



### TECH

Myspace's facelift comes too late

SEE PAGE 6



### OPINION

The doughnut diet: Eat what you want, exercise a lot

SEE PAGE 7



# SPARTAN DAILY

Serving San José State University since 1934

Tuesday, November 9, 2010

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- SJSU students celebrate their cultures through performances at event [spartandaily.com](http://spartandaily.com)

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## Spartans lose championship spot



Roberto Casteneda fights for control of the ball against Hornets' Kasey Cox on Saturday's game, which decided who would advance to the conference championships.

See full story on **SPORTS** Page 8

## International week begins with diverse cultural show

**KENNY MARTIN**  
Staff Writer

Students representing six different cultural backgrounds performed in the Student Union's Barrett Ballroom on Monday, bringing a taste of their cultures to the campus.

The event, which took place between 7-9 p.m., was put on by the Associated Students and kicked off International Week, said Courtney Byrd, A.S. director of intercultural affairs.

The performances were mostly a mix of dancing and singing. To start the show off, Tiemey Yates and Emily Webb sang a duet and then went into a song not made of words, but rather sounds endowed with musical tones.

This was followed by some traditional Mexican slow dances put on by Grupo Folklorico Luna y Sol, in which the performers were dressed in decorative garb.

The girls were wearing all black while the men were wearing solid white suits.

The girls then exited the stage and were replaced by other women wearing long white skirts draped with red ribbons.

Charu Bhat, a graduate student in nutrition, said she didn't think the performances were as good as those in last year's cultural show and she wished there were more dancing and cultural outfits.

However, she said she still enjoyed the show. "The Indian music and the Mexican dancing have been my favorites," Bhat said. "You get to see many different cultures' dancing and music and I learn from these kinds of shows."

To break up the string of performances, sociology lecturer Christopher Cox spoke on the overall message of the show.

"SJSU is one of the most culturally diverse campuses in the west," he said. "We need to go past tolerance and move on to appreciation and embracing other cultures. This is when society evolves. In order for this to happen, people need to connect."

Rounding out the performances was Zubin Dumasia, who sang two songs, the first in English and the second in Hindi.

The English song was called "Words," and it told of the power of words.

Three members of Alpha Phi Alpha did a coordinated dance, in which they clapped their hands and stomped their feet to create a rhythm.

Lastly, the Filipino Akbayan group performed a dance in which they weaved in and out and over poles being manipulated by two other people.

See **SHOW** Page 2

## OUTSIDE



High: 65°  
Low: 49°

### CORRECTION

Several errors appeared in the story "Staff struggles to keep up with campus vandals," which ran in the Nov. 2 edition of the Spartan Daily. The three quotes from Sgt. John Laws of UPD were not correctly attributed because of a lack of communication between the two reporters who worked on the story. It is the Spartan Daily's policy to correct mistakes appearing in any of its editions.

## Library hours extended for SJSU students

**JEN NOWELL**  
Staff Writer

On Monday, Nov. 1, the King Library changed its opening hours from 9 a.m. to 8 a.m. to allow students earlier access.

At the Dr. Martin Luther King Jr. Library, closing hours and weekend hours will remain the same, said Bridget Kowalczyk, assistant to the university library dean.

She also said the extended hours, from 9 p.m. to midnight Monday through Thursday and 7 p.m. to midnight on Sunday for SJSU students, will still be in effect.

Jeshuah Mitchell, a senior

justice studies major, said the new hours will probably help students in his 9 a.m. class get to class on time.

"They need to print out their homework and they wait until 9 a.m. when the library opens to use the computers there and the students end up being late to class," he said.

Librarians teach classes to students in the library before open hours and the librarians were having to sneak their students in through the back door of the library, Kowalczyk said.

The back door was being used because the front doors couldn't be opened until 9 a.m., she said.

"I think it will be good for the

“There were droves of people waiting at the doors for the library to open.”

**BRIDGET KOWALCZYK**  
Assistant to university library dean

”

campus," said Toby Matoush, the library instruction coordinator.

Matoush said it would have been better if the time change had happened earlier in the semester, because of the amount of early morning classes the librarians taught at the beginning of the semester.

Senior business major Nancy Del Castillo said she takes the light rail to school and her first class is at 9 a.m.

"It's more convenient for the library to open earlier," she said. "The library is along my path to my first class, so I can stop if I need to print something off."

Freshman pre-nursing major Michael Gonzales said when

he comes by the library in the morning to do homework in the library, he always sees a lot of people standing around waiting to get in.

"There were droves of people waiting at the doors for the library to open," Kowalczyk said.

The library used to open at 8 p.m. until last year when the library faced budget cuts, she said.

Opening is going back to 8 a.m. from 9 a.m. because of demand from the students, Kowalczyk said.

There wasn't going to be a big increase in the amount of staff needed for the extra hour in the

See **HOURS** Page 2

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# Students enjoy extra perks at King Library

AMARIS DOMINGUEZ  
Staff Writer

SJSU students get a few more perks within King Library, which also doubles as one of 19 San Jose public libraries.

In an average week, about 65,555 people — both students and from the public — visit the library, said Mary Nino, associate dean of the Dr. Martin Luther King Jr. Library.

She said the budgets are configured differently for each system and that the San Jose Public Library's budget is around \$31.4 million, which takes care of building maintenance, utilities, equipment, vendor contracts and staff salaries across 19 libraries.

SJSU's library has a budget of around \$10 million and it includes all equipment, maintenance, vendor contracts, money for materials, databases and staffing costs for 80 employees, Nino said.

"The public library system is supported by the city of San Jose and designed to meet the needs of its residents," she said. "The university is part of the California State University system and is supported by the State of California and from student tuition and fees. Our mission is to support students and faculty."

Nino explained that SJSU students do have a few more perks to having their Tower Cards on them.

"SJSU offers 89 hours of reference service a week through phone, chat, email and reference desk, and this doesn't include individual meetings with librarians," she said. "In a typical week, SJSU librarians and staff answer 5,082 questions."

The SJSU library specifically selects materials that meet student and faculty needs in this regard, Nino said.

