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Tuesday
April 10, 2012
Volume 138, Issue 35

SPARTAN DAILY

SpartanDaily.com

Campus Recreation teaching students to eat, live healthy

by Ty Hargrove
Staff Writer

Campus Recreation, a department of Associated Students, offers students a platform to participate in friendly competition through organized recreational activities on and off campus.

SJSU's campus recreational department is designed to take students away from the everyday worries of school by encouraging them to treat their bodies well while engaging in recreational activities, said Mitchell Eastlick, a senior communications major and the program assistant for intramural sports.

Jonathan Holifield, a senior business marketing major, said he played basketball in high school and was looking to play in a league for fun when he found out that Campus Recreation had an intramural team for the sport.

"Playing on an intramural team is competitive, convenient, inexpensive and fun because you get to play against other people from SJSU," Holifield said.

Funding for Campus Recreation comes from A.S., said Katie Heckey, a student assistant for Campus Recreation. "Students are also charged a small fee, but most costs are supplemented through Associated Students to offset the cost because we are a nonprofit," Heckey said.

Eastlick said some of the funding comes from instruction-related activities fees that all students pay to attend home games for SJSU's athletic teams.

Eastlick said he is in charge of helping with the training of referees and supervising events, most include the intramural games in the Spartan Complex.

"Campus (Recreation) is intramural sports, fitness and outdoor adventures," he said.

Intramurals include almost all sports where students are required to pay a small fee and put together a team, Eastlick said.

Campus Recreation provides fitness classes located in the Sport Club Fitness Center, which include cycling, swimming and an array of others, he said.

The program also offers students the option of participation in activities off campus, which it calls an "adventure." This includes hiking, surfing, camping and snowboarding, Eastlick said.

SEE RECREATION PAGE 6

Campus Recreation Upcoming Events

Yosemite National Park, Spring hiking and camping

April 13-15
Cost: \$100 (student) / \$120 (faculty or staff)
Deadline to register: April 10

Learn to Surf in Santa Cruz

April 17
Cost: \$70 (student) / \$75 (faculty or staff)
Deadline to register: April 10

Volleyball Beach Bonfire Fest, Spring 2012

May 4
Cost: \$10 (student) / \$15 (faculty, staff or affiliates)
Deadline to register: May 1

Arena 4 v 4 Football

April 23-27
Cost: \$28 (team)
Deadline to register: April 17
Format: Double-elimination tournament

Softball Tournament

April 20-22 and (if needed) April 27-29
Cost: \$28 (team)
Deadline to register: April 17
Format: Double-elimination tournament

Tennis Tournament

April 28-29 and May 5-6
Cost: \$6 (team)
Deadline to register: April 24
Format: Double-elimination tournament

Information compiled from the A.S. Campus Recreation website

Picking up the pieces



Chester Shattuck, left, and Andrew Ralph, center, load garbage bags while Gabriel Carlos, back right, plucks more trash from Coyote Creek near Kelley Park in San Jose on Friday. Photo by Raphael Kluzniok / Spartan Daily

Downtown Street Team aims to help San Jose's homeless get back on their feet

by Alyxandra Goodwin
Staff Writer

Coyote Creek in San Jose is home to a smattering of wildlife, but also a large homeless community. While trekking through the bushes and pushing back trees, encampments of tents with blankets and other household items become visible.

Downtown Streets Team is one group that is working to help the homeless people in San Jose, more specifically, those living along the creek, to get back on their feet.

The catch — it's the homeless helping themselves.

"In San Jose we have one contract

through the Environmental Protection Agency, the Water District and the city of San Jose to clean up a trash-impaired portion of Coyote Creek," said Greg Pensinger, the project manager for Downtown Streets Team and an SJSU alumnus.

For people to get involved with the organization, the first step is to attend its weekly meetings.

"I got involved with Downtown Streets Team about a year and three months ago," said Nick Newberry, a Downtown Streets Team member who was homeless at one point and then decided to attend one of the organization's meetings.

Newberry, who had heard about Downtown Streets Team while in a homeless shelter for men, was skeptical about joining the organization.

