dollars for displaced families. One family is being housed in a convent on the church grounds, and the church opened a respite space at its retreat center in Los Altos.

"It will take some time before we get back to normal," Andrey said.

People whose homes burned were not allowed within the inner perimeter because of the continuing investigation. Still, some tried.

A man with gauze bandages on his head and neck approached Glenview Drive and San Bruno Avenue, south of the explosion site. He surveyed the area from a vantage point on a sidewalk above and asked a city official if he could go see the ashens remains of his home.

Councilman Ken Ibarra told him no — only people with intact homes would be able to return.

"It doesn't matter," he said, turning around. "It's all gone."

FIRE

From Page 1

said she heard about the fire when her cousin, who lives in San Bruno and works at a CVS Pharmacy Drug Store near the fire, called her to find out what happened.

"She called because she heard a loud noise and everyone's car alarms were going off in the parking lot," Katwan said. "She wanted to know what happened, so we turned on the TV and it kept saying it was a plane, gas station — all this stuff — we just kept listening and we found out it was natural gas line that blew up."

Senior biology major Christine Ha said she thinks that SJSU should be helping out in some way with relief efforts because help in a situation like this should come from everywhere.

"Students have the drive but the faculty may have more push with things, so if they were to work together that would help," she said.

Huy Pham, a senior human resources major, said the images from San Bruno were shocking and that it looked like something out of a movie.

"I'm not scared at all," said senior management major Ken Oshiro, about this kind of accident happening in San Jose. "This type of thing doesn't happen all of the time."

Oshiro said the accident will motivate the Pacific Gas and Electric Company to review its safety regulations.

"All the homes around here were built around the same time and the pipes were built around the same time, too," Therese Idart said. "There are still a lot of questions in people's minds."

Patrick Keirns, who lives within a mile of the origin of the fires, stated in an e-mail that he was concerned about the gas lines around

Love at First Bite!

"Wow! The best sandwich I ever had!"



260 E Santa Clara St
@ 6th St
San Jose
408.286.8808
Next to San Jose City Hall

2471 Berryessa Road
@ Capital Ave.
San Jose
408.926.9888
Next to Taco Bell

Yolee's
Buy any medium sized frozen yogurt and get your first two toppings FREE!
Toppings: Fruit, Protein, Yogurt, New Serving at Lee's Berryessa City
Expires 12/20/2010

LEE'S SANDWICHES
Over 30 locations to serve you* call 800.640.8880 or visit www.leesandwiches.com for the location nearest you
*Coupon only valid at Santa Clara St. and Berryessa Locations

Biting a 'Georgia Peach'

DRINK OF THE WEEK



JAIMIE COLLINS
Staff Writer

Every so often, my best friend and I go out together in search of a relaxing night with good food, yummy drinks and interesting conversation.

Last week, we decided it was high time for a girl's night out and made our way to the Cheesecake Factory inside South San Jose's Oakridge Mall.

While our main reason for visiting was to eat dinner, I was daydreaming about ordering one of the restaurant's tasty drinks to finish off my busy week.

At 8 p.m. on a Thursday, the restaurant was moderately crowded and the classic "Somewhere Over the Rainbow" playing in the background

was muffled by the chatter of guests and clatter of utensils on dishes.

The ambience provided the perfect atmosphere to unwind and relax.

After placing a square napkin in front of me and a basket of bread on the table, the 20-something waiter asked if I would like something to drink.

I replied with an enthusiastic yes before asking him if the restaurant had a signature cocktail that was unique and popular.

Almost immediately he gave me a confident answer.

The Georgia Peach.

At the relatively cheap price of \$9.50, this treat is a tasty combination of Skyy Vodka, peach liqueur and a fruity swirl of fresh peaches and raspberries.

In the meantime, the waiter brought us a steaming plate of breaded calamari and rich tartar sauce for dipping.

We hadn't been munching for long when the waiter returned, carrying a gorgeous glass full of a red-orange swirled beverage.

To accompany the unique name, this drink actually looked like a peach.

Served in a stout round cup similar to a brandy glass, the smooth concoction was garnished with mint leaves to resemble a peach with a stem.

As the waiter set the sweating glass in front of me, I couldn't help but think that the drink's color was pretty to look at and I hoped that it tasted just as good.

And, boy, was I right.

The drink wasn't amazingly impressive at the first sip, but it got better and better the more I drank.

The fruit gave it a frothy, slushy consistency while the peach liqueur masked the bitter taste of the vodka, creating a mild mixture of sweet and tart.

My head pulsed from a brain freeze as I impatiently slurped down the tasty refreshment with two black straws.

The blended ice kept the mixture cold but melted almost immediately in my mouth, providing a cold, thirst-quenching drink.