"We provide access to close to 300 online databases, which include thousands of scholarly journals and which are easily searchable and accessible from outside the library," she said. "The public library offers databases also — many of which are of interest and available to students with a library card — but we purchase many more than they do and with more of a scholarly focus."

Nino said the most popular feature offered to students is the laptop check-out.

Junior business major John Nguyen said he feels that being a student had its perks when it comes to SJSU's library within King Library.

"I like taking advantage of the late hours that students get to have in the library after the rest of the public gets kicked out," he said. "I always make sure to have my Tower Card on me so that I can have access to all the stuff students get to do in the library."

John Wenzler, associate dean for digital futures, information technology and technical services, said the SJSU library website offers many helpful resources such as more than 70,000 online journals that SJSU students have access to with their student ID numbers.

"The library has approximately 300 online databases where students can search for journal and newspaper articles," he said.

Wenzler also explained that a joint library website will be launched to provide information about the joint library partnership between SJSU and the public library at King Library.

Nino said university students and faculty are primarily interested in resources for research.

"Both of these groups have shared with us that they really like the ease and convenience of online resources, which they can utilize at any time of the day and from anywhere they can get Internet access," she said.

"Students can always reserve a desktop computer like the public library visitors but many of our students prefer laptops," Nino said. "Desktop computers can be reserved for two hours a day but the laptops can be used for four hours because these laptops are supported by student fees and are only available to students."

Anna Morales, a junior child development major, said she is happy that she has a little more access to different resources because she is a student.

"During finals my friends and I will rent out a room to have a study group with friends all night when the library stays open 24 hours just for students," she said.

Nino said other benefits that students have are an online citation management system called Refworks, subject based webguides called Libguides and online tutorials such as an online assignment calculator designed to help students manage their time when they have research assignments.

"Because students are also part of the public, there really aren't any benefits that only the public gets and the university students don't get," she said. "Our students just need to make sure they have a public card also."

## CAMPUS IMAGE



PHOTO: JACK BARNWELL | SPARTAN DAILY

Jasmine Taylor, a senior environmental studies major, plays the Star Wars theme song on her bagpipes on top of the Event Center on Thursday, Nov. 4.

## SHOW

From Page 1

Senior hospitality major Ricoh Panganiban said he thought the show was OK.

"The performances were all right," he said. "I wish there were more performers on stage. I had never seen a Hindu singer before and the speaker was good."

In addition to the performances, food and drinks were provided during the show, which consisted of crackers, cheeses, sandwiches, spring rolls, sausage rolls, cookies, punch and water.

Byrd, the A.S. director of intercultural affairs, said she hopes to continue this event in the future because she feels cultural diversity is important.

"It needs to be a big priority just because our school is the sixth most diverse school in the west," Byrd said. "To learn and experience a different culture is a good benefit of college."

## HOURS

From Page 1

morning, she said.

Ly Huong Tran, a former San Jose resident who now resides in Morgan Hill, said she thinks it is great that the King Library will be opening

an hour earlier.

When her two kids, who are eight and nine years old, are not in school, she said she will be able to bring them by earlier in the morning before she goes to work.

Tran said she will also have more time when she comes to the library by herself to look at books before she starts work.

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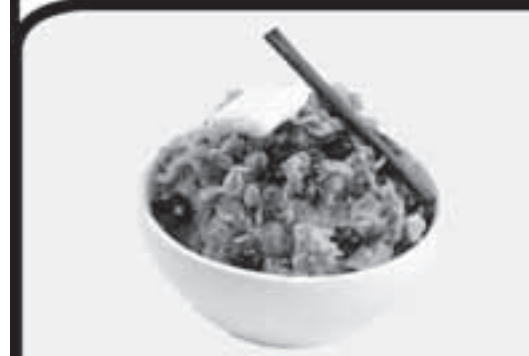
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# Noted anthropologist's speech draws a crowd

**KELSEY LYNNE LESTER-PERRY**  
Staff Writer

Room 189 of the Engineering building was filled over its 214-seat capacity last night from 4-6 p.m. during a Peter C. Lee Memorial International Lecture about global citizenship from a world-renowned anthropologist.

Mary Catherine Bateson, Ph.D., attracted anthropology students, deans from colleges on campus and a lot of the general public, said Nadia Elliott, administrative coordinator to Mark Novak, dean and associate vice president of the international and extended studies program at SJSU.

Bateson is a writer and cultural anthropologist who has retired from teaching but continues as a visiting scholar at Boston College's Center on Aging and Work, according to the lecture program.

Katrina Kane, a senior behavioral science and anthropology major, said she had to come to the lecture for an anthropology class.

Another student, freshman psychology major Kaitlyn Kuhach, said it was mandatory for her humanities honors class to attend.

"I'm just here to pay attention," she said. "I know the honors program is sponsoring her (Bateson) to be here. The lecture correlates and has to do with unity in the whole world."

Bill Reckmeyer, professor of leadership and systems, and the university's outstanding professor of 2010, said a lot of the attendees were at the event because of promoting to faculty members all around campus.

"We are actively trying to promote these

kinds of dialogues about global citizenship and have major speakers like Bateson, who is a cultural anthropologist and the daughter of Margaret Mead," he said.

Mead was an American cultural anthropologist, who was a frequently featured writer and speaker in the mass media throughout the 1960s and 1970s, according to the Library of Congress website.

According to the flier for the event, Bateson's most recent research deals with exploring how extended longevity and lifelong learning modify the rhythms of the life cycle and the interactions between generations.

"There is a relationship between global awareness and fundamental change in the human life cycle," she said during the lecture.

Based on this, Bateson said that reproducing seems extraordinarily inefficient, and began to speak more about evolution.

"We have spent years and years learning," she said. "We aren't born preprogrammed like most species. We have to learn how to love by being loved."

She drew this conclusion again by saying that humans, as a species, develop a conscience whereas most other species do not.

"The adaptability of our species is to be able to live everywhere on the planet is only possible because we aren't preprogrammed," she said, drawing a parallel between global citizenship and the human life cycle.