"I was asked to come to a Downtown Streets Team meeting in Palo Alto," he said. "I didn't know if it was gonna work out and

what not (a lot of other programs) sell you dreams, but Downtown Streets Team seems to be right on target with everything."

Newberry wears a blue shirt with the organization, showing that he is one of DST's managers who oversee day-to-day operations on a project, said Pensinger.

Newberry said his team works in Coyote Creek.

"Downtown Streets Team volunteers wear different colored shirts," Pensinger said, "depending on their level of responsibility on the project they're working on."

The first level of responsibility are volunteers in yellow shirts — these are the team members that work together on a project, and each team has a lead, who are those in green shirts.

"Originally, I started down in the creek," said Anita Miles, who is leading the team

SEE STREETS PAGE 6

"Downtown Streets Team has helped me rebuild myself. My living is much healthier. I'm indoors now and not on the streets ... life has been a complete turnaround."

-Nick Newberry, Downtown Streets Team member

Facebook pays \$1 billion for Instagram

McClatchy Tribune
Wire Service

SAN FRANCISCO — Facebook has agreed to buy the hugely popular photo-sharing app maker Instagram for about \$1 billion in cash and stock in a blockbuster deal reverberating around Silicon Valley.

Facebook's chief executive and founder made the announcement Monday on Facebook in a post that has already generated tens of thousands of likes. He has pledged to allow Instagram to remain independent.

"For years, we've focused on building the best experience for sharing photos with your friends and family. Now, we'll be able to work even more closely with the Insta-

gram team to also offer the best experiences for sharing beautiful mobile photos with people based on your interests," Mark Zuckerberg wrote. "We believe these are different experiences that complement each other. But in order to do this well, we need to be mindful about keeping and building on Instagram's strengths and features rather than just trying to integrate everything into Facebook.

"That's why we're committed to building and growing Instagram independently. Millions of people around the world love the Instagram app and the brand associated with it, and our goal is to help spread this app and brand to even more people."

Zuckerberg noted that the acquisition marked a milestone for Facebook — and

hinted that it might be the last of its size and scope.

Facebook has mainly targeted smaller companies in its acquisitions, spending no more than tens of millions of dollars on each, and usually just to get the raw talent, not the technology. The 2-year-old Instagram in San Francisco has just 13 employees. They didn't hear about the deal until co-founder Kevin Systrom called an all-hands meeting Monday morning.

"It's the first time we've ever acquired a product and company with so many users. We don't plan on doing many more of these, if any at all. But providing the best photo sharing experience is one reason why so many people love Facebook and we knew it would be worth bringing these two companies together."

CORRECTION

In the April 4 issue of the Spartan Daily, Caz Salamanca was misquoted in the article titled "Students enlightened by oppression exhibit." The quote was taken out of context and can be misinterpreted as an attack. The Spartan Daily regrets the error.

Spartan Daily

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State gets lion's share of national conservation funds

McClatchy Tribune
Wire Service

California will get more than \$8 million in federal funds to protect and manage public lands and sensitive habitats.

The money comes from the Land and Water Conservation Fund, created in 1964 to funnel federal royalties from oil and mineral leasing programs into environmental projects and land protection.

The program has been a political football for decades.

The Bush administration sought to defund the program, and the Obama

administration vowed to revive it.

The U.S. Forest Service on Friday announced more than \$40 million in disbursements from the fund for 15 states. California will get the largest single share, totaling more than \$8.3 million.

The projects include: \$1.5 million to add land to Lassen National Forest along Deer and Mill creeks, important salmon streams; \$1.5 million to protect Eldorado Meadows, a sensitive habitat site in Eldorado National Forest; \$2 million to protect land at the headwaters of the American and Yuba Rivers for the Tahoe and Eldorado national forests; and \$1 million to protect wildlife corridors along the

Pacific Crest Trail (to be shared with Oregon and Washington).

The projects are selected in a competitive process based on ability to protect and restore habitats, provide recreation access, safeguard clean water and other criteria.

Many of the projects are augmented with additional funds from private groups and local government agencies.

