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SJSU graduate students help out Haitian schools

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OPINION

Church-and-state argument stifles free speech

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SPARTAN DAILY

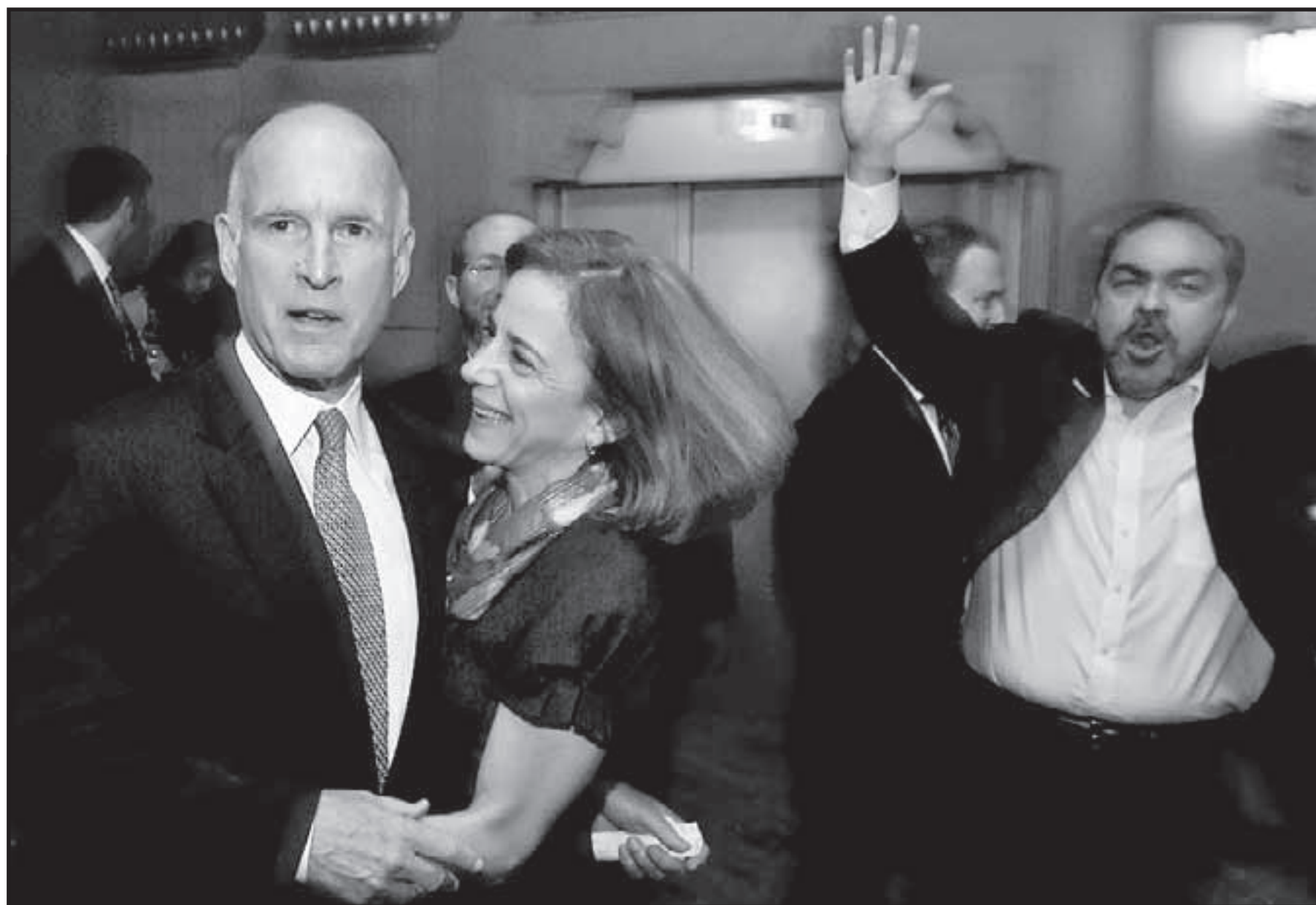
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Governor's race goes to Brown



Ann Gust Brown hugs her husband Governor-Elect Jerry Brown as he arrives at the Fox Theater in downtown Oakland on Tuesday.

PHOTO: ROBERT GAUTHIER | LOS ANGELES TIMES (MCT)

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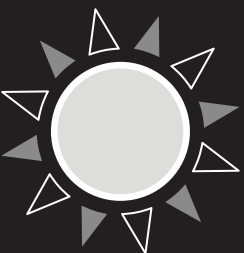


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OUTSIDE



High: 82°
Low: 60°

Democrat Barbara Boxer retains Senate position

JAIMIE COLLINS
Staff Writer

The wait is over, California, and a new politician is taking the reins in Sacramento.

Democratic Attorney General Jerry Brown was elected to the position of Governor of California on Nov. 2., according to the New York Times, CNN and the San Jose Mercury News.

"Looks like I'm going back again," Brown said during his victory speech on Nov. 2 at his campaign headquarters in Oakland. "28 years later, full of energy, full of creativity and ready to serve you, the people

of California."

After running against Republican candidate Meg Whitman in this midterm general election, Brown gained the executive position in a 51 to 44 percent vote as of midnight on Nov. 3, the CNN website stated.

Brown, who was previously California governor from 1975-1983, will be replacing the current executive Arnold Schwarzenegger who has held the position since 2003, according to California Voter Foundation.

Martin Cruz, a junior English and comparative language major, said it's time to replace

Schwarzenegger.

"He has taken us deeper into our problems and has created a mess in California," he said. "I hope that Brown will be able to help us get back to where we should be."

Also elected on Tuesday to the position of Lieutenant Governor was San Francisco Mayor Gavin Newsom, also a democratic politician, according to the SFGate.

Tanya Freeman, a sophomore political science major, said she doesn't especially care for Brown but thinks Newsom will have a positive effect on the state's government.

"He has done amazing things for San Francisco and I think he can do the same for California," she said. "Having Newsom behind him will make Brown a more

effective executive."

According to his campaign website, Brown attended Santa Clara University for a year in 1956, before entering a Jesuit seminary.

He later graduated from University of California Berkeley with a degree in Classics and continued on to graduate from Yale Law School in 1964, the website stated.

Over the years Brown has held a series of political positions in addition to his run as governor, including California Secretary of State, Mayor of Oakland, and most recently, California's 31st Attorney General, according to the website.

"He has a lot of experience in politics," said junior business major Brian Lewis. "His past gave him the extra edge he needed to win the election.

Meg Whitman didn't have political experience, so Brown is the better choice."

Brown also ran against former President Bill Clinton in the 1992 United States Presidential election the website stated, defeating Clinton in Maine, Colorado, Vermont, Connecticut, Utah and Nevada.

Russell Morgan, a senior child and adolescent development major, said he had a chance to hear Brown speak at the democratic rally with Clinton in mid-October and thought he presented some valid points.

"I think he definitely has the potential to be a good governor," he said. "I agree with him on several of his positions and I

See **VOTE** Page 2

2010 MIDTERM ELECTION RESULTS

JERRY BROWN

Governor

GAVIN NEWSOM

Lieutenant Governor

PROPOSITIONS:

24-FAIL

MEASURES:

BARBARA BOXER

Senator

JOHN CHIANG

Controller

19-FAIL

25-PASS

U-PASS

20-PASS

26-PASS

V-PASS

STEVE COOLEY

Attorney General

BILL LOCKYER

Treasurer

21-FAIL

27-FAIL

W-PASS

22-PASS

DEBRA BOWEN

Secretary of State

DAVE JONES

Insurance Commissioner

23-FAIL

*State Propositions results courtesy of Los Angeles Times. San Jose results courtesy of Santa Clara County Registrar of Voters.