Bateson continued to say that evolution is a lot about inefficiency.

"We go through a long period of dependence," she said. "And as we all know it's getting longer. But what about all the post-reproductive years?"



Anthropologist Mary Catherine Bateson's lecture on longevity and lifestyle filled the seats of the Engineering auditorium Monday afternoon.

PHOTO: JACK BARNWELL | SPARTAN DAILY

# Research opportunities, food grow in on-campus gardens

**KENNY MARTIN**  
Staff Writer

As students hastily make their way through the maze of crowded sidewalks branching out across campus, they may catch a glimpse of one of a variety of gardens planted by the sustainable agriculture class.

Students may have noticed gardens in four areas around campus, said Catherine Bartoli, a member of the Growing Roots of Wellness organization on campus.

One is located in between the Science building and Washington Square Hall, two are near the Smith-Carlos statue, one is in front of Building BB (found near the Campus Village buildings and the Student Health Center) and another is near the Sports Club Fitness Center, she said.

Rachel O'Malley, an associate professor of environmental studies, said the gardens serve both as tools for research and for growing food.

"Students do experiments in the gardens," she said. "They learn how to research, analyze data, write research posters and

present results. Food that is grown outside of Clark Hall is used in the Smart Cart sales and students make soups out of the food grown during the sustainable agriculture class."

The Smart Cart is available to people on campus every Tuesday between 10 a.m. and 1:30 p.m., by the Smith-Carlos statue located between Clark Hall and Dwight Bentel Hall, said Marjorie Freedman, assistant professor of nutrition, food science and packaging.

"We started the Smart Cart in the spring of 2009," she said. "We wanted to increase the availability of fresh fruits and vegetables to the campus."

Freedman said the Smart Cart always has fruits such as apples and bananas, and seasonal fruits such as oranges, mangoes, plums and raspberries. There are also vegetables on sale, such as carrots and broccoli.

She said the cart offers water and 100 percent fruit juice, which means the drink is made only of fruit juice.

The grab and go meal — which costs \$3, consists of one cheese stick, a granola bar, an apple or an orange and a beverage — is one of the most popular purchases, Freedman said.

Bartoli said there are plans to start supplying the Dining Commons with the food grown in the various gardens.

The organization's mudpie recess, which takes place on Mondays and Fridays from 10:30 a.m. to 1 p.m., is a time for any students who want to volunteer to tend to the gardens around campus, she said.

Students take care of such tasks as harvesting, planting, watering and spraying bug repellent on the plants, Bartoli said.

"It's very relaxing," said Icee Manoosilpa, a senior child development major. "You can think about life while working and it is very manageable."

Manoosilpa, who was one of four students who volunteered from the Alpha Phi Omega service fraternity, said she was glad she decided to help out.

"It looked really fun and I like to do events I don't know a lot about," she said. "I would definitely want to volunteer again. You learn a lot about plants."

Gali Levi, a freshman behavioral science and anthropology major, said she saw some people gardening while on her way to

class one day, and she fell in love with the garden.

"For me, gardening is like meditation," she said. "I want to take care of the garden now all of the time."

Before San José was known as the Silicon Valley, O'Malley said it was referred to as the "Valley of Heart's Delight," because it produced fruit for the entire world during the two World Wars.

Crops can grow here all year long, she said, with tomatoes, peppers, corn and melons growing during the warm seasons and lettuce, garlic, onions, artichokes and peas growing during the winter months.

"I think it is important we effectively utilize our space," Freedman said. "It gives students the opportunity to see how food is grown."

In addition to the crops the students plant, there are also ornamental plants around campus, such as the ivy covering some of the buildings, O'Malley said. However, ivy is a non-native plant, and it consumes a lot of resources.

As Celia Florence, a junior geographical studies major minoring in environmental stud-

ies, puts it, "The school is currently designed to look like the East Coast, but they require a lot of water."

O'Malley said she feels the gardens teach students a very important lesson.

"When we eat, we need to understand where it comes from, how it grows and how to harvest and prepare it," she said.

"Soda is not food. It comes in a truck."

O'Malley said she feels people in San Jose need to appreciate what they have.

"San José is a very special ecosystem and we need to celebrate it," she said. "But we need more budgeting support. We are currently limited to the goodwill of the faculty and students."



CAMPUS VOICES



BY: ALEXANDRA RUIZ-HUIDOBRO

WHAT DO YOU DO ON YOUR DAY OFF CAMPUS?

TUAN CAI



Senior Behavioral Science

I just study, 24/7. Don't eat, don't sleep, just study. (My major) is very easy. I don't have friends, I just study.

PAUL PARR



Freshman Undeclared

I'm a producer of electronic music. When I'm having a bad day sometimes to be able to write down a melody or record something and it will help me take my mind off whatever is bothering me.

CRISTINA NAZARIO



Freshman Spanish

I'll sleep in ... all morning and if I don't have class at all I'll chill with friends and relax. I try not to hang out on campus too much. And if I do I'm usually hanging out with people in the dorms because I have friends in there.

DAVID DE LA CRUZ GARCIA



Freshman Undeclared

When I'm not on campus I usually volunteer with Cesar Community Action Center. I'm also involved with the club called Mecha. I want to help out the community and get really involved.

STEPHANIE TRAN



Graduate Occupational Therapy

I like to work out, stay active and also volunteer as part of my major for a community center across the street that has a lot of members of the community and they have different sorts of mental illnesses.

JESSICA MEAD



Graduate Extended Master's

I do yoga, I go running, make jewelry and I love to cook. And just to stay healthy, I love to run and to be outdoors, go hiking, go running on the beach.

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# Flames' Spartan Swirl a heady concoction

## DRINK OF THE WEEK



**KELSEY LYNNE LESTER-PERRY**  
Staff Writer

Like moths to a flame SJSU students gravitate to Flames Eatery & Bar for happy hour, where delicious drinks and appetizers are served for half the normal price.

In true happy hour fashion, I went to Flames with girlfriends on Thursday at 3 p.m. — when happy hour began.