"These projects will help ensure a long future of quality open space for those hunters and anglers, hikers, campers and other nature lovers who enjoy America's great outdoors," Forest Service Chief Tom Tidwell said in a statement.

U.S., Brazil leaders talk economic, diplomatic ties in Washington

McClatchy Tribune
Wire Service

WASHINGTON — The leaders of the Americas' two largest democracies met Monday at the White House, with President Barack Obama and Brazilian President Dilma Rousseff stressing collaborating in areas such as education, science and technology and discussing the need to strengthen their economic relationship.

While there were no major breakthroughs in a visit for which expectations were low, Rousseff said that despite talk about the United States' decline and the rise of developing countries such as Brazil, the two countries' economic fortunes remain interconnected and Brazil needs the United States to be strong.

Making her first visit to Washington since taking office in 2011, Rousseff expressed concern about the U.S. keeping interest rates low, part of the Federal Reserve's effort to stimulate the economy.

She has made this criticism throughout her presidency — including in meetings with European leaders such as the Chancellor of Germany Angela Merkel — arguing that low lending rates in Western countries leads to a flood of excess capital into countries such as Brazil, lowering the value of its currency.

Rousseff told reporters after meeting with Obama that they had discussed how to avoid a "liquidity crisis of substantial proportions which would thus affect all countries adversely."

She repeated this concern in an address to business leaders at the U.S. Chamber of Commerce.

She also told Obama that while rapid expansion in the so-called BRICS countries — Brazil, Russia, India, China and South Africa — have helped drive global economic growth, "the resumption of growth in the midterm certainly involves a substantial resumption of growth in the U.S. economy."

For his part, Obama praised Rousseff and called Brazil "a leading voice in the world."

The two leaders signed several agreements including a U.S.-Brazil defense cooperation dialogue, which would build on a military relationship that has grown since 2010. Defense Secretary Leon Panetta will travel to Brazil this month to meet with his counterpart, Celso Amorim, Brazil's defense minister.

An Obama administration official said that the leaders also discussed a controversy involving the Air Force's cancellation earlier this year of a \$335 million contract to purchase planes from the Brazilian aviation company Embraer and Nevada-based Sierra Nevada Corp.

After a lawsuit filed by Hawker Beechcraft, an American company that lost out in the bidding, a Justice Department probe found documentation errors in the contract, and the Air Force launched an internal investigation.



President Dilma Rousseff of Brazil meets with U.S. President Barack Obama in the Oval Office of the White House yesterday in Washington, DC. Photo by Olivier Douliery / MCT

The administration official, who spoke on condition of anonymity because he wasn't authorized to speak to the media, declined to discuss details of the talks on the issue, a recent source of tension between the two countries.

The United States announced that it would open two more consulates in Brazil, in the cities of Belo Horizonte and Porto Alegre.

Brazil is now the fourth largest source of overseas visitors to the United States, with 1.5 million visits in 2011, a 26 percent increase from 2010, according to federal statistics.

The Commerce Department expects that the number of Brazilian tourists will rise to 2.8 million by 2016.

An administration official said that the leaders also discussed Iran, another issue on

which the countries have had differences.

While attending a summit of BRICS nations in March in New Delhi, Rousseff criticized the efficacy of harsher sanctions that the United States and European nations have imposed on Iran in an effort to force Tehran to abandon its nuclear program.

Improving business ties was the main focus of her visit; the U.S. Chamber of Commerce held a daylong event on U.S.-Brazil relations.

Obama and Rousseff met Monday with the U.S.-Brazil CEO forum, a group of executives from both countries that meets twice a year and is charged with making policy recommendations.

The group, formed during the tenures of President George W. Bush and Rous-

seff's predecessor, Luiz Inacio Lula da Silva, played a big role in getting the United States to ease the process for Brazilians seeking U.S. visas.

U.S. executives who attended Monday's meeting at the White House included Jim Albaugh, president and CEO of Boeing; Vikram Pandit, CEO of Citigroup; and Gregory Page, president and CEO of Cargill.