Overall, the Georgia Peach definitely delivered in my search for some relaxing liquid therapy.

After paying our bill, the waiter stopped by our table one last time to ask me what I thought of the drink.

I replied with a satisfied, "Simply delicious."



PHOTO: JAIMIE COLLINS | SPARTAN DAILY

The "Georgia Peach" consists of Skyy Vodka, peach liqueur, fresh raspberries and peaches.

'Anna Karenina' leaves an impression

REVIEW 3/5



JORDAN LIFFENGREN
Staff Writer

A roar of applause ensued as the cast of "Anna Karenina" took its final bow Saturday night at Opera San Jose.

The West Coast premiere was met with hundreds of well-dressed guests, mini-binoculars in hand, anticipating David Carlson's newest opera.

Based on the novel by Leo Tolstoy, "Anna Karenina" is a story full of love, betrayal and heartache.

Directed by SJSU alumna Irene Dalis, the opera was complete with magnificent costumes and simple, yet elegant set design.

The cast and orchestra worked together to create a beautiful harmony of voice and instrument, showcasing each cast member's range and ability.

The main characters on opening night included Anna Karenina, played by Jasmina Halimic, Alexei Karenin, played by Kirk Eichelberger, Alexei Vronsky, played by Krassen Karagiozov, Konstantin Levin, played by Michael Dailey, and Kitty Scherbatsky, played by Khori Dastoor.

Only some members of the cast were present on stage that night, as performers are interchanged for every performance.

A screen above the stage posted each line of dialogue between characters, making the story easy to follow.

Set in 19-century St. Petersburg, the story follows the life of a Russian woman named Anna Karenina.

Karenina is married to a senior statesman named Alexei Karenin, whom she has fallen out of love with.

She has found a man that she feels she loves more than Karenin, with every bit of her soul — a man named Vronsky.

But she and Karenin have a son named Serioja, whom she would do anything for.

She wants to run away with Vronsky, but by law, Karenin will have full custody of Serioja if she chooses to divorce him.

Karenina is forced to choose between her son and her lover — a choice she cannot bear to make, but must.

It is a story full of torment and regret and leaves you feeling distraught, until a side story brings light to the end of the opera.

The themes of adultery, remorse and the importance of love made for a performance bursting with emotion.

My favorite line was sung by the character Konstantin Levin, as he realizes in the end that all that matters in life is learning "to love and to be loved."

Jasmina Halimic had an amazing range, and carried the show with grace and talent.

Michael Dailey impressed as well, stealing scenes at times with his incredible control and projection.

They had an unbelievable orchestra backing them up, with not a single mistake heard by anyone in the audience. The strings were so beautiful, evoking even more emotion with the help of each singer.

Together, the ensemble was a delight to watch.

Playing now through Sept. 26, SJSU students can see "Anna Karenina" for \$11 — a small price to pay for such a well-known and respected opera.

Throw on your best penguin suit and head to South First Street where you can feel classy and respectable for at least one night of your college career.

SJSU ASSOCIATED STUDENTS Government

Applications Due: September 17

Homecoming Court

PICK UP APPLICATIONS AT THE A.S. HOUSE FRONT DESK OR THE A.S. WEBSITE

TO BE NOMINATED TO THE HOMECOMING COURT, APPLICANTS MUST HAVE A 2.5 GPA OR ABOVE AND BE A FULL TIME STUDENT

STILL A VIRGIN?

FOR HELP CALL 888-743-4335 TOLL FREE

THEVIRGINITYHIT.COM

COLUMBIA PICTURES PRESENTS A GARY SANCHEZ PRODUCTION
"THE VIRGINITY HIT" MATT BENNETT ZACK PEARLMAN PRODUCED BY AMY HOBBY EXECUTIVE PRODUCERS OWEN BURKE
PRODUCED BY WILL FERRELL ADAM MCKAY CHRIS HENCHY PETER PRINCIPATO PAUL YOUNG
WRITTEN AND DIRECTED BY ANDREW GURLAND & HUCK BOTKO
SONY COLUMBIA PICTURES
R RESTRICTED STRONG LANGUAGE AND SEXUAL CONTENT, DRUG AND ALCOHOL USE

www.as.sjsu.edu/asgov

This event is wheelchair accessible. For other accommodations, such as assistance with vision or hearing, please call A.S. Government at (408) 924-6240 or visit online at www.as.sjsu.edu.



ASSOCIATED STUDENTS

Women's volleyball outlasts Portland State in five sets for first of three wins

MICHIKO FULLER
Staff Writer

The SJSU women's volleyball team emerged victorious at home against the Portland State Vikings (4-6) in a 3-2 win on Friday night.

The Spartans (4-6) decided the match in the final set by scoring eight points in a row to come from behind and win 16-14.