I ordered a \$5 Spartan Swirl, which our lovely waiter Tiffany told us was a combination of Flames' specialties, the Sharkarita and the Smooth Move.

The Sharkarita — Flames' version of a margarita — is tequila, vodka, blue curacao and water. The Smooth Move is rum, margarita mix, strawberry juice and pineapple juice.

My drink was red and blue — swirled of course — with a light-blue-colored liquor settled at the bottom of a pint-sized glass.

After taking one sip, I realized that in order to taste the drink as it was meant to be tasted I would have to stir the pretty swirls away.

I did this and began to taste what the drink was intended to taste like: the best kind of Slurpee \$5 can buy.

With the long list of different liquors that constituted my drink I was expecting the concoction to taste like nothing but booze, but to my delight, it tasted more like a swirl of non-alcoholic flavor.

This might be because the rumors of happy hour are true — that watered-down drinks abound — but it's more than likely I think the mixture of juices and Blue Curacao toned it down to a pleasant, only slightly alcoholic-tasting mixed drink.

Three-quarters of the way through my glass I came to the conclusion that the rumors about happy hour drinks are definitely not true. I was getting buzzed by my first



The Spartan Swirl is a combination of Flames' Sharkarita and Smooth Move.

PHOTO: KELSEY LYNNE LESTER-PERRY | SPARTAN DAILY

drink and that never happens. Wanting to have a more holistic review of happy hour at Flames — that's what I told them anyway — I tried the drinks that my two girlfriends had ordered.

One purchased the \$4 Pomegranate "Flame-Rita," made of Sauza Hornitos Plata, Cointreau, and pomegranate and lime juice.

She described it as tasting like a cup of pink alcohol with a hint of salt. She had the description almost to a tee. She just failed to mention that it had a hint of a perfume-like aftertaste. I don't know how that's possible — maybe my senses got confused while tasting it and the light pink, almost Pepto-Bismol-like appearance of the drink made it taste girly.

I would recommend that all SJSU students try out Flames' happy hour at least once. You really can't go wrong with half-off drinks and appetizers at that point in the day when all you really want is a great atmosphere, some really cheap food to share and a drink.

# Bruno Mars delivers multifaceted debut album

## REVIEW 4/5

**REBECCA HENDERSON**  
Staff Writer

Enticing his female audience with lyrics such as "When you smile the whole world stops and stares for a while," Bruno Mars' first single, "Just the Way You Are" became an instant summer-time hit.

Also appearing on notable songs such as "Billionaire" by Travie McCoy and "Nothing on you" by B.o.B., both of which Mars co-wrote, the 25-year-old vocalist and lyricist holds his own with his debut album "Doo-Wops and Hooligans."

The 10-track album is filled with upbeat pop melodies,

incorporating a little reggae mixed with a sensual R&B vibe.

Both his male and female audiences can relate to his catchy, yet fresh, lyrics.

Mars adds his own take on love and heartbreak in songs such as "Marry Me," "Talking to the Moon" and "Grenade" where he discusses love's effect on the soul.

The unique variety of music is what I found most appealing about the album. There were songs I could dance to and songs I could sing to.

Featuring artists Cee Lo Green, B.o.B. and Damian Marley (son of Bob Marley) helped to contribute to Mars' debut album.

The album's opening song "Grenade" will play with your emotions — you can hear the passion in his voice.

He sings about the love he has for a significant other ending in heartbreak.

Mars switches from singing songs about heartbreak to writing lyrics that have a sexier side to them as he serenades his female fans with his song "First time."

Throughout the album he reveals a number of different musical styles.

His first three songs are slow love ballads but he later transitions to vibrant dance beats.

One of my favorite songs "Runaway Baby" has a punk rock influence with its fast-paced beats, it will have you toe tapping as you nod your head back and forth.

The only drawback to the album is that a few songs cut off too abruptly, leaving me wanting more while I sang alone to myself.

Marley complements Mars' soft tone in the song "Liquor Store Blues," which will capture your attention with soulful sounds of reggae and lyrics such as "Lotto tickets and cheap beer that's why you can catch me here."

In his song "Talking to the Moon," the music from the piano keys flow with the beautiful lyrics and sweet harmonies making it the most romantic song on the album.

Another one of my favorites is the song "The other side," which is a collaboration with Green and B.o.B.

Overall, "Doo-Wops and Hooligans" is well put together for a first album and a definite crowd pleaser.



Bruno Mars' debut album was released on Oct. 5.