Brazilian executives in attendance included the president and CEO of Embraer, Frederico Fleury Curado, and the CEO of the engineering and chemicals conglomerate Odebrecht, Marcelo Bahia.

SpartaGuide

Today

Zoroastrianism's Past and Future

3 p.m. to 4:15 p.m.

Student Union — Pacheco Room

Presented by SJ Spirit

Tomorrow

Visual Journalism Day

Cuba: Evolution of the Revolution

9 a.m. to 3 p.m.

Dwight Bentel Hall

Presented by the School of Journalism and Mass Communications

Scheduled guest speakers include: Mel Melcon (LA Times), Mike Kepka (SF Chronicle), Dai Sugano (SJ Mercury News) and Al Tompkins (The Poynter Institute)

2012 It's U Event by Honda and DB & HC

11 a.m. to 5 p.m.

Paseo de San Carlos Lawn (near the Event Center)

Presented by SJSU's Dwight, Bentel & Hall Communications (DB & HC)

Thursday, April 12

Baharaneh: An Evening of Music and Poetry to Celebrate Spring

6 p.m. to closing

Le Petit Trianon Theatre — 72 North Fifth St.

Presented by SJSU's associate professor Persis

Karim and the Iranian Studies Program

\$10 students / \$20 general admission

Tickets can be purchased at:

brownpapertickets.com/user/editevent/23351

Friday, April 13

Benefit Concert for Africa

6 p.m. to 9 p.m.

Tower Lawn

Presented by Spartans for Israel

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Japantown boutiques buck tradition while adding art to neighborhood

by **Alyxandra Goodwin**
Staff Writer

Japantown is one of San Jose's secrets, a world that represents the traditions and culture of Japan.

Cherry blossom trees act as gates as you walk down Jackson Street and into the world of subtlety, but within recent years Japantown has experienced a quiet contrast with the opening of urban streetwear boutiques.

One of these boutiques, Cukui, located at 229 Jackson St., brings in Mexican, Hawaiian and Japanese culture to produce clothing and accessories.

"I think Japantown has a lot of traditional aspects, but I think it needed something different to add, more liveliness," said Michelle Locquiao, a manager at Cukui. "People have been telling us that ever since we've opened they've seen a change in

Japantown. They see more youth and something artistic added to the neighborhood."

The storefront was opened in August of 2010 by her husband, Orly, and his friend, Sam Rodriguez, who both had a background in graffiti and are local artists, said Locquiao.

"In Hawaii the kukui nut is used as a lei and also use it as ink for tattooing," Locquiao said, "and in Spanish 'el cucky' means the boogie man and so when Orly and Sam had talked about a name they chose that because they liked how it was interpreted in their own cultures."

Locquiao said he has a background in advertising, but left that behind to help with the store and help her husband.

Located at 161 Jackson St. is Aristocrats, another boutique that offers clothing tailored to the new generation in Japantown.

"Aristocrats is a streetwear boutique providing some of fashion's best designers," said

Ian Dancel, a co-founder of Aristocrats.

Like Locquiao at Cukui, Dancel is a co-founder of his boutique despite having a background in something other than clothing. Before Aristocrats, Dancel said he worked in banking and real estate.

"Banking, lending and real estate taught me lots of things," Dancel stated in an email. "It didn't lead me to opening Aristocrats, but I took a lot of things I learned working in the corporate world and incorporated it into running a business."

"Kaizen is the Japanese concept of continuous improvement," Dancel stated. "The never ending pursuit of perfection. Continuous improvement through constant refinement."

Sole on Ice, like Cukui and Aristocrats, was founded by people who wanted to do what they love.