VOTE

From Page 1

think he could help the state a lot."

The newly elected Governor has taken a stance against the environmental Proposition 23, the website stated, aiming to help the environment by reducing air pollution, promoting clean energy jobs, reduce toxic chemical output and protect the coastlines, parks and wildlife of the state.

"It's good for the state to have a democrat in office," said Laura Sanger, a senior interior design major. "I am excited for how this will change the state."

Moreover, Brown opposes Propositions 19 and 26 but supports Proposition 25.

During his campaign, Brown emphasized the importance of the budget, employment, education and the environment as being the most important issues for the State, according to the website.

He plans to create clean energy jobs in renewable energy and encourage business start-ups and expansions in hopes of lowering the state's unemployment rate, the website stated.

"The environment is a huge issue in this election," said junior music major John Chen. "Since Brown supports environmental issues he got more support from California citizens."

In terms of education, the website stated that Brown hopes to maintain a high quality educational system, focusing on community colleges, school funding and proper teacher recruitment and training.

Junior nursing major Jess Cole said she thinks students are more likely to vote for a candidate if they support education and that is why SJSU seems to have a majority of Brown supporters.

"Higher education is obviously important to a large amount of voters," she said. "Whether they are students, teachers, or family members, a lot of California voters are invested in education and

that's why it's one of the most important issues."

Trying to alleviate the budget deficiency, Brown plans to reform the budget process, collect unpaid taxes and increase revenue from state property, as well as take several other steps toward creating more funds for the state, according to the website.

On top of these crucial issues, the website stated that Brown also plans to initiate a pension reform for retired citizens, ensure safe water supply for the state and continue to fight and protect civil rights.

While the race for Governor received considerable attention in this election, the control of the senate and the house were also issues.

For the state of California, Democrat Barbara Boxer won the majority vote over Republican Carly Fiorina and will be the Senate representative for the state, according to CNN.

At midnight on Nov. 3, CNN reported the Democrats held a majority in the Senate, with 47

republican seats and 51 democratic seats.

"Republicans were predicted to outnumber Democrats in this election which means the country will lean toward that party," said senior nursing major Lori Kellerman. "It will be interesting to see how things change with the results."

In addition, CNN also stated that the House was turned Red by republican seats, outnumbering Democrats 233 to 174 as of midnight.

Robert Wood, a junior business management major, said he is glad the election is over.

"After being annoyed for months by the series of mailings and commercials, I'm relieved that it's actually over," he said. "Now we can move on to reshaping and improving our state and our country."

To view the complete results for all of the measures, positions and representatives for the county, state and the country, visit the California General Elections website.

2010 MIDTERM ELECTION RESULTS

Proposition results:

Proposition 19: Legalization and taxation of Marijuana under California Law - FAILED

Proposition 20: Redistricting of Congressional District - PASSED

Proposition 21: \$18 Annual Vehicle License Surcharge to fund state parks and wildlife programs - FAILED

Proposition 22: Prohibits state for taking funds used for transportation, redevelopment, or local government projects and services - PASSED

Proposition 23: Suspension of Air Pollution Control Law, AB 32 - FAILED

Proposition 24: Repeals legislation allowing businesses to lower tax liability - FAILED

Proposition 25: Changes vote requirement for passage of budget-related legislation from

two-thirds to a majority - PASSED

Proposition 26: Requires certain state and local fees be approved by a two-thirds vote - PASSED

Proposition 27: Eliminates state commission on redistricting - FAILED

San Jose measures:

Measure U: Tax rate imposition of 10% of gross receipts on marijuana businesses in San Jose - PASSED

Measure V: Amend the charter to permit binding arbitration - PASSED

Measure W: Allows the city council to exclude any officer or employee hired after a certain date for retirement plans or benefits - PASSED

*State Propositions results courtesy of Los Angeles Times. San Jose results courtesy of Santa Clara County Registrar of Voters.

Information compiled by: Jaimie Collins

CAMPUS IMAGE

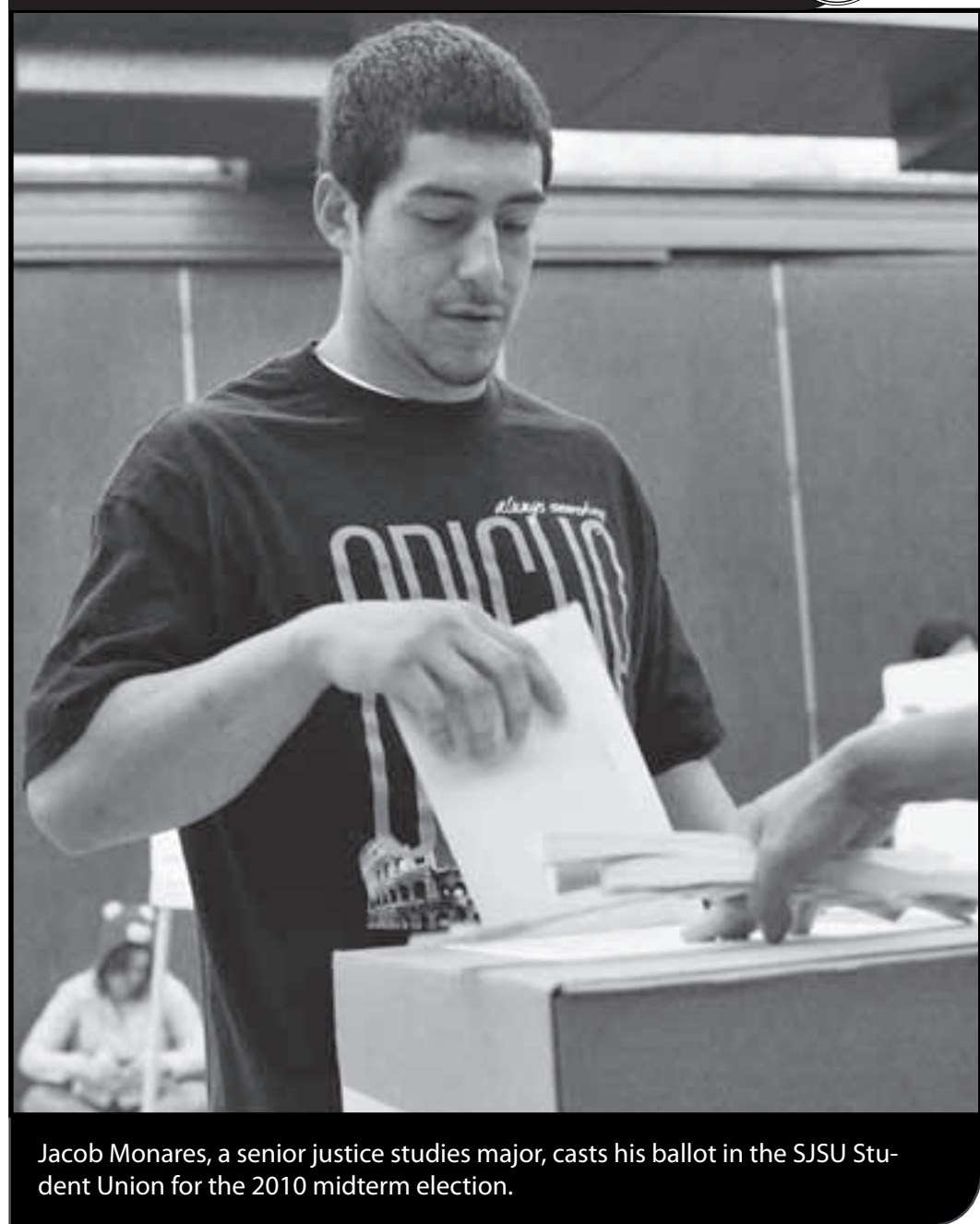


PHOTO: DONOVAN FARNHAM | SPARTAN DAILY

Jacob Monares, a senior justice studies major, casts his ballot in the SJSU Student Union for the 2010 midterm election.