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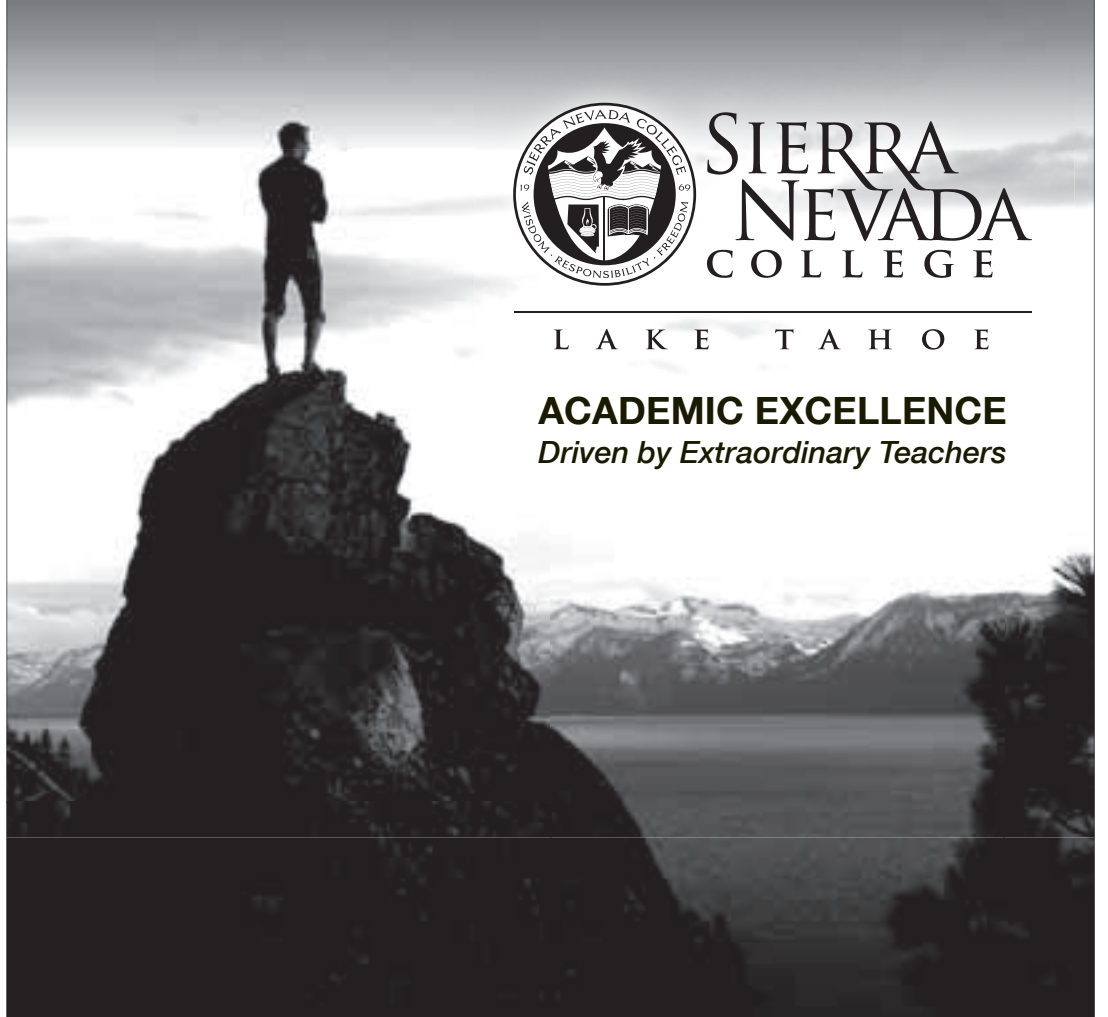
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# Myspace upgrade offers users new features

## TECH REVIEW



**SONIA AYALA**  
Staff Writer

It seems as though one of the world's largest social networking websites has come up with a brilliant idea that can help save its website from its three-year decline, according to the CrunchBase website.

I think it's too late for Myspace to make a comeback now even though it caught the attention of 125 million users around the world when it was first launched by founders Tom Anderson and Chris DeWolfe in August 2003 in Los Angeles, Calif., because they should have come up with an idea such as this a long time ago.

Myspace was originally created for teens and adults between the ages of 13 and 25 and its main purpose was to provide its audience with a new way to find new and old friends online, as well as find their favorite musical artists all around the world, according to the Myspace website.

Myspace also gave users the opportunity to use their creativity by allowing them to customize their own profiles with any colors, patterns or themes of their preference. However, this didn't seem like enough technology for some Myspace users.

In 2008, Myspace found itself suffering from a decline in the number of its users when newer competitors such as Facebook, Twitter, LinkedIn, Tagged, Ning, Mylife, Friendster, Xanga, Wayn, and vMix launched their own websites, according to USA Today. And since its apparent downfall, Myspace has been trying to find new and creative methods to attract users once more.

The owners of Myspace recently redesigned the whole website. This redesign has opened the doors for Myspace users to artistically redesign their profile with colorful patterns, shapes or picture backgrounds that can pop out of the background and overlap the other elements in a profile.

The redesigned website also allows users to reorganize everything on their profiles to their own liking, including

their music player, friends-request box, profile info, profile pictures and blog posts.

The new Myspace is great because there are no restrictions on how users can redesign their profiles — this is a big step up from the original Myspace, which required users to go through a dreadful and confusing process of pasting HTML codes onto their profile pages just so the picture could show up on their profile.

The new Myspace upgrade also allows users to view instructional videos that give them a variety of ideas as to how they can redesign their profiles. It also gives users the opportunity to choose between 164 pre-designed, colorful themes or build their own themes with their own fonts and styles, and can change their whole profile layout, right down to the number of pixels they want on their page.

The only problem with Myspace's redesign is that when users make any changes to a profile, the website takes forever to process their changes and may cause their computers to freeze, which can be annoying at times.

Not only has Myspace allowed users to customize their own profiles, but the look of the website itself has changed — whenever a user goes to the Myspace website or signs on to his or her account, the first thing the user will see are ads that cater to whatever the user's interests are. Mine were all about singing and music.

However, Myspace couldn't just stop at creating the "upgrade" application — they had to go and create another application that not many of its competitors offer: the "My Visitors" application. This application allows a user to keep track of who views his or her profile.

It was awesome of Myspace to create "My Visitors" because it allows a user to see who's viewing his or her profile and also allows other users to see when you're viewing their profiles. This application will not only be helpful to users but can also be a magnificent tool for authorities such as the police to keep track of criminals or crazy stalkers on the Internet.

However, since this new "My Visitors" application was never offered to Myspace users before, it might become popular enough to regain the interest of former Myspace users.

When Myspace users sign into their account, they're given the option to sign up for "My Visitors," but I think the smart thing would be to sign up because you can never be too safe or careful when surfing the Internet.

Now that I have researched and redesigned my own



PHOTO COURTESY: MYSPACE.COM

Myspace's latest facelift features a slew of updates, including increased customization and a more dynamic profile page.

“One thing is for sure — even though Myspace has improved, it's not going to make me give up checking my Facebook 10 times a day ...”

profile by using the new tools Myspace has provided me, I think that I might start checking my profile a little more often than before, just to look at my awesome profile background.

One thing is for sure — even though Myspace has improved, it's not going to make me give up checking my Facebook 10 times a day because it still doesn't meet my networking needs.

Myspace might continue to be popular among bands who can post their own music on their profiles for free, but it might never be as popular as it was in 2006 among older social network users. Facebook and other networking websites are the most popular websites among older and more sophisticated users.

What will Myspace come up with next?