Leading the team in kills was freshman left side hitter Hanah Blume with 20.

"The other players did a nice job of holding a block to free up Hanah," said head coach Oscar Crespo of her numbers.

The Spartans took the first set at 25-19 with Blume and sophomore middle blocker Alex Akana, the second highest scorer, taking control of the ball.

In the set there were five

lead changes and the score was tied eight times. However, SJSU was leading by the first timeout and maintained until the end.

The Vikings took control of the next set, winning by ten points despite being tied at 8-8 early on.

With Portland State one point away from winning the set, the Spartans pushed a long rally but couldn't make up the difference.

Now knotted at 1-1 in the match, sophomore setter Caitlin Andrade said the team just kept believing.

"We knew we had this game," she said.

In the third set, the Spartans took an early lead and continued to build their dominance without relinquishing the lead or allowing a tied score.

At one point toward the middle of the set, the Spartans were nine points ahead of the Vikings.

The point difference shrank as both teams fought toward the end of the set and Portland State closed the gap to as few as three points.

However, SJSU took the third set — putting them ahead once again in the match.

The Vikings served first in game four and the Spartans trailed 3-6 by the first timeout.

Portland State went on to win, sending SJSU into game five tied for the match.

"We went up and down, but we found our rhythm," Blume said.

In the final game, the Spartans gave up two points on serves allowing the Vikings to push ahead.

Midway through, Akana scored two points before the Vikings called a timeout while still in the lead.

The Spartans kept rolling



Sophomore Krista Miller (15) and freshman Sarah Griest — both left side hitters — reach up for the block during Friday's game against Portland State.

PHOTO: STAN OLZEWSKI | SPARTAN DAILY

WEEKEND RESULTS

	1	2	3	4	5	total
Seattle University	14	25	18	25	13	2
SJSU	25	21	25	21	15	3
CSU Bakersfield	15	16	18	--	--	0
SJSU	25	25	25	--	--	3

and tied for the lead at 14-14, only two points away from clinching the win.

The Spartans blocked the Vikings' attempts to score and came back from a six point deficit to take the night.

Portland State and SJSU each scored 71 points overall in the match.

Crespo said the key to the Spartan victory was taking it one point at a time and not overplaying.

GAME STATS

	SJSU	WIS
First downs	13	22
3rd-downs conv.	3-12	8-13
Net total yards	307	403
Net passing yards	252	191
Comp.-Att.-Int.	22-30-2	15-22-1
Net rushing yards	55	212
Rushing attempts	20	46
Offensive plays	50	60
Avg. gain per play	6.1	5.9
Fumbles-lost	1-0	4-1
Penalties-yards	7-52	2-25
Punts-yards	6-140	3-134
Punt returns-yds.	0-0	2-5
Kick returns-yds.	4-88	3-35
Possession	28:06	31:54

SJSU downed by No. 11 Wisconsin

Trailing by 20, La Secla passes for two second half touchdowns in loss

STAFF REPORT

Though SJSU (0-2) lost 27-14, Saturday's football game against the No. 11-ranked University of Wisconsin (2-0) showed that the team has the ability to improve, said head coach Mike MacIntyre. "What we keep telling our football team is we want to improve every week," MacIntyre told the press after the game. "If you watched us play last week, we improved this week and we've got to keep doing that."

Last week against No. 1-ranked University of Alabama, senior quarterback Jor-

dan La Secla completed seven of 14 passes attempted for a total of 86 yards.

On Saturday, La Secla completed 20 of 26 passes for a total of 228 yards, two of which resulted in touchdowns for the Spartans.

After tossing a 15-yard pass to freshman wide receiver Noel Grigsby, La Secla connected with freshman wide receiver Chandler Jones for 37 yards and six points — the Spartans' first touchdown of the season.

Jones caught eight passes for a total of 113 yards and Grigsby caught seven passes for 79 yards and a touchdown.

On the defensive side, the Spartans gave up 137 yard to Badger star back John Clay — but allowed 123 fewer yards passing than a week ago against Alabama.

Near the end of the third quarter, junior cornerback Peyton Thompson pulled in the

Spartans' first interception of the season. Thompson grabbed the ball at the SJSU 15 yard line and returned it for 33 yards.

Freshman defensive end Foloi Vae and freshman linebacker Derek Muaava were each credited with a quarterback sack. The sacks were each for a loss of five or more yards and each forced a fumble — bringing the SJSU season total to seven.

For the second week in a row, freshman linebacker Vince Buhagiar's nine tackles tied for the team lead, shared with junior cornerback Alex Germany.

"I think they felt that as the game went along and they just kept fighting and clawing, they just got to get back to work," MacIntyre said.

The Spartans start their home schedule against the Southern Utah Thunderbirds (1-1) at 5 p.m. on Saturday at Spartan Stadium.