Student mother seeks to balance family, school

MICHIKO FULLER
Staff Writer

Growing up on a farm in the middle of the Central Valley, Christina Seitz, a senior graphic design major, said she was probably exposed to more chemicals in fertilizer than all of the developing solutions in SJSU's photography department.

The argument doesn't hold up for her 6-year-old daughter, Kyla, even with latex gloves hanging loosely from her tiny hands.

SJSU policy prohibits children and dependents from entering the lab environment because of liability issues.

Kyla's cheerleading practice was canceled and now, so is class for herself, Seitz said.

"Any woman who has chosen — wait, that's not the right word," she said. "Any woman who has been honored with being a mother knows it's a thankless job."

Hoping to graduate in the winter, Seitz said she has been attending SJSU for the past two years, finishing up a degree she started at the San Francisco Art Institute after graduating high school in 1997.

Filling out forms, testing out of classes and lost paperwork have impeded Seitz's graduation plan, and as a parent with limited time, she said she worries that she can't follow up on her status as a student.

"I'm afraid instead of a diploma in the mail, it'll say, 'Just kidding! You actually need this class to graduate,'" Seitz said.

Art has always been a pas-

sion for her, but she said the high cost of living in the Bay Area has forced her to take time off school to work.

She said she went between the two until she had her children.

Kyla, Seitz's eldest, said

“Christina is living the ultimate balancing act. It's amazing she can handle the stress of it all and still have a smile every day.”

DANNY SEITZ
Christina Seitz's husband

she is proud of her mom and likes when she can see what her mom does at SJSU.

"I have fun when mama takes me to school with her," Kyla said. "She does cool stuff."

Seitz said her motivation for finishing her degree was for herself, but also to show her daughters that life doesn't go the way you plan.

Now married for seven years, she said her husband supports her as a student and as a mother.

"It's two full-time jobs as a parent and a student and you don't get a paycheck for either," Seitz said. "It's not as easy for a mom."

Every morning, Seitz said she takes her 6-year-old to school and pays for after-school care, which is about \$200 a month.

Her 4-year-old attends day care at the A.S. Child Care Center on campus, which costs \$800 per month.

On top of that, Seitz said she has to factor in gas, projects for school and increased tuition, all of which weighs down her financial burden.

"Christina is living the ultimate balancing act," said husband Danny Seitz. "It's amazing she can handle the stress of it all and still have a smile every day."

In class, Seitz said she worries about her daughters constantly and the traditional classroom rules can be stressful, such as when she had to take her daughter to the darkroom with her.

Answering phone calls during class is a big deal for many teachers, which once caused her to miss the school's emergency notification that her daughter fell and hurt her back, she said.

Seitz said she is debating whether she will walk in graduation, but wonders if her daughters would remember the experience of their mother receiving her degree.

As a parent, she said her decisions have been influenced by her children.

Seitz said she chose graphic design over spatial art and drawing, knowing her chances of employment are higher.

"It's a way to support my family within the art world," she said. "You try to have a little of what you want."

Retiring VP remembers SJSU development

CALLI PEREZ
Staff Writer

After nearly 30 years at SJSU, Rose L. Lee, the vice president and CFO for administration and finance, will be saying farewell at the end of the 2010-2011 school year.

"She is the best CFO in the CSU, the best in the West Coast," said SJSU Interim President Don Kassing. "She knows where every penny is."

Kassing later stated in an e-mail that Lee came to SJSU in 1981 as a financial assistant, but it wasn't long before she was asked to take on more.

Lee said the school has changed drastically since she first came to SJSU.

"We didn't have PCs," she said. "There were no such things as personal computers. We had terminals that were hooked up to mainframes, but even then, none of the offices had online services."

Lee said she'll never forget when SJSU received a donation of three PCs from Dec Computers, which is no lon-

ger a company now, but was big at that time.

"As the budget director, I got one of them," Lee said. "So, nobody had used word processing or spreadsheets. So I got one of the three."

Lee said when she first came to SJSU, people registered for classes in the gym.

"I have been here when we didn't even have voicemails on phones and now we have cell phones," Lee said.

One of her greatest achievements at SJSU was creating the Content Management System for SJSU.

"CMS — that is something I did with a whole team and it brought us into the 21st century as far as computing," she said.

Kassing stated that Lee has taken the university in many ways from good to great and we owe her our gratitude for this.

Lee said she hopes to leave the campus in a stable state.

"I just hope that '09-'10 was the bottom, because '10-'11 is already better, and

hopefully '11-'12 we will come out of it," Lee said in regards to the financial state of SJSU.

Once retired, Lee said, "One of my goals is to see the seven wonders of the modern world."

Lee said her husband has been retired for some time now, and they have a little list of travel destinations.

"I need to see the pyramids and the Taj Mahal," Lee said. "Those are the two I would really like to see."

Lee said she really enjoyed the time she worked at SJSU.

"I have done a number of different projects and responsibilities and it has been a really great time," Lee said. "I will leave with a lot of sadness as well as good memories and the people are terrific."

Kassing said SJSU will be starting the search for Lee's replacement in the next four to six weeks.

"Rose was in charge of finances in this budget," Kassing said. "She did an exceptional job."

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Grad students make docking system for Haitian schools

CALLI PEREZ
Staff Writer

Imagine you were given a laptop and had the online world at your fingertips.

You can learn, create, share and explore, but then the battery of your computer dies — the laptop is now useless, just a toy to pretend with.

Stop imagining, for this is a real problem for high school students in Haiti.

The nonprofit organization One Laptop Per Child provided 13,000 low-cost laptops, branded "XO," to the Haitian Ministry of Education.

But the problem with the organization's mission is that they are unable to deploy the laptops to 90 percent of the schools because they do not have the necessary infrastructure in place, said Mohsen Kazemi, a graduate student in engineering.

Kazemi, along with four other SJSU engineering graduate students — Shaneil Parsad, Charles Pakbaz, Victor Wong and Vinay Amin — have taken it upon themselves to create a docking system for Haitian students to store and charge their laptops.

According to Ahmed Hambaba, the associate dean of graduate and extended studies for the College of Engineering, the team has spent the last few months developing the prototype, which is now nearing completion.

"Under the current specifications, the team plans to build over 500 units (docking systems) just to support the pilot program in Haiti," Kazemi said. "Upon launch of full deployment, it is estimated that over 4,000 units will be needed."

The XO laptops

According to the One Laptop Per Child website, the organization's mission is to foster the education of children in developing by providing one Internet-connected laptop to every school-age child.