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

Previous Solution

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

## Crossword Puzzle

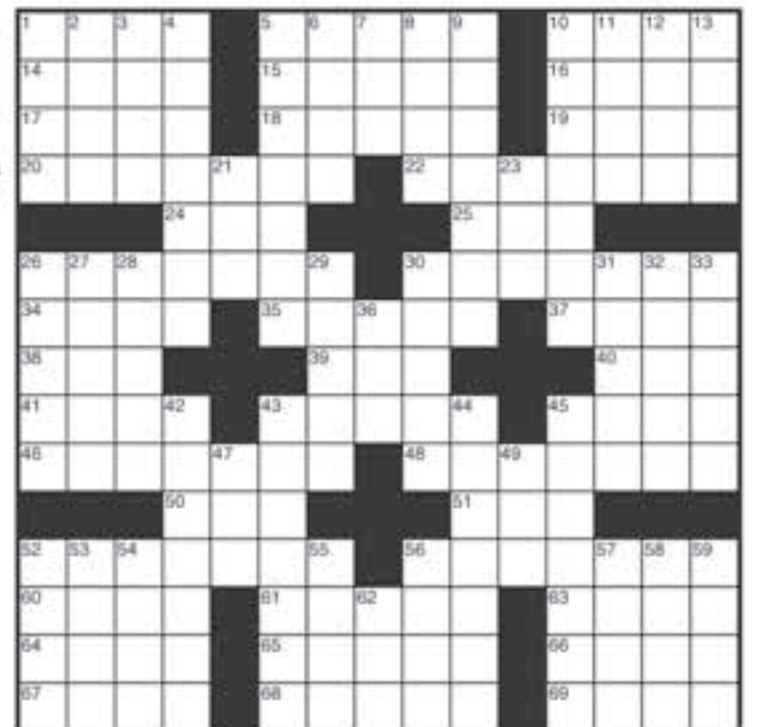
#### ACROSS

- 1 Royal address
- 5 Publish
- 10 Light-bulb unit
- 14 Camp beds
- 15 Demi or Dudley
- 16 Frankenstein's gofer
- 17 Leaves breathless
- 18 Shady nook
- 19 Late-night Jay
- 20 Single (2 wds.)
- 22 Gave in
- 24 Apprehend
- 25 Brownie
- 26 Swiped
- 30 Ease
- 34 "Garfield" dog
- 35 Nobelist from Egypt
- 37 Crumbly soil
- 38 Breakfast grain
- 39 Russian for "peace"
- 40 Pirate's quaff
- 41 Gourmet cook
- 43 Helicopter blade
- 45 Long-active volcano
- 46 Vanishing point
- 48 Nutty conffections
- 50 Fleur-de-
- 51 Aha!
- 52 Soaked raisins
- 56 Upholds
- 60 Focal points
- 61 Vestige
- 63 Bath cake
- 64 Stare rudely
- 65 Radio dial
- 66 Carry off

- 67 Orchard product
- 68 Deep fissure
- 69 White stuff

#### DOWN

- 1 Nature's band-aid
- 2 Corn Belt state
- 3 66 and I-80
- 4 Flower petal extract
- 5 Drinks
- 6 Flue buildup
- 7 Sty matriarch
- 8 Heavy hydrogen discoverer
- 9 Most uncanny
- 10 Unreasonably headstrong
- 11 Made cheddar better
- 12 Get in shape
- 13 Marched along
- 21 Disdainful snort
- 23 Chicago Loop trains
- 26 Mutt
- 27 Baking potato
- 28 Saltpeter
- 29 — Runyon
- 30 Tori Spelling's dad
- 31 Major artery
- 32 Too thin
- 33 Bovary and Peel
- 36 Morse click
- 42 More delicate
- 43 Hieroglyphics stone
- 44 Shingle layers
- 45 "Me" types
- 47 Energy
- 49 TV band



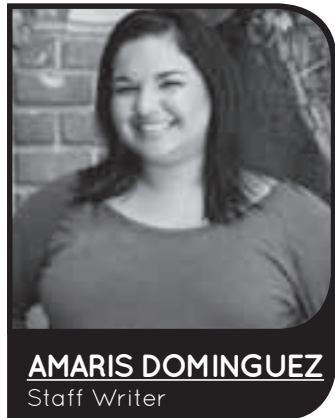
- 52 Drop heavily
- 53 Mezzanine
- 54 W. Coast campus
- 55 Beat with a stick
- 56 King beaters
- 57 Speckled horse
- 58 Powerful shark
- 59 Shoot forth, like Etna
- 62 Some

FLIT	SHAFT	BLEU
LATE	MOLAR	IONS
AVER	EBONY	KAYE
GARRULOUS	CEDAR	
OFT	PEW	
SUBROSA	CHEAPER	
AMISS	FILE	YULE
IBO	STREW	PAS
NETS	MESA	SUITE
TRACTOR	TRIPLET	
AUG	OFF	
RUIING	JET	STREAM
ANON	TAROT	OPIE
MITE	ORATE	NERD
STAR	ESTER	TESS

Previous Solution



# The sudden departure of a loved one



**AMARIS DOMINGUEZ**  
Staff Writer

I am always one to think, "That type of thing will never happen to my family," whenever I read or hear of horrible things happening to people in this city.

I was wrong.

A little after midnight on Thursday, Oct. 28, my uncle was shot and killed in front of my grandmother's house.

It was as if time stood still early that morning. My

brother and I stood on each side of the hallway groggily looking into my living room at the people gathered in my house notifying my mother that her youngest brother was the victim of a horrible crime.

I can almost still hear those voices saying, "He didn't make it to the hospital ...," and I can still see my parents standing with their hands over their mouths as they received the news.

This couldn't really be happening.

I stood in disbelief and was shocked enough that I couldn't cry.

Instead, I was more concerned about my grandmother who was held for questioning for hours after the incident and still unaware that her youngest son was dead.

Instead, I was more stressed about my cousin in the Marines, who had just left for a 16-hour flight to Japan a few hours earlier and needed to be notified that his father was dead.