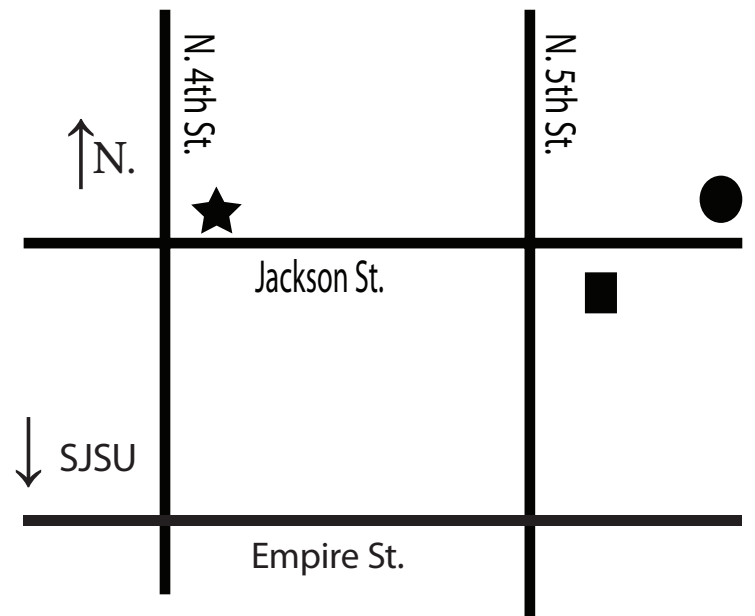
"I was always into shoes," said Randy Le, the manag-



Cukui in San Jose's Japantown is one of many new street-wear boutiques. The shop features in house designs and guest artwork is on display, Monday, Apr. 2. Photo by Raphael Kluzniok / Spartan Daily

Japantown boutiques

- **Cukui – 229 Jackson St.**
- ★ **Aristocrats – 161 Jackson St.**
- **Sole on Ice – 210 Jackson St.**



Map generated by: Jeffrey Cianci / Spartan Daily

Seasonal snack: Spring pizza

by **Samantha Clark**
Staff Writer

Ingredients:

- 1 packaged whole wheat pizza dough (the one from Trader Joe's works well)
- 5 slices of bacon (or prosciutto), cut into half-inch pieces
- 1 leek
- 5 asparagus spears, quartered length-wise
- 3 shallots, minced
- 1 tablespoon fresh rosemary leaves
- 1 tablespoon fresh chives, chopped
- ½ cup of pecorino cheese, shredded
- ¼ cup of goat cheese, crumbled

Steps:

- Remove dough to rest. Follow instructions as per the bag and preheat oven at 400° F.
- Place bacon in a skillet over medium-high heat. Cook for a few minutes to release most of the grease, but do not cook until crisp. Transfer to paper towels.
- Remove the tough, dark green top of the leek and use only the white and light green parts.
- Slice the leek in half length-wise and clean out any dirt. Slice thin.
- Heat 1 tsp oil in a large pan and saute the leeks with a pinch of salt for about 10 minutes until softened.
- Transfer to a bowl.
- Cut the asparagus, mince the shallots, chop the chives and shred the cheese.
- Roll out your crust. Sprinkle your baking sheet or pizza stone with flour or cornmeal. Place your crust on the baking sheet.
- Sprinkle the pecorino, shallots, rosemary leaves, chives, asparagus and bacon. Drizzle 1 tsp oil on top and add pepper to taste. Bake for 9-10 minutes. The pizza is heavy, so it may take a little longer.
- When finished baking, top with crumbled goat cheese.



Fresh ingredients top this seasonal pizza, such as asparagus and leeks. Photo by Samantha Clark / Spartan Daily

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ing owner of the store, "and I wanted to do something with that so I opened up a shoe store."

What makes Le's store different than other shoe stores is that the shoes in his store are all consignment, he said.

With the shoes being in consignment, the buyer can negotiate directly with the seller rather than the owner of the store.

"Everything here is not really traditional," Le said about Japantown, which is another reason his store fit here.

Ema Kawamoto is a cashier at the Japanese Sushi and Deli and said he likes that these boutiques are opening in Japantown.

"I think it's nice, they're new stores and they bring in young people," Kawamoto said.

Although there is a difference between these boutiques opening in what is a seemingly traditional community, Japantown is welcoming to these new additions.