To that end, Amin said One Laptop Per Child created a durable laptop that can get wet or be thrown on the floor without breaking.

"They have wireless," Parsad said. "So it is capable of going online, but a lot of countries, they don't have Internet like we have here."

He said they have added inside networking capability so people inside a classroom can create their own network and connect with each other, Parsad said, allowing students to share their work and collaborate with others in the classroom.

Finding the project

In search of a master project, Parsad said the team went to meetings for nonprofit organization Engineers Without Borders, where they met Bruce Baikie, the team's mentor and project adviser.

Baikie, who identified the power problem with the laptops, is the founder of Green Wifi, which Parsad said is a nonprofit organization involved in deploying wireless technology in developing countries.

"We knew we wanted to invest our time with something good," Parsad said. "... He was actually involved in talking to the government representatives in Haiti."

He said the team visited seven schools in Haiti's La Cahobas district to get a better understanding of the differences between the schools there.

"You can hear about the problem from one person's perspective and you start solving the problem," Parsad said. "You think you are solving the problem."

A major problem is that some schools have power and some schools don't, he said.

"They have intermittent power, so power goes on and off during the day," Parsad said. "Some villages will have it for 15 minutes, some villages will have it for hours, and some villages have it all day, so it is really kind of hit or miss depending on which area you are talking about ... You flip on a light switch and it may come on or it may not."

He said sometimes there is a lightbulb attached to a wire in a Haitian classroom and when that light goes on, students know they have electricity and can charge their laptops.

"It is a big reality check," Parsad said. "Over here I think you get kind of lost in the assumptions of what it is like."

The team initially knew they needed a low-cost solution and a reliable power distribution, Kazemi said.

In addition to those problems, Parsad said there were problems with storing the laptops.

"They have nowhere to keep the laptops so

they keep them in cardboard boxes," Parsad said. "All of these things shorten the life of a computer."

"They are just little barriers along the way in trying to deploy the laptops, so we are trying to take out some of those little barriers."

Designing the prototype

In Haiti, Parsad said there are wires in the streets with smaller wires coming off of them and running into the schools.

"That is just kind of indicative of the cost factor," he said. "They really have no money there and there is actually zero money there for infrastructure."

Understanding these factors helps the team realize that every penny saved in building the prototype actually does make a difference, Parsad said.

"When developing the XO Dock, we knew we needed to focus on low cost, reliability and safety," Amin said.

The schools wanted something they could carry because there is a room outside of the classrooms that is specifically for charging, Parsad said.

"Our limitations were something that kids in school can lift," he said. "We didn't want it to be too heavy and at the same time we wanted to use the maximum amount of the resources that we were putting in."

The main structure will hold 48 laptops in total, Parsad said.

"Each rack holds eight laptops and the racks sit on each other and interconnect," he said. "This way when they are on the charging station there are six racks that connect to one base."

The prototype dock was constructed with PVC pipes, which Amin said were easily replicated and used.

"Based on the site survey that Victor and Shaneil did, they tried to see what are different materials that are available that they can easily build a structure out of and it is either wood or PVC, and wood costs a lot more," Amin said.

The cool thing about the PVC is it gives a way to hide the wires, which Parsad said is why they are running the wires through the pipes.

"This way you don't have wires hanging around or power strips that are going to be sitting around on the floor," Amin said. "Every time you want to disconnect an entire rack, you just disconnect one wire compared to unplugging all of the laptops."

Power problems

Parsad said the XO Dock charges the laptops with a large battery the team constructed.

The battery itself is charged by either the regular electricity in the wall, by the sun through solar panels, or through a generator the team created, Kazemi said.

"What we do in our project or our system it takes an input, and the input can be from any of these," he said.

The team made the dock with a smart input selector, which Kazemi said will know what type of input is coming into it and is able to prioritize that input.

"For example, the regular electricity from the outlet is coming to it and it will keep a top priority for it," Parsad said. "And if that is not present and the solar panels are present it can choose which power it wants and it will go to that charger."

"That charger will charge that big solar battery, so after that big solar battery is charged, that big solar battery will give power to all 48 laptops to charge them."

If the laptops are not present then it is just charging the battery, Kazemi said.

"If the kids have electricity for three to four hours during the daytime, that is usually when the students are in class using the laptops," he said. "The battery gets charged and once the students are done with the laptops they will put it back on the charging unit and the laptops are charged based on the charge of the electricity that is stored in the battery."

Amin said the team is working with Laura Hosman, an associate professor of political science at the Illinois Institute of Technology in Chicago, who in turn is working with six students who will be designing the solar power portion of the system.

Parsad said the team encountered problems testing the dock because they didn't have XO laptops to test.

"We are building a system that is supposed to be charging 48 XO laptops," he said.



Graduate students from the College of Engineering identified a storage and power with XO laptops in Haitian classrooms.

PHOTOS COURTESY: XODOCK.COM

"Where do we get 48 XO laptops from? They are not here. They are in developing countries."

With the aid of Professor Sameer Verma of San Francisco State University, Parsad said they were eventually able to gather the laptops they needed.

They attempted to test their system at SFSU, but did not have enough time to test on that particular day, he said.

"We have had a lot of challenges," Parsad said. "Our prototype is almost ready, but we still need to get all of those laptops again."

Funding and the future

"Pretty much around \$10,000 is what we have spent so far," Kazemi said. "It may change a little bit, but it is a rough estimate."

To make the product as serviceable and as easy to build as possible, the team is creating step-by-step manuals on how to create it and how to troubleshoot it if there are problems.

"If something breaks they can fix it on site," Kazemi said. "If not, whatever components are bad, they can pretty much replace it and build a new one out of it, as compared to it just becoming a scrap."

Parsad said one of the biggest problems is that while a lot of people have projects over there, once they leave, there is no service model for the project if something breaks.

"You go and visit six months down the road and it is as if it never existed," he said. "So that



Engineering graduate students test their prototype to fix the storage and power problems in Haiti.

is why we want them to build it and to be involved ... this way it is serviceable."

Parsad said one thing that is important for SJSU students to know is that while the team is solving a few problems that they have been able to identify, there are still a lot of other problems in Haiti.

"I think we have developed a lot of connections and resources that will be helpful for other students to use if they are interested in other projects," he said.

Ryan Fernandez contributed to this story.

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Water polo club team stays above water despite challenges

JEN NOWELL
Staff Writer

Passion, commitment and team camaraderie have helped the SJSU water polo team fight through past struggles and gain a positive outlook towards the future, said the team's treasurer.

The team has seen coaches come and go and player loyalty wane, but currently the team's attendance is up, said John Wagner, a senior mechanical engineering and business major, who is in his seventh year with the team.

"We didn't actually have a team and we didn't have a club recognized with the school when I came," he said. "There were some people who had been associated with the program prior to that and they helped establish it with me."

Wagner, who plays the hole set position on the team, said his first year the team did not have a coach.

"We got very little help from anyone really," he said. "There wasn't club sports yet and we barely got funding for our equipment — suits, caps and balls."

In Wagner's second year there was still no coach for the team, but the team did start to compete in conference games, Wagner said.

It was a huge step for the team to go from just a few guys throwing the ball around to attending structured practices and competing in conference games, he said.

The team had player-coaches who would drive the whole team to competitions at places like UC Davis and Cal Poly, Wagner said.

Lou Tully, current coach for the men's club team and SJSU's NCAA women's water polo team, said Wagner was instrumental in the beginning.