BIENNIAL

SEPTEMBER 16 - 19, 2010 | SAN JOSE, CA
01SJ produced by ZER01 | 01sj.org

AbsoluteZERO

FRIDAY, SEPTEMBER 17, 5 pm - 12 am
SoFA DISTRICT, SAN JOSE, CA | FREE
presented by

GREEN PRIX

SATURDAY, SEPTEMBER 18, 11 am - 6 pm
SoFA DISTRICT, SAN JOSE, CA | FREE

- SPONSORS: Adobe Foundation, the James Irvine foundation, John S. and James L. Knight Foundation, 1stACT Silicon Valley, Applied Materials, Bank of America, Cisco Systems, Inc., City of San Jose Office of Cultural Affairs, Fairmont Hotel, William and Flora Hewlett Foundation, Hull Family Foundation, Intacct, National Endowment for the Arts, Santa Clara Valley Transportation Agency, Santana Row, Target Corporation, Team San Jose, YourTour.com
- MEDIA SPONSORS: artillery, art ltd., Art in America, Metro, NBC BAY AREA, 7, SFSTATION, SF WEEKLY, Stark SilverCreek, VQS

Goal sparks offense in shutout of UC Riverside

SHIVA ZAHIRFAR
Staff Writer

The SJSU women's soccer team achieved its first three-goal victory of the season — and first shutout — against UC Riverside (1-5) on Sunday at Spartan Stadium.

Although the Spartans (2-3) came out on the field slower than head coach Jeff Leightman would have liked, he said the

team gained momentum after the first goal. "The first goal was nice," he said. "That goal changed the match and gave us new energy ... we then took over the match."

The goal was made in the first half by junior midfielder Shanelle Furner with the help of freshman midfielder Alex Jimenez and gave SJSU an early lead that was held for the rest of the game.

"We came out a little slow, with not much

urgency," Furner said. "But after the first goal we played with more intensity."

About four minutes after the first goal, the Spartans earned another score after junior midfielder Lauren Sanchez, without assistance, shot from 20 yards away.

"We scrambled around," she said. "I was just there to clean it up and to put it in. I was lucky to put it in."

Sanchez said playing at home made the team less nervous and hopes that the feeling continues at away games.

"We are more comfortable here," she said. "Hopefully we can keep it going."

Following the second point, Sanchez said the team felt more comfortable.

"The second point gave us a cushion and we were able to be more creative," she said.

A third point for the Spartans was shot 20 yards away and unassisted in the second half at 73:34 by junior defender Jessica Ingram.

"We were sharper than we have been," said head coach Leightman. "We played better than the last game."

Furner said the defenders helped a lot in the success of the team.

Leightman said the team did well because the players were able to work together well.

"As a team we played really well," he said. "I was pleased with our backs. They all played well and we all communicated."

The team's next game is against Eastern Michigan on Thursday in Reno for the Wolf Pack Invitational.

"I have high expectations for the team," Furner said. "It's good to



Junior midfielder Lauren Sanchez, who had a goal Sunday, boots the ball toward the middle.

PHOTO: CLIFFORD GRODIN | SPARTAN DAILY

have a win before we go on the road and face a new team."

She said the goal she shot and the win has given her more confidence in her athleticism.

"I'll definitely try to score more," Furner said.

Two of the three scores by the Spartans were from corner kicks and the team had 11 fouls by the end of the second half.

UC Riverside attempted four shots in the first half and five in the second half.

However, Riverside was unable to score thanks to goalkeeper Meghan Maiwald, who saved all attempts.

Furner and Sanchez expect the team to continue with this momentum.

"I have high expectations for the team," Furner said. "It's good to have a win before we go on the road and face a new team."

The second point gave us a cushion and we were able to be more creative.

LAUREN SANCHEZ
Junior midfielder



Sophomore defender Krista Cullen (21) heads the ball before Riverside defender Aaren Casimiro's arm can make contact. Cullen was part of a defensive effort that resulted in SJSU's first shutout of the season.

PHOTO: CLIFFORD GRODIN | SPARTAN DAILY

CLASSIFIED AD RATE INFORMATION

Place your ad at the service window in Dwight Bentel Hall, 209 or online at:

www.spartandaily.com

Office Hours:

Monday-Friday 10a.m. - 3p.m.

Rates:

One classified, 20 words \$5.50
Each additional word \$0.39
Center entire ad \$1.00
Bold first five words \$0.50
Rates are consecutive days only. All ads are prepaid. No refunds on cancelled ads.

Frequency Discounts:

4-15 classifieds 15%off
16-31 classifieds 30%off
32+ classifieds 45%off
Discounts apply to the original base rate, plus the cost of extras.