Instead, I was more concerned for my mother's well-being as she didn't show any emotion and just stood in shock as she tried to grasp the idea that her brother was really dead.

Yes, this was really happening to my family.

The following days were hard.

It was as though a rug had been pulled out from under us and we didn't know how to pick up and continue on with our lives.

My head was in a totally different mindset. I couldn't focus at work, school or at home.

I would come home to see my house filled with people I hadn't seen in months and even years, tears in their eyes, sharing memories about my uncle.

It tore me apart, but I couldn't cry.

When the family viewing took place last Thursday, I was confronted with the large group of family members and family friends and my uncle's body in a casket.

Yes, this was really happening, and before I knew it, I was crying.

I wasn't too close to my uncle — nobody was really, he distanced himself a lot these last couple of years. But he was still my grandmother's baby, my mother's brother, my uncle and the father of my cousins, who I consider brothers.

It hurts me that his life had to end in such a horrible way, but it just serves as a reminder that this kind of stuff happens all the time and yes, it could happen to your family, too.

Nobody lives forever and my uncle's death was a reminder of that.

It also makes me remember to cherish those most important to me because they could be gone tomorrow.

I will forever remember my uncle's smile, warm embrace and the happiness in his voice whenever I saw him at my grandmother's house, and it's those memories that I will forever cherish.

I will miss you, Uncle Peter. I will forever cherish our memories.

# Doughnuts plus discipline equals weight loss

Over the weekend, while stuffing my face full of Lucky Charms, Funyuns and chicken wings, I came across the most awesome bit of news I have heard in years.

"Twinkie diet helps nutrition professor lose 27 pounds," it read across the CNN website.

After I finished my bowl of cereal, I rolled over and read about the nutrition professor who twinkied his way to notoriety.

For 10 weeks, Mark Haub, a human nutrition professor at Kansas State University, ate either a Twinkie, Nutty Bar or powdered doughnut every three hours, instead of meals, according to CNN.

According to the same report, he also munched on Doritos chips, sugary cereals and Oreos.

Haub said his goal was to prove that weight loss comes from calorie counting, and not from the nutritional value of food.

Haub limited himself to less than 1,800 calories per day for a class project.

A man of Haub's pre-dieting size usually consumes about 2,600 calories daily.

The results of Haub's sweet-sugar-experiment were positive and showed what can be achieved with discipline.

Haub's "bad" cholesterol, or LDL, dropped 20 percent and his "good" cholesterol, or HDL, increased by 20 percent. He reduced the level of triglycerides, which are a form of fat, by 39 percent, according to CNN.

I am not a doctor or a nutrition expert, but Haub's experiment reinforced my opinion that discipline is the best way for long-term weight loss.

Elaine Magee wrote a column on WebMD about junk food and the dangers of the delicious treats.

She wrote that "junk food" generally refers to foods that contribute lots of calories but little nutritional value.

Magee said the best way to stop children from eating unhealthy foods is to limit television viewing.

"Certain TV shows seem to attract more junk food commercials than others," Magee said. "So parents might want to discourage kids from watching these shows."

It is common knowledge that junk food is not healthy. I feel that kids should be free to eat any type of junk food they enjoy.



**MATT SANTOLLA**  
Tales From The Creek

As a child I drank Jolt Cola, ate cupcakes and pounded Pixy Stix on a regular basis.

I was able to stay healthy because exercise was a part of my daily regimen.

According to a study done by Harvard University, people looking to lose weight should pay more attention to calorie intake than from where the calories come.

"I think that people can really pick whatever healthy diet they

like," said Frank Sacks, a professor at Harvard School of Public Health and lead author of the study, naming Mediterranean, low-fat and vegan diets as examples. "Our results say that these diets would work the same."

I feel people would be better if junk food was not demonized, it is a part of our country and society.

I am a person that has a major addiction to all things substance.

Coffee, burritos, Monday Night Football and junk food are all substances I have abused during times of unhappiness.

In spring of 2006 I weighed more than 205 pounds. At 5 feet 10 inches, my health and self-body image was not where I wanted it to be.

After I reached a mental breaking point, I set a goal to lose weight.

I have tried to lose weight in the past.

I tried the Atkins Nutritional Approach, South Beach Diet and raw-foods diet.

I felt all of these diets were complicated and did not fit the schedule of a stressed college student.

I decided to lose weight by going to the gym five times per week and eating two meals a day.

Every day, I focused on avoiding over-indulgence and not the types of food I was throwing in my body.

During this period, I continued to eat super burritos and Jumbo Jacks.

In 16 weeks, I went from 206 pounds to 173 pounds.

Through discipline, I was able to achieve an awesome goal. It does not matter what diet a person chooses, but that they have the discipline to stick with it.

"Tales From The Creek" is a biweekly column appearing on Tuesdays.

Matt Santolla is a Spartan Daily Copy Editor.

# Humanity: There is still hope for us



**ASHLEY FINDEN**  
Senior Staff Writer

“My head was in a totally different mindset. I couldn't focus at work, school or at home.”

energy, but why? How is helping a less-fortunate creature, no matter what the species, a waste?

This displays nothing less of humility and compassion by humans. Without those two characteristics, what would separate humans from neanderthals?

I think it is nothing but honorable because it shows that people are willing to go out of their way for others, which is hard to come by anymore.

For example, walking around campus one might see a multitude of people. Eventually, one is bound to encounter a person who needs help, but how many people actually help?

Once while walking by the Music building from the Student Union, I saw a young man drop his backpack and

all of his papers fell out as a result.

I helped him pick up a few papers, but the worst part of all was that a majority of people walking by stepped on his papers without offering any assistance.

One other person stopped to help the gentleman, but out of dozens of others walking by, two is a depressing number.

To see someone do good is refreshing for me and it also reinforces the thought that there is exemplary behavior in the world.

I don't mean just those who volunteer, I mean the people who shine by random chance, a small-time hero is called for duty.

When there is an earthquake or even something as simple as seeing a person trip

and fall, will there be a passerby who doesn't even give help a second thought?

Or if there was an animal stranded and kept away from its natural habitat, who will get them back to where they belong, if anyone?