"The work has to come from the students, because it is a student-led deal," Tully said.

In his third year with the team, Tully, who played on the Spartan water polo team back in the 1960s when it was still an NCAA team, was hired as the team's coach, he said.

Tully said the men's water polo team lost its NCAA standing in the 1980s.

"Lou helped us out," Wagner said. "He saw a viable presence of a group of guys who really wanted to do something positive."

The same year the team also had access to a huge recruiting class, with ten new freshman added to the roster.

"New dorms helped out and lots of people coming to campus helped," he said.

With new team members, the water polo team was able to scrimmage with a full team, Wagner said.

"We can't have a full-on game without 14 people," he said. "And without that our practices aren't as successful and it really won't be good for our competition."

Kevin Cooley, a junior graphic design major who is currently in his first year on the team, said the team is now more structured with more people.

"We are fresh off the bench when playing a game and it makes a big difference," he said.

In 2006 the team held a fundraising campaign and was able to easily pay off all of their league fees, Wagner said.

The club sports council was established the same

year and the team had a paid coach with Tully, Wagner said.

The team also finished fourth out of about nine teams in the conference at the time, he said.

The following year Tully was unable to coach the men's team, and Serge Azarenok, a UC San Diego graduate, was brought in to coach the team, Wagner said.

Azarenok coached the team for two full seasons, Wagner said.

"He was a little more aggressive and had a different coaching style than Lou," he said.

Azarenok scared a few people away from the team, but helped the remaining players get better, Wagner said.

"The numbers still fell though," he said. "People dropped out and either joined fraternities or couldn't handle his coaching style."

Fewer members meant less funding and less participation, he said.

He said the team dropped to six members, and with the

egation by president Spencer James and vice-president Ben Scofield."

Azarenok was dismissed by the club sports administration at the end of last year, his third season coaching the team, Wagner said.

"He had a disagreement with one of our captains and the school didn't want him to continue to coach us," he said.

For the current year, Wagner said the team's finances are balanced and Lou is back coaching the team.

"Lou wanted to bring back a little more structure to the team after Serge left," he said. "Everything is a lot more positive now."

Freshman aviation major T.J. Hernandez, a driver for the team, said he didn't know about the water polo team at SJSU when he first came here.

"I was talking to one of my friends and he said they have practice and that I should go," he said. "Then I found it on the school website and started talking to John."

Tully, who went through a stem cell transplant a year and a half ago for multiple myeloma, is still recovering.

"They tell me in two years you are supposed to be back to where you were, but I don't know," he said. "I'm not there I will tell you that, but I don't feel too bad."

Tully said the cancer took a lot out of him.

"Your immune system is gone," he said. "But I was lucky, I felt fairly decent."

Every time Tully went to see the doctors, he said he would ask them when he could get back out and continue with coaching. The doctors let him back on deck on June 9, 2010.

This year the water polo team had a record of 3-8 in their conference against a tough league, Wagner said.

"Our record this year doesn't really reflect our ability," he said. "I think there is a lot more talent here."

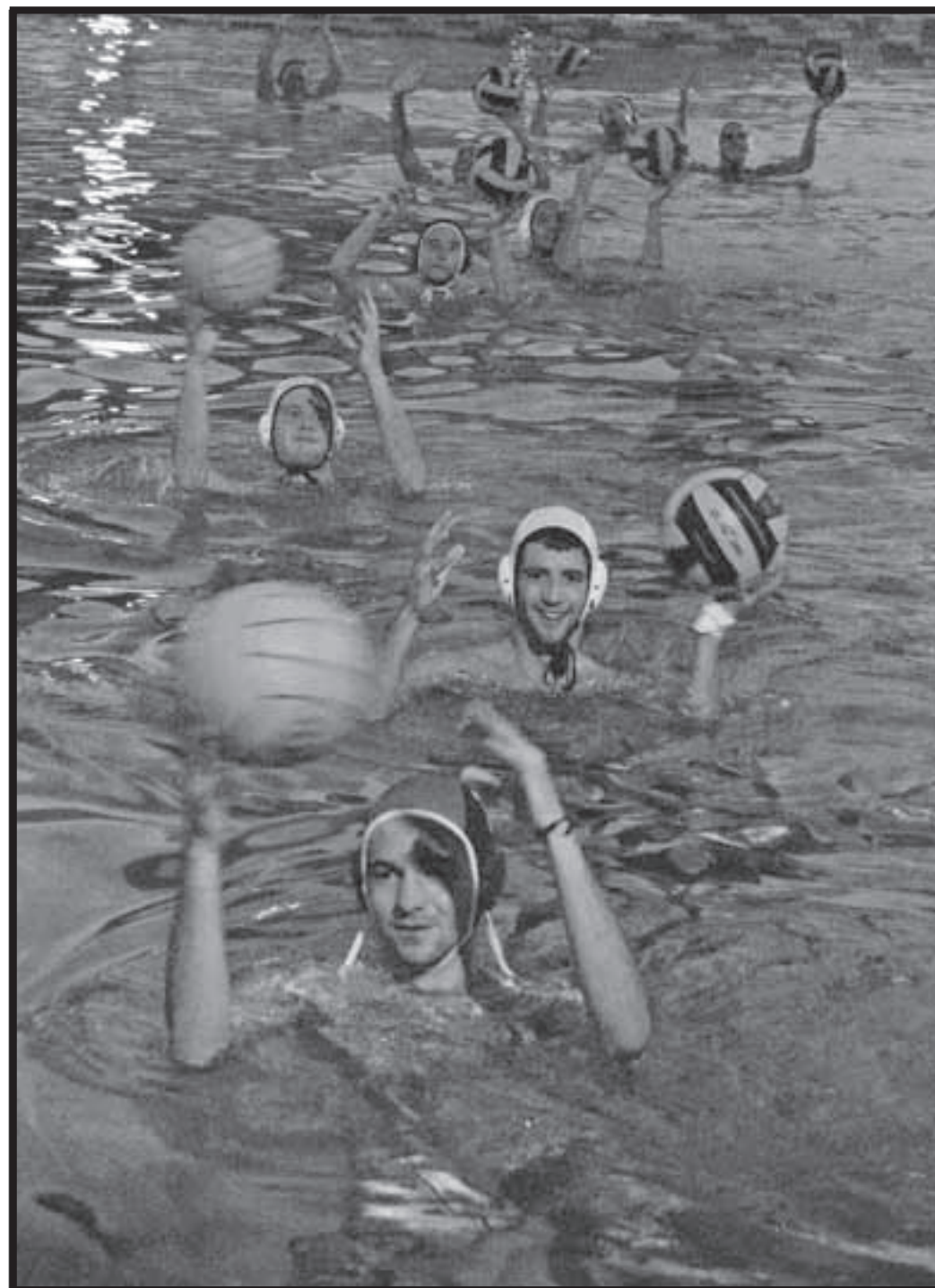
This year the team was able to host a league tournament, which helped them gain a lot of exposure, Wagner said.

Now there are 17 teams in California, and the conference has broken into two sub-conferences, he said.

Cooley, the team's utility, said the team played well this season, but they probably could have done better.

"It comes down to the consistency of people here for the team," he said.

Wagner said helping younger players on the team become better is part of what keeps him involved with the sport.



The men's water polo club team warms up during practice on Oct. 19. In two tournaments this season, both at home, the team is 2-6.