SJSU Student Rate:

Free Discount applies to student's individual ad only. Not intended for businesses and/or other persons. Order must be placed in person, SJSU ID REQUIRED.

Deadline:

10 a.m., 2 weekdays prior to publication date.

Classifications:

Events Opportunities
Wanted Roommate
Wanted Volunteers
For Rent Employment
For Sale Services
Announcements

Online Classified Ads

Placing an ad online provides you with the opportunity to post your ad on other college web sites. You may also include up to 4 images for your online ad.

15 days \$25.00

Questions?

Contact us at:

408.924.3270

EMPLOYMENT

FOOD SERVICE / ESPRESSO BAR / HOST

PT positions in S'vale restaurant. Flexible hours \$11.50 to start. Call Wendy@408) 733-9331

OPPORTUNITIES

\$\$\$PERM DONORS WANTED\$\$\$ Earn up to \$1,200.00/ month. Give the gift of family through California Cryobank's donor program. Apply online: SPERMBANK.com

Classifieds are free for SJSU Students!!!

DISCLAIMER

The Spartan Daily makes no claim for products or services advertised below nor is there any guarantee implied. The classified columns of the Spartan Daily consist of paid advertising and offers are not approved or verified by this newspaper. Certain advertisements in these columns may refer the reader to specific telephone numbers or addresses for additional information. Classified readers should be reminded that when making these further contacts, they should require complete information before sending money to goods or services. In addition, readers should carefully investigate all terms offering employment, loans or coupons for discount, vacation or merchandise.

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

ACROSS

- Monk's title
- Fiery horse
- Fleece
- Conceal
- Place a call
- Links feature
- Big-ticket —
- Krishna devotee
- Artifact
- Boss
- Grant
- Brainy ones, maybe
- Washes away
- Debonair
- South Seas attire
- Brother's daughter
- Karate cousin
- Fill a pipe
- Wyo. neighbor
- Flower parts

DOWN

- Road sign symbol
- Mel's Diner waitress
- Pretty soon
- Hag
- Age on the vine
- Brace (2 wds.)
- Rent-sharer
- Atlas dots
- On horseback
- Dried off
- Palace entrance
- Push rudely
- BMW rival
- Really skimps
- Biological double
- Yothers of "Family Ties"
- Projectile
- Entered data
- NASA counterpart

Yesterday's Solution

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

SUDOKU

- Bead
- Ring finger
- Time period
- Calls it quits (2 wds.)
- Subatomic particle
- Leave port (2 wds.)
- Encrypted
- Single-handedly
- Canasta moves
- Energy
- Twins share them
- Pique, plus
- Ristorante dessert
- Grad. school need
- Hitchhiker's need
- Grizzly
- City in Yemen
- Miss Marple of whodunits
- Standing on
- Bill of fare
- Steal a glance
- Cassette player (2 wds.)
- Threaded pin
- Recliner part
- Optimistic
- Grandson, perhaps
- Made furrows
- Came unglued
- Honshu port
- Fish-eating mammal
- Cherry center
- High-fashion mag
- "The Bridge of San — Rey"
- Ms. Ferber
- Cir. bisector
- Tarzan's kid

Crossword Puzzle

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		

Yesterday's Solution

BACH	BSMT	TAROT
ALAI	OPIE	ELISE
HERB	PURR	RINSE
SCRAPED	RAMEKIN	
CEES	LENSES	
JOBHOP	WOODS	
AGAIN	BARN	VPS
ZEN	YEARNED	OIL
ZEE	GLEE	AMINO
CURLS	KLUDGE	
FAILLE	WELD	
ALCOTTS	HOYDENS	
CLEAR	ERIK	IDEA
TONKA	LULU	EGOS
SWISS	LEEK	RENE

CLASSIFIEDS

Working in the service industry with a smile

People drive me crazy. I work in a pharmacy and the level of incompetence sometimes gets a little out of control.

The procedure is simple. Stand in line, hand the clerk your medical record number, state the name of the medication or the nature of the drug, pay if you have a co-pay and be on your merry way.

Sounds simple enough, right? Wrong. It is easy to understand that the majority of the patients who come into the pharmacy are sick or in pain, which is why they are cranky.

For the most part, it's true. It's a hospital, not everyone coming in is going to be cheerful or exchange witty banter.

But is it really necessary to be the most unpleasant person you can be when you come into the pharmacy?

Some doctors or nurses, for example, feel that they are above the part of the procedure where they are supposed to stand in line.

Many of them will try to make eye contact with a clerk and then bypass the line entirely.

Now, I know they are important and have things to do, but what about the mother standing in line with three kids and a sick baby?

Isn't she just as important? Next, there are the irate patients. These are the people who come in ready to pick a fight.

One look at the price on the screen and they will jump down your throat, especially if they were not supposed to have a co-pay or don't usually pay the amount being shown on the screen.