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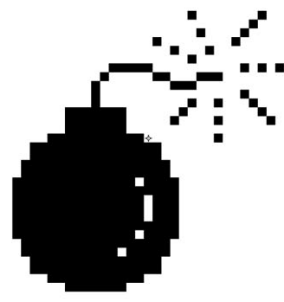
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BAUMS AWAY

BY MARGARET BAUM

Sometimes it's good to take your time through school and graduation



This column appears every other Tuesday

As a child, I used to think about what my life would be like when I was older.

I had several journals and would write about different things, ranging from trips I went on with my family to thoughts about my day.

Sometimes, I would even write short stories about my family or places I wished I could visit.

For most of my young life, I always thought I would go to an Ivy League school right out of high school, major in English and become an author of some sort.

I grew up in a large extended family where most of the young adults went to college — the thought of not going didn't even cross my mind

until I got older. I think it would have been a huge shock to my parents if I had decided not to go.

In high school, I was really good at history and English, but math and science were not my strong suit.

After graduating from high school in 2002, I packed my things and moved east across the country — to Boston — for my first ever college experience at Northeastern University.

I soon found life in Boston to be difficult and that I didn't seem to be very good at school. As it turns out, the problem was that I wasn't ready.

Little did I know that 10 years later, I would be back in a new city, at a large university, trying to finish my degree.

In the past 10 years, I have attended two community colleges, an art school, a traveling agency school, a private

college and two universities — including SJSU.

I spent all this time trying to figure out what I wanted to do with my life. I took a break for several years and worked full-time, thinking maybe that was my calling.

After all of this exploration, I finally ended up at a community college where I found the passion that led me to SJSU.

When I was a child, I never thought I would be 28 years old without a degree in hand.

There is something about being so young and so innocent.

Things seem so simple, and you don't take time to account for all the bumps in the road.

I made a lot of mistakes along the way. Mistakes that I regretted for a long time — until recently.

The fact that this journey has taken so long used to give me awful feelings.

I never really figured out what those feelings were —

guilt for not figuring out what I wanted earlier, the fact that I thought I should already be

“Today, I am happy to say that I am moving along with my education and I am OK with the fact that it has taken as long as it has to go through school.”

thworking, or even the idea of my mother still having to help me pay for tuition.

Looking back on it all, I realize that, for me, taking time with my education was the right approach.

When I was in high school, I was on the school newspaper and I absolutely loved it, but I was too young at the time to realize that journalism was the right career path for me.

I had to grow, I had to learn, I had to try new things and decide what I liked and what I didn't like.

Sometimes people ask me why it has taken me so long.

I often tell them I transferred a lot or that I wasn't sure what I wanted.

It seems that students lately are in such a hurry to get in and get out of school, which isn't a bad thing, being that a lot of them have loans to pay off.