PHOTO: OLIVIA CHAPIN | CONTRIBUTOR

“Lou wanted to bring back a little more structure to the team after Serge left. Everything is a lot more positive now.”

JOHN WAGNER
Senior mechanical engineering and business major

low numbers they were unable to scrimmage.

"It's a domino effect in both directions," he said. "As a result, we had some internal conflict in decision-making within our officers."

That is when Wagner said he went from president of the team to treasurer.

The new president did a great job initially, but eventually dropped off of the team at the end of the season, he said.

Wagner didn't give the president's name.

The team then held elections and four freshman were elected as officers, he said.

"Everything has been very successful since then," he said. "We have had great del-

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INTERNATIONAL WEEK EVENTS

Nov 8th

**Information Session:
Study in Dubai This Winter**
MLK Rm. 255 and 257
11a.m.-noon

Peter Lee Memorial Lecture
ENGR 189
4-6p.m.

Cultural Showcase
Student Union Barrett Ballroom
6-9p.m.
Featuring cultural dance performances

Nov 9th

**Information Session:
Study in Brazil, France,
the West Indies
or other locales in Summer 2011**
MLK Rm. 255 and 257
3-4p.m.

**Free International
Coffee Night**
I-House
8:30-10:30p.m.

Nov 10th

Free Global Breakfast:
7th St. BBQ Pit
9-11:30a.m.

**International Food Festival:
Featuring Free Entertainment
Dining Commons**
11a.m.-3p.m.
International food buffet with special non-resident rates

Lecturers re-enact classic Poe tales in second annual 'All Saints' reading

KELSEY LYNNE LESTER-PERRY
Staff Writer

Some professors in the English department at SJSU think Halloween just wasn't long enough.

At least, that's what SJSU composition lecturer and event organizer Ed Sams said as he took the stage at the Spartan Memorial on Monday to introduce the second annual Edgar Allan Poe "All Saints" reading.

The show began at 7 p.m. with abridged versions of Poe's most well-known work. The department of English and comparative literature provided refreshments, white tea lights filled the spaces in the windowsills and a shoddy electrical system caused old overhead lights to flicker on and off during the whole event.

Sams said he wanted to recreate what Halloween used to mean: being scared and telling creepy stories like the ones Poe provided for the evening.

Freshman business major Maria Issaie said the reading counted as a literary event credit in the creative writing class she is taking.

"It really is interesting, and I am excited to hear Tell-Tale Heart," she said. "I have read that one before."

around every once in a while to make sure nothing was going to jump out from behind their pews.

Next up was Karen English, a lecturer in English and American studies, reading "Berenice."

She walked up to the stage wearing all black, and immediately began to speak in Latin. Later, she explained why she chose to read this story.

"I am a sucker for stories where there are awful things that happen to women," she said.

After a dramatic pause and some audience laughter, she continued: "As a cautionary tale."

Reading next was Sams, who told the audience he wanted to read Poe's "The Raven" because his father used to read this story to him and his siblings as a bedtime story.

Sams quickly and impressively jumped into a memorized reading of the work in a southern accent, just like his dad used to read it.

"It took a couple of months and I did it daily," Sams said about memorizing the story. "I got this garden ornament of a raven and I would sit out and I would read the poem. And I remembered what my father used to do and thought 'Well, I'll just memorize this thing.'"

Sherri Harvey, a composition and literature lecturer, read "The Black Cat," yet another story about apparitions.

"For months I couldn't rid myself of the phantasm of the cat," she said dramatically.

A child in the back row, no more than junior high-aged, sat wide-eyed and bewildered while listening to Harvey read the story.

The rest of the audience was on edge, listening attentively while she told the tale of two black cats leading to the demise of the main character's wife.

English lecturer Robert James had the task of reciting "The Masque of the Red Death," a story about 12 chimes in a clock allowing a group of revelers to finally take notice of the disease affecting the world outside the hedonistic Prince Prospero's castle.

"I blame him (Poe) for everything," James said as he introduced himself and the story he was about to read.

James said reading "The Masque of the Red Death" was the first time he found out language was fun, and it led him to get a full-arm tattoo depicting the themes and imagery in the story.

Around 8 p.m. when James was three quarters done with his reading, the memorial almost began to feel like church for literature majors.

Cox said that events like this should really get students interested in English, poetry and literature.

"Now if we could only get students to come," she said. "Poetry is meant to be heard."

"I think that hearing it read aloud is really important," Sams said. "And I love the chapel — it's such a nice venue. So low tech, so simple — it builds an atmosphere and a warm feeling."

Sally Sams, who worked on the program

design, said the event is an all-volunteer operation.

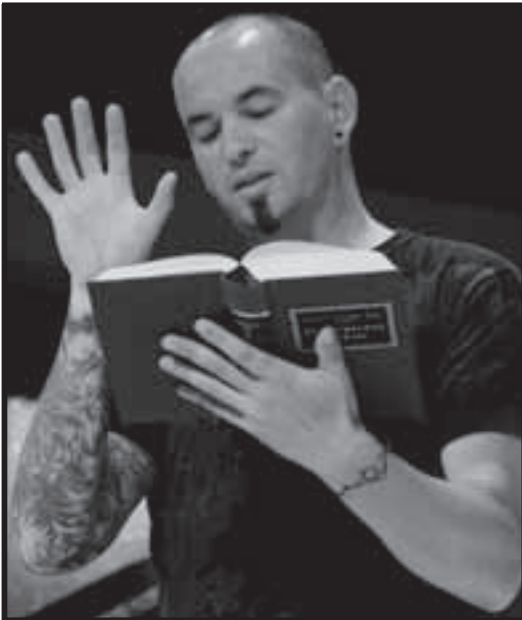
"They are getting paid in candy corn," she said.

Ed Sams said the first — and until Monday, only — reading was held two years ago

and he decided to revive it.

The readings are held on the day after Halloween, or "All Saints Day," Sams said.

Maybe Sams was right, 24 hours is surely not enough time for saints, souls and trick or treating.



English lecturer Robert James recites "The Masque of Red Death" during a reading of Edgar Allen Poe's poetry.

PHOTO: JACK BARNWELL | SPARTAN DAILY



English lecturer Ed Sams recites Edgar Allen Poe's "The Raven" with a southern accent during a reading of Poe's poetry Monday night in the Spartan Memorial.

PHOTO: JACK BARNWELL | SPARTAN DAILY

Junior psychology major Jasmine Thomas, said she was excited to hear Poe's readings because she had never read them before, and the memorial really set the mood.

"I was kind of freaked out when I came in here," she said about the memorial's flickering lights.

The first to go on was Bonnie Cox, associate chair of the English department, reading "The Tell-Tale Heart" to an audience of about two dozen.

Cox said the first time she read the story was in fifth grade.

"It scared the pee out of me!" she said.

As Cox read lines from the story about a heart beating underneath the floorboards, fellow professors chuckled as if she were telling an inside joke.

Students attending the event looked

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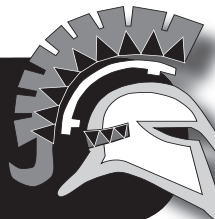
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SPARTA GUIDE



Sparta Guide is provided to students and faculty, free of charge. The deadline to submit is at noon, three working days prior to desired publication date. Entry forms are available in Spartan Daily, DBH 209. Entries can be emailed to spartandaily@casa.sjsu.edu titled "sparta guide." Space restrictions may require editing or exclusion of submissions. Entry is not guaranteed. Entries are printed in order of which they are received.