Before even giving the clerk a chance to check into the problem, they make a scene in front of the entire pharmacy, embarrassing the person behind the counter into fixing the problem as quickly as possible.

And then there's the lazy people. These guys come to the register and stare at you and don't say anything,



MELISSA SABILE
The Real Deal

making the clerk basically read their mind.

They almost never have their medical record number on hand or know what they are supposed to be picking up, and then get annoyed when you ask them to verify all of their information.

My personal favorite though, are the patients who come in blabbing on their cell phones and ignore you all together.

Never mind the "No cell phones at the counter" sign in big red letters, people will just put their paperwork or purses or children on the counters and disregard the warning completely.

On top of all, it's not just rude to be on your cell phone at the counter, it's also a Health Insurance Portability and Accountability Act violation.

You might be thinking, HIPAA? What has that got to do with anything?

It's a privacy matter, to put it simply. It is illegal for a patient's private information to be distributed by anyone, including the person on the other end of the cell phone who might be hearing the conversation.

Ultimately, all we can do is smile back when they are yelling and provide them with the "excellent quality service" that we are required to give the patients at Kaiser.

What bothers me most is that the patients who follow the procedure and are nice are typically the ones

who get the short end of the stick.

The mother who is standing in line with her three children and sick baby has to wait longer because the angry, irate patient threw a fit to get what he or she wanted.

Or the little 82-year-old lady who is late catching her bus and has to pay for a cab because a doctor didn't have the time to wait in line.

What it comes down to is respectable behavior.

If everyone who came into the pharmacy had the decency to act in a respectable way, then the flow of the pharmacy would be much smoother.

So the next time you go into your local pharmacy, be courteous and follow the rules. Little old ladies and sick babies will greatly appreciate it.

"The Real Deal" is a weekly column appearing on Mondays.

Melissa Sabile is a Spartan Daily Sports Editor.

Modern day cane and able

You may have seen me hobbling around campus.

It's not that hard to miss me. For the past few weeks I've been dealing with a sports injury I sustained while playing soccer.

While I was enjoying a nice game at night with no lights, I tried to kick the ball backward and dislocated my knee.

It's happened before, but that doesn't make things any easier — it just makes them mundane.

Not only is it slightly annoying to walk with a limp, hop with crutches or use a cane, it's frustrating to get places.

Getting to my classes takes me at least 10 minutes longer than it used to, no matter where the class is on campus.

My first week of school was particularly hard. I was walking with a cane and by the time I had worked my way to my class buildings, I felt like I was dying.

This was when I realized that so many people at SJSU are lazy as hell. Crowds of 30 to 40 people surrounded the elevators, waiting for one to go up.

I had to use the stairs that day and every day since then, despite my temporary handicap.

I'm not kidding — it took less time walking up a flight of stairs (five minutes or so) than it would have to take the elevator (20 minutes or so).

I don't know if others on crutches, with canes or in wheelchairs experience this, but despite the clear fact that I can barely walk, people don't give up their spot in line for the elevator.

People with perfectly good legs and probably no health problems at all (unless slothfulness is a health problem) were using the elevators.

At that point, I remembered living away from home, taking the stairs to my apartment because there was no elevator.

My flat was on the sixth floor. I made it up and down those steps every day, multiple times a day.

It seems to me that if these students at SJSU were forced to take the stairs to the sixth or eighth floor, they'd probably die because after all



KRISTEN PEARSON
Pearson's Ponderings

their elevator riding, their hearts couldn't take the strain.

Come on, if I'm able to walk up the stairs to my classes and I am not even fully healed, then people who are fine can sure as hell walk up to the floors their classes are on.

Sometimes I find myself wondering what people with constant physical handicaps have to deal with.

The handicapped stall is always taken by someone who just feels like they deserve more space than the rest of the population.

Disabled people must wait for their own stall, because of people with no respect for their conditions.

The last time I used a handicapped stall was about eight years ago in the bathroom of what I thought was an empty church.

A woman in a wheelchair rolled in and started yelling, "You have perfectly good legs! You can walk! What on earth are you doing in my stall?!"

I haven't used one of those stalls again unless I was on crutches or in need of the bars for assistance.

The buttons that open doors automatically are sometimes not working because too many people have pressed them unnecessarily.

I am also guilty of this, but have been warned off using the buttons as well.

What would this generation of lethargic youth do if they did not have elevators, large bathroom stalls or automatic doors?

They might freak out or they might actually use the stairs, the small stalls in bathrooms and push doors open for themselves.

I'd love to see what their reactions would be.

For now, I'm no longer walking with a cane and even if I was, I would be still able to use my legs and arms like a relatively normal person.

"Pearson's Ponderings" is a weekly column appearing on Mondays.