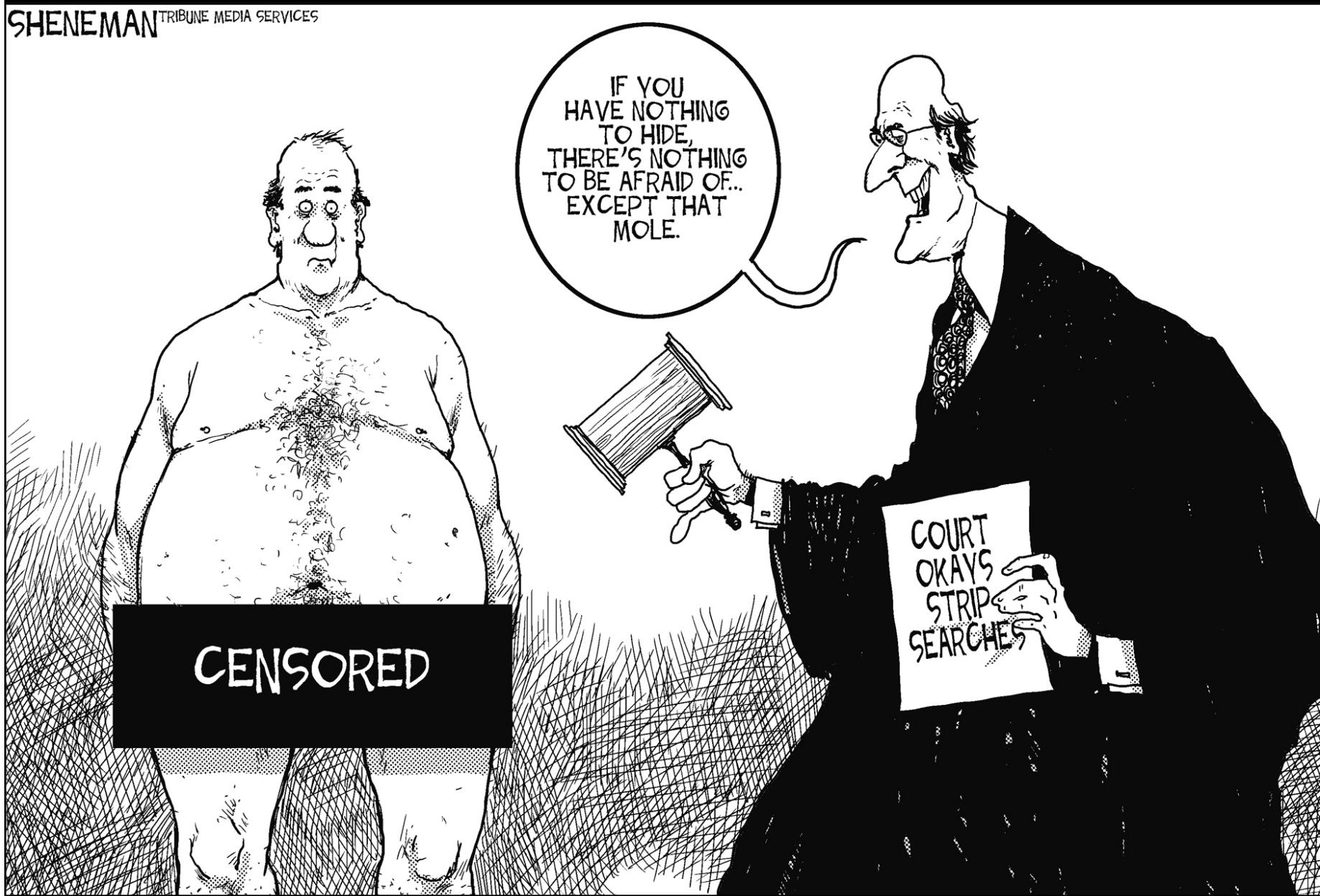
For me, taking the extra time to figure things out prepared me for what was to come.

Some of these things would be school related, family related or just learning to deal with things on my own.

Today, I am happy to say that I am moving along with my education and I am OK with the fact that it has taken as long as it has to go through school.

I have about a year and a half left at SJSU and I plan on making the most of the time I have left here.

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Letters to the editor must contain the author's name, address, phone number, signature and major. Letters become proper-

ty 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.

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STREETS: Grants, donations fueling homeless recovery process

FROM PAGE 1

that is in charge of a project cleaning up business areas near Story Road.

"We have opportunities to move up to — I wouldn't say more important positions — but it gives us more of a leadership. Everybody that works with the crew is very valuable," Miles said.

The next level are managers, and after that is the highest level of responsibility for a crew member which is the Operational Supervisor, who oversees all of the projects.

SUPPORTERS

"A couple of years ago, I talked to the executive director at DST about our homelessness challenge," said San Jose Councilman Sam Liccardo, who is a supporter of the organization's mission.

Liccardo said he worked hard to bring Downtown Streets Team to San Jose because he saw the environmental impact that these encampments were having on the creeks.

"I recognize that existing nonprofits are tapped out in resources and it's a challenge to find permanent housing," he said. "I told (the executive director) we've got a lot of people complaining about trash in our creek, would you guys be willing to come to San Jose?"

The city of San Jose works with DST

to help employ the team members and get housing vouchers for them.

"After an effort we sort of formed a group with the water district along with other donors to see if we could land federal money from the EPA," Liccardo said. "We put it all into a pot and we are using this to fund a four year pilot project."