Nov. 3

Muslim Students Association: Own Your Privilege: Freedom of Religion
 Place: Mosaic, Student Union
 Time: 12 - 1 p.m.
 Contact: (408) 307-0687

Nov. 4

Don't Ask, Don't Tell: Personal and Leadership Perspectives
 Place: WSQ 109
 Time: 5:30 - 6:30 p.m.
 Contact: (408) 924-5505

Up 'til Dawn
 Place: Campus Village
 Time: 4 - 8 p.m.
 Contact: (408) 540-8357

Muslim Students Association/ Mosaic: Open Mic - Spoken Word
 Place: Mosaic, Student Union
 Time: 5 - 7 p.m.
 Contact: (408) 307-0687

Nov. 8

Spartan Disability Sport Expo
 Place: SPX 44B
 Time: 4 - 7 p.m.
Up 'til Dawn
 Place: Campus Village
 Time: 4 - 8 p.m.
 Contact: (510) 386-0134

MISQUOTED AND MISUNDERSTOOD Separation of church and state

I imagine most people are up to their eyeballs, sick to death of election rhetoric, propaganda and commercials from both sides.

Although educating myself on the issues and the candidates was complex and laborious, the ultimate decisions were not.

It's simple - I vote for what and who most closely represent my values.

Essentially that is what everyone is doing - voting their values into office.

Some may value their right to smoke marijuana or redefine marriage. Others may value the life of the unborn child or adherence to original intent of Constitution.

You vote for what you value.

Yet not everyone sees it this way.

Many people would like to see 76 percent of the country - who claim to hold to Judeo-Christian values - forsake their heritage, culture, opinions and values.

The often-used argument I hear to block the 76 percent from asserting their opinions is the so-called Constitutional separation-of-church-and-state argument.

No matter how much you search, that misquoted phrase won't be found in the Constitution - or even in the First Amendment.

The First Amendment, also known as the Establishment Clause, reads: "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances."

Do you see anything about the separation of church and state in that amendment?

It's important to know the origins and context of the separation of church and state idea.

It began in an 1801 letter to Thomas Jefferson, who was president at the time, from the Danbury Baptists Association. The letter asserts that no government should make



AIMEE MCLENDON
Staff Writer

laws to govern the church because freedom of religion is an inalienable right, not a favor granted by the legislature.

In other words, the state should keep out of the church's business, not that the church should keep from expressing their values in the public square.

In the original 1802 reply letter, Jefferson wrote, "confining myself therefore to

the duties of my station, which are merely temporal, be assured that your religious rights shall never be infringed by any act of mine and that."

It is in Jefferson's reply letter the phrase separation of church and state appears, but the context is transparent - so that the powers of government should not prevail over the church, or establish a national or state religion.

It is clear the intention was not to provide state and government agencies the authority to keep those of faith from expressing their views in any public arena.

One of the best ways to find out about history is to read books and letters from that era, not to blindly quote a phrase out of context in order to stifle those who bring their faith and values into the public arena.

The fact is that the very first American textbook, "The New England Primer," used in the colonies in 1690 finds its origins in the Bible. And that makes it a part of America's heritage.

The fact is that even though Obama recently omitted the words "endowed by their creator" when quoting from the Declaration of Independence, those words are a part of it.

The Declaration, signed by countless men of education and reputation, is also a part of American heritage.

Harvard, the oldest institution of higher education in America, established in 1636, began as a college that trained ministers.

Part of its rules and precepts included knowing God and Jesus Christ as the only foundation of all sound knowledge and learning. Harvard is also part of the American culture.

Oh yes, one more thing - have you read a dollar bill lately? It reads, "In God We Trust." That is definitely part of American culture.

What am I getting at? Just this - that 76 percent of Americans claim to be Christian, Muslim numbers range anywhere from 1 to 7 million, Hindus are more than 1 million and Jews are more than 5 million.

So how then can we expect citizens to keep their faith and values closeted and out of the public square?

Not only is it ridiculous to expect people to leave their values at the front door, it's like asking them to act in a manner contradictory and hypocritical to their faith.

Those with the greatest claims of diversity and tolerance are the very ones intolerant to those who dare to express Judeo-Christian values.

It's the one heritage and culture the tolerant crowd seems set on obliterating from America.

Regardless of what this nation is now, the principles of the Bible and Christian values cannot be separated from American history.

(I can just hear the scathing remarks I will receive for such assertions.)

So let me just reiterate my two assertions: (1) people vote according to their values, (2) separation of church and state is meant to keep the state out of the church's business not citizens of the church from expressing opinions in the public square.

Just as I want a doctor, banker or judge to have clear moral convictions, I want the same from the people who run my city and the nation.

“No matter how much you search, that misquoted phrase won't be found in the Constitution - or even in the First Amendment.”

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Previous Solution

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

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- ACROSS**
 1 Cleopatra's wooer
 5 Japanese noodles
 10 Pound on the door
 14 Water, in Baja
 15 Rod-shaped bacteria (2 wds.)
 16 Sandwich cookie
 17 In - (as found)
 18 Oater baddie
 20 Puccini opera
 22 Drop - - line
 23 Radio part
 24 Stock or bond
 26 "Wolf Man" Chaney
 27 Tax no-no
 30 Early settler
 34 Snub
 35 " - A Lady" (Tom Jones tune)
 36 Outback bird
 37 LAX guesses
 38 Bitter
 40 Woe is mel
 41 FDR program
 42 Kimono sashes
 43 Do a favor for
 45 Stole
 47 Flattened a fly
 48 Checkers side
 49 Texas spread
 50 Rose-petal oil
 53 Long fish
 54 Submarine
 58 Pub nicety (2 wds.)
 61 Arm bone
 62 Storm about
 63 Playwright - Loos
 64 Toothed wheel
 65 Gen. - Bradley
 66 Appraised

- 67 Chopped down
DOWN
 1 Antenna pole
 2 Currency-exchange fee
 3 Wheel tracks
 4 Mount Elbrus range
 5 Not decaf.
 6 Shrewdness
 7 Water-lily painter
 8 Movie lioness
 9 Zero
 10 Preparing fish
 11 Galley of myth
 12 Must have
 13 Wound a matorador
 19 Archeology finds
 21 Got real! (2 wds.)
 25 Overnight guest accommodation
 26 Command to Rover (2 wds.)
 27 Not slouching
 28 Forage crop
 29 Beaded calculators
 30 - Beta Kappa
 31 Fixed the pilot
 32 Reflection
 33 Pondered
 35 AARP members
 39 British FBI
 40 In spite of
 42 Plain as day
 44 Fugue composer

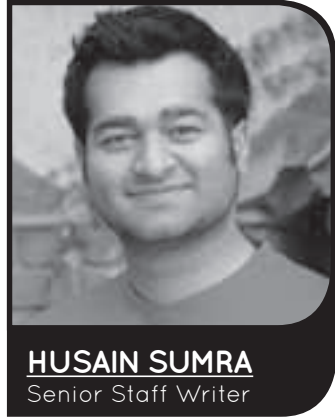
- 46 Pencil end
 47 Military greeting
 49 Send money
 50 Dated hairdo
 51 Cable car
 52 Forum attire
 53 Novelist - Ferber
 55 Helm position
 56 Chew on
 57 Kitten's toy
 59 Hearing aid?
 60 Traipse about

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Previous Solution



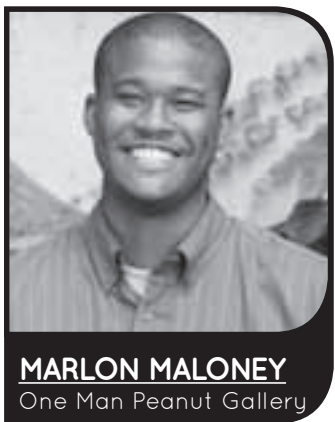
Courtesy of www.longislandpress.com



HUSAIN SUMRA
Senior Staff Writer

Mourning Paul, the FIFA 2010 World Cup predicting octopus

Game over, parents



MARLON MALONEY
One Man Peanut Gallery

There's nothing like being able to run around killing and maiming people to let out some of your frustrations after a long day.