Kristen Pearson is the Spartan Daily Managing Editor.

The ease of cutting calories

I like to eat. A lot.

My daily routine consists of satisfying my hunger every two or so hours. Only for my hunt to find out what my teeth would get to gnash on next and what would satiate my stomach's desire until the next two hours were over.

Sometimes I would go and buy multiple "meals" in one session such as three or four burgers from a fast food restaurant.

I did feel guilty about it. Just a little.

It wasn't until I met up with a friend and his family where the first thing my friend's mom said was, "My goodness you've grown fat," that made me think about my physical proportions.

I had no choice but to stand there while my friend and his brothers stared at their mother in disbelief at her curtness, and I had no choice but to stand there and take that comment because I knew she wasn't wrong.

The next day I went over to a friend's house where his father saw me and said "looks like you've packed on some pounds, but look at me, time does that to all of us."

It may have been nicer than the mother from the previous scenario, but they both meant the same thing, I was fat and I should do something about it.

I didn't really know what to do.



LEONARD LAI
Senior Staff Writer

one, easily exceeding my daily amount in one meal.

Everywhere I went now I needed to check every single item to make sure I never went over 1800 calories and that I would have spare calories just in case I craved to sneak in a snack.

My lifestyle had changed. I shopped for lower calorie food choices, switched from beef burgers to salmon burgers, juice to soy milk and cut soda completely.

Every week as I progressed and shed one pound, my maximum calorie limit also lowered.

Pretty soon, the comments I got earlier had completely changed.

"Did you lose weight?" was the most frequent thing I heard, and I was seriously happy.

Being able to go down a shirt size or buying new pants because my waist had lost a couple inches feels blissful.

The whole process wasn't that bad. If I had known it would be this easy, I would have started it sooner.

I lost 14 pounds in 10 weeks through summer, and I can say I would like to lose a little

“...the first thing my friend's mom said was, "My goodness you've grown fat."”

I went to a fast food restaurant and checked the items I normally get there, I nearly reeled back in disgust.

Most of my choice selections were more than 900 calories for each item.

I normally get more than

more. I will have a soda every now and then, out of victory and not for my old craving for it.

I'm glad to know I can just have one without knowing I need to have another soon in order to balance myself out.

SPARTAN DAILY

San Jose State University
San Jose, CA 95192-0149
Phone: (408) 924-3281
Advertising Phone: (408) 924-3270

SPARTAN DAILY STAFF

Eric Van Susteren, Executive Editor
Kristen Pearson, Managing Editor
Justin Albert, Multimedia & Tech Editor
Kevin Hume, Multimedia Editor
Donovan Farnham, Online & Tech Editor
Marlon Maloney, Opinion Editor
Jennifer Hadley, Features Editor
Daniel Herberholz, Sports Editor
Melissa Sabile, Sports Editor
Jenn Elias, A&E Editor
Salman Haqqi, A&E Editor
Ryan Fernandez, Copy Editor
Amber Simons, Copy Editor
Clifford Grodin, Photo Editor
Matt Santolla, Assistant Photo Editor
Hannah Keirns, Production Editor
Rachel Peterson, Production Editor
Vanessa Alessi, Advertising Director
Tanya Flores, Creative Director
Daniel Tesfay, Assistant Advertising Director
Davagy de León, Assistant Creative Director

STAFF WRITERS

Sonia V. Ayala
Jaime Collins
Tyler Peter Do
Amaris Dominguez
Michiko Fuller
Lidia Gonzalez
Isaiah Guzman
Rebecca Henderson
Kelsey Hilario
Jordan Liffengren
Kelsey Lynne Lester-Perry
Kenny Martin
Aimee McLendon
Jan Nowell
Calli Perez
Alexandra Ruiz-Huidobro
Alex Spicer

ADVERTISING STAFF

Dan Bergholdt
Arielle Cohen
Courtney Criswell
Micah Dela Cruz
Nathan Dixon
Sarah Dominguez
Ashley Ereso
Ryan Genzoli
Jennifer Giles
Leo Munoz
Andrew Pau
Sarah Smith
Erik Estrada

SENIOR STAFF WRITERS

Joey Akeley
Ashley Finden
Leonard Lai
Husain Sumra

STAFF PHOTOGRAPHERS

Kelsey Hilario
Eric Mitchell
Alex Nazarov
Tim O'Brien
Stan Olszewski

DISTRIBUTION

Stephen Cheong
Ron Sim

ADVISERS

Richard Craig, News
Mack Lundstrom, News
Jan Shaw, News
Kim Komenich, Photojournalism
Tim Hendrick, Advertising
Tim Burke, Production Chief
Tim Mitchell, Design
Pat Wallraven, Business Manager

OPINION PAGE POLICY

Letters to the editor may be placed in the letters to the editor box in the Spartan Daily office in Dwight Bentel Hall, Room 209, sent by fax to (408) 924-3282, e-mailed to spartandaily@casa.sjsu.edu or mailed to the Spartan Daily Opinion Editor, San Jose, CA 95192-0149.