Liccardo said the goal is to employ at least 50 homeless at a time.

Another supporter is Psycho Donuts, located in downtown San Jose, which donates doughnuts to the organization every morning.

"It kind of starts with our first store in downtown Campbell," said Jordan Zweigoron, the owner of Psycho Donuts. "We realized we had leftover doughnuts every night and we wanted them to go to a good place."

That good place Zweigoron alludes to is EHC Lifebuilders which provides shelter options for the homeless, and a year later when they opened their store in San Jose, Zweigoron said they were looking for a similar organization.

"It's worked out very, very good," Zweigoron said.

HOUSING THE HOMELESS

DST also works with Housing 1000, an organization that has the goal of housing 1,000 homeless men and women by 2013.

To start this project, DST organized a survey in which 1,500 participants answered questions about their living conditions and personal circumstances, according to Pensinger.

At a DST meeting they discussed the survey and its effectiveness.

"Do these surveys!" said James (whose last name was not given). James is a team member with DST and also does outreach to the homeless community in San Jose with Housing 1000. "Answer them with full honesty because it will help you and help us to better find a place."

Working with Housing 1000 is the Care Coordination Project, which, according to Pensinger, provides intensive case management services to find permanent housing for members. Intensive case management is when someone works individually with the members about their circumstances.

Downtown Streets Team is working toward eradicating homelessness in San Jose by working with grants from the city and donations, according to Pensinger.

"Downtown Streets Team has helped me rebuild myself," Newberry said. "My living is much healthier. I'm indoors now and not on the streets now ... I got my family back in my life ... life has been a complete turnaround."



Members of the Downtown Streets Team, David Torres, left, Andrew Ralph, center left, Chester Shattuck, top, Nick Newberry, center right, and Gabriel Carlos, right, remove trash from Coyote Creek near Kelley Park in San Jose. Photo by Raphael Kluzniok / Spartan Daily



Downtown Streets Team member David Torres, top, uses a pool screen to sift garbage while Team Manager Nick Newberry pulls the garbage from Coyote Creek near Kelley Park in San Jose on Friday. Photo by Raphael Kluzniok / Spartan Daily

RECREATION: Intramural leagues give opportunity for organized sports

FROM PAGE 1

In a given year, there are about 2,100 students who participate in campus-recreational sports, according to Eastlick, and find great pride in playing on a team again.

According to Holifield, Campus Recreation makes the process of creating a team easy.

"You just go into the Campus Recreation with a list of players and the money to sign up for a team, and it's that easy," he said.

According to Spartan Rec Connect, which is dedicated to keeping students aware of recreational activities, participating in recreational activities only adds to the college experience.

Jordan Williams, a junior graphic design major, said he does not participate in recreational activities because school is his main concern.

"I'm taking too many units and my main focus is class," he said.

Williams said he would be more involved if he didn't have so many classes.

"If I had a lighter load, I would be more into sports because I think that it is a great way to meet new people," he said.

Reuben Safire, a junior creative writing major, said he does not participate in Campus Recreation activities nor does he know anything about the organization and what it does.

"I haven't joined any clubs because they are not well advertised," he said, "but next semester I plan on joining the boxing club."

Junior psychology major Cameron Cash said he thinks a lot of students who participate in campus recreational sports are mostly athletes that don't play for an official team.

"I play basketball because I love it," he said. "This is a great opportunity to play organized basketball without being on an actual team."

Cash said that a lot of people play basketball in the gym and that is how he joined his intramural team.

The A.S. Campus Recreation office is located inside the Sport Club Fitness Center and is open Monday through Friday from 10 a.m. to 4 p.m.

Wellness connect, a sec-

tion of Campus Recreation, provides students tips, such as recognize the signs of stress, how to stick to a workout routine and important information about your exercise heart rate, according to its website.

Campus Recreation also gives students the option of renting items, such as volleyballs, softball equipment and cones and goals for soccer, said Heckey.

According to Eastlick, campus activities enhance skills such as teamwork and problem solving, which in turn promote a healthy lifestyle and skills that will stay with students beyond college.

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