At this point in time, people are so focused on their own lives that any altruistic or selfless thoughts are diluted.

It pains me to see or hear individuals laugh at those who need help. Actually, seeing such selfish people laugh in those situations confirms how detestable society can be.

Usually that mockery happens only in group situations. People need to stay truer to themselves rather than lose their personality and morals when it seems "uncool."

But remember there are people who are strong and ethical that remind society of what true kindness is like.

Hopefully more people will be inspired to better themselves after seeing such behavior.

Ethics and morals may even catch on one day, representing a fad that will never die, like a little black dress.

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# Spartans lose to Hornets in overtime

## Sophomore defender named Academic All-American

MELISSA SABILE  
Sports Editor

Sophomore defender Nick Murphy's name was added to the 2010 ESPN Academic All-District VIII men's soccer University Division first team list, one of three players in the Mountain Pacific Sports Federation to receive this honor.

Murphy was nominated by Brian Morandi of the College Sports Information Directors of America.

"I didn't even know it was coming or even really what it was," Murphy said. "It's a pretty amazing thing to say that I'm one of the All-Americans on (the list). I've worked pretty hard, I would say I've earned it."

Murphy, a physics major, has a 3.91 cumulative GPA and leads in minutes played on the SJSU men's soccer team with nearly 1,725 minutes on the field.

"That award is first and foremost a testament to what he does in the classroom," said head coach Gary St. Clair. "But it's also a testament to how good he is on the field. It's just one of those things where you have to be very good at both, and it's a very prestigious award. To get to the finals of the Academic All-American requires quite a bit."

Murphy said he is excited about the award because he wasn't always school oriented.

"In high school there was only soccer," he said. "I didn't plan on going to school. I'm old. I'm 22 and I'm only a sophomore because I took two and a half years off to play soccer because I honestly didn't think I was ever going to come to college. In high school, I was an average student and then when I came here I decided it was time to really get my act together."

Sports information director Lawrence Fan said Murphy has the highest GPA among all the male student athletes at SJSU.

"I don't really do anything else besides study and play soccer," Murphy said. "I just can't think of a better use of my time. I really enjoy physics, I enjoy science and I enjoy math, it's agreeable with my personality."

St. Clair said on and off the field, he has a lot of respect for Murphy.

"He's got it going on both ends — both as an athlete as well as a student," St. Clair said. "He is consistent as the day is long. To be a captain in his sophomore year is pretty tough. We give Nick a lot of credit."

MELISSA SABILE  
Sports Editor

In a winner-take-all season finale, the SJSU men's soccer team failed to score the goal it needed to beat Sacramento State on Saturday night and advance to the Mountain Pacific Sports Federation conference championships.

"It's been a typical game for us," said head coach Gary St. Clair. "We played so well. We've played well all season long and the players have not been rewarded for it — we just can't get a goal right now."

The Spartans played an extremely offensive game against the Hornets, outshooting Sacramento 27 to 12.

"We outshot them, outplayed them, did everything but win the game," St. Clair said. "I'm very proud of our team. They have a great deal of heart, but the fact of the matter is we just can't finish."

Both teams remained scoreless throughout the 90 minutes of the regular time, but Hornet forward Chris Bettencourt managed to juke

goalkeeper Jonathan Lester and kick the game-winning goal 10 yards out of the goal 1:15 into overtime. Lester had six saves prior to Bettencourt's goal.

"We were finding ourselves in good positions to get shots off," senior forward Nick Cukar said. "But we just couldn't find the back of the net today."

Cukar, along with junior midfielder Nick Cashmere, led with five shots. Junior midfielder Roberto Casteneda followed closely with four shots.

"It kind of sums up the season," Cukar said. "We dominated most of the game and got unlucky and gave up a goal in overtime. It's unfortunate it ended in a loss, but it happens."

Bettencourt's goal secured the Hornets' spot in the MPSF conference championship, leaving the Spartans in fourth place in the Pacific Division of the MPSF.

"I thought we were the better team," St. Clair said. "I thought we would win the game. How many posts do we have to hit? How many goalkeepers do we have to hit? It's very frustrating."

Sophomore defender Nick Murphy said the team did what it normally does, but couldn't get the goal it needed to advance to the championships.

"The whole conference we were playing really well," Murphy said. "We were getting a lot of chances, just not getting the final touch. We've lost three or four games in the first minute of overtime. It's disappointing because this team is really good and had the possibility to do a lot more, but it is what it is. We played well — we just didn't score."

Cukar's closest goal attempt shot straight to the left corner but Hornet goalkeeper Cesar Castillo dove for the save. Sophomore midfielder Steven Sanchez shot at 81:08 and was inches from giving the Spartans the lead when it clanked off the left goal post and ricocheted back onto the field.

"Twenty shots in the second-half," St. Clair said. "You can't ask for anything more than that, but at some point

we need to score. It wasn't there. Scoring is the hardest thing to do in this game, you could see that tonight."

Even the defenders in the back line attempted to shoot the ball in with no success.

"It was kind of out of desperation," Murphy said. "It was win or nothing. At the end of the game we actually took a defender and put in a forward so we only had three in the back. We had to win the

“ You can't ask for anything more than that, but at some point we need to score ... Scoring is the hardest thing to do in this game, you could see that tonight.

GARY ST. CLAIR  
Head Coach

”

game, but it actually ended up biting us, but we had to go for it."

Cukar, along with forwards Josh Boemecke and Stephen Cordova and midfielder Ricky Dorrego were seniors recognized and played in their final performance for the SJSU men's soccer team at Spartan Stadium.

"The four seniors are the heart of this team," St. Clair said. "They did a tremendous job with the experience they've brought and their desire to win games was huge. I have nothing but the highest respect for each one of those players."



PHOTO: VERNON MCKNIGHT | SPARTAN DAILY

Sophomore defender Nick Murphy battles to head the ball away from the Hornets. Murphy is one of three Spartans who has started and played in all 19 games — senior midfielders Josh Boemecke and Nick Cukar are the other two players.

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