Letters to the editor must contain the author's name, address, phone number, signature and major. Letters become property of the Spartan Daily and may be edited for clarity, grammar, libel and length. Only letters of 300 words or less will be considered for publication.

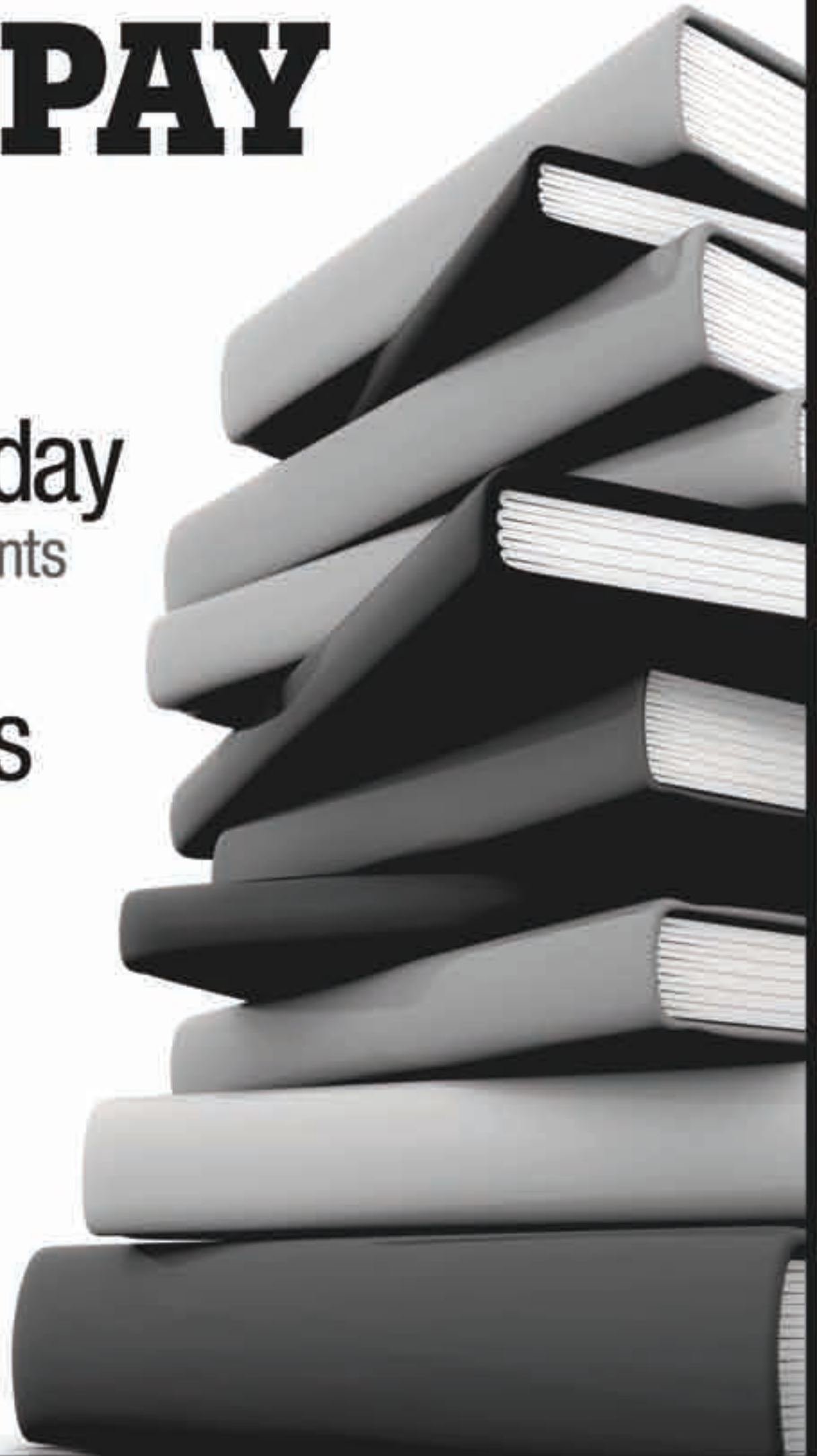
Published opinions and advertisements do not necessarily reflect the views of the Spartan Daily, the School of Journalism and Mass Communication or SJSU. The Spartan Daily is a public forum.

MAKE YOUR TEXTBOOKS PAY

Free two-day
shipping for students

Low prices
on textbooks

Sell back
at great prices



Amazon Student

amazon.com/textbooks