Not in the real world, of course – in the ever-expanding \$10 billion-a-year digital world of video games.

You all know about the long debated topic of violent video games and their affect on adolescents, right?

Well, thanks to a new California law, introduced by Governor Schwarzenegger, which tried to ban the sale of said games to said minors, the U.S. Supreme Court began hearing a case on the subject yesterday.

So what defines a 'violent video game' nowadays?

According to the California law, violent video game means a video game in which the range of options available to a player includes killing, maiming, dismembering or sexually assaulting an image of a human being, if those acts are depicted in the game in a manner that involves: cruelty, depravity, heinous acts, serious physical abuse, or torture.

The definition also includes that the game be found to be deviant or morbid in the interest of minors, is patently offensive to prevailing community standards or causes the

game, as a whole, to lack serious literary, artistic, political or scientific value.

The language used in the law screams of the Miller Test, first introduced in the 1973 Miller v. California case which dealt with the mass-mailing of 'adult' illustrated books. The Miller Test is a three-pronged test to decide whether a piece of work is obscene and thus doesn't fall under the protection of the First Amendment.

They both mention the average or reasonable person, being patently offensive, and literary, artistic, political or scientific values.

Ultimately, if the Supreme Court ends up agreeing with California, video games will no longer be protected by the First Amendment.

The justices apparently had a somewhat difficult time figuring out if the First Amendment should apply. Justice Scalia asked if the same logic could be applied on a ban of sale of violent comic books to children and Justice Ginsberg asked, "What about Grimm's fairy tales? Why are video games special?"

Anyone else find it ironic that the man who played "The Terminator" wants to ban video games?

California claims the law would help keep up a barrier between their children and the pernicious material. Whatever happened to parents keeping track of what the kids are doing?

The video game industry already has the most well-run ratings system available.

The Entertainment Software Rating Board has created a system with a concise list of content descriptors and six clearly marked ratings labeled on each

Paul the Octopus, born on Jan. 28, 2008, died last Tuesday of natural causes, according to ESPN.

Paul, born in Weymouth, England, rose to fame during the 2010 World Cup in South Africa as he predicted eight World Cup games successfully, according to ESPN.

His fame brought him some trouble, however, as he received death threats from fans of all countries, including Germany, the country he lived in.

During one game, a Uruguayan fan held up a sign that read

game: EC (early childhood), E (everyone), E10+ (everyone 10 and older), T (teen), M (mature) and AO (adults only).

Commercials for games on TV make sure to say what each rating symbol stand for, "Rated M for mature."

The problem with these ratings is that parents who've never played video games don't know what to look for when they're in stores and just don't pay attention to commercials.

But that shouldn't mean passing a law that takes First Amendment protection away from video games is the right way to go. It means parents need to take a more vested interest in the entertainment with which their kids are surrounding themselves with.

Can you not tell from the title, "Grand Theft Auto" that your kids will probably be stealing cars from people at the very least – how about some common sense?

Before anyone tries to bring up the argument of whether violent video games are harmful to children, let's focus on what's readily available to them on the Internet, TV, movies and in music. Like Justice Ginsberg asked, what makes video games special?

You can't single out one group of the entertainment industry, because you happened to grow up in a time when they were not nearly as popular as they are today.

Pay attention to your kids America and stop trying to blame everyone else for the plight of our youth.

"One Man Peanut Gallery" is a biweekly column appearing on Wednesdays.

Marlon Maloney is a Spartan Daily Opinion Editor.

"Tonight's special: Uruguayan-grilled octopus."

Many German fans also threatened to eat the "psychic" octopus after he predicted that Germany would lose to Spain in the World Cup semifinal.

Paul predicted by choosing between two boxes of food with flags on them.

According to Yahoo! Sports, Spanish Prime Minister Jose Luis Rodriguez Zapatero was concerned about Paul's safety and considered sending a protection team to guard the mollusk.

The only thing people questioned about him was his place of birth.

According to ESPN, Italian media claimed Paul was born in Italian waters and dubbed him "Paolo."

The world is a little darker without Paul and his genius. He's a prophet, really.

Paul predicted England to host the World Cup in 2018, and England happens to be the frontrunner.

One can only wonder what else Paul had in his tiny mind. Did he predict the end of the recession?

In fact, there's plenty Paul probably could have predicted. He probably already knew that the San Francisco Giants and Texas Rangers would battle it out in the World Series.

He would have been able to predict wide receiver Randy Moss' release from the Minnesota Vikings, just weeks after he was traded in exchange for a third-round pick in the 2011 NFL Draft.

Paul is a once-in-a-lifetime animal. Never again will an animal capture the attention of the world. He is The Beatles of this generation.

Some may call Paul an animal who got lucky in picking food that happened to be represented by different flags. Those people do not believe in his majesty.

Paul is a prophet of the beautiful game, sent down from the soccer gods to make us believe in the world's most popular sport.

He spent most of his days entertaining children from his tank in an aquarium in the western German city of Oberhausen, according to ESPN.

People who were close to Paul, and who ultimately made decisions for him as he's an animal and can't speak English or German, declined numerous offers to take him to Spain.

They also rejected offers from various groups to predict various things, according to ESPN.

Many copycats emerged once Paul tasted success – success that he probably took with a modesty that can be matched by no human, according to ESPN.

Paul made a lot of predictions in his long 2-and-a-half years of life, and he became successful, loved, admired and hated because of it.

Unfortunately for Paul, the one event even he may not have been able to predict was the end of his life.

Rest in peace, Paul.

Friendships: From hello to goodbye

We all start out as strangers to one another.

From one person to another the first thing we do is always think "who are you?"

Even when I am able to speak to someone in front of me the question, "who are you really?" goes through my head.

Somehow eventually once you learn enough about someone, you've achieved the status of waving to each other and saying "Hi."

What happens when the "Hi" stops happening though?

I knew a friend from some time ago and when we first met we were in a similar situation, waiting in a stuffy room at school for something to get graded.

Our goal was common, just trying to get a good grade on our assignment and getting out of there so we could get to the next day.

Eventually, after many grueling hours we were allowed to leave, and celebrate our common freedom of the dreaded position we were in. We went to dinner where we talked with each other about our interests, what stuff we just had graded, and what we wanted to do with our life.

I felt we left off on a good note and that we shared a lot of common interests with each other.

"Hi."

The first thing I heard when I saw that person the next day at school.

A new friend had been made and from there we continued to hang out more frequently and learn more and enjoy each other's company.

The ritual pretty much anyone goes through before the definition, "friend" holds any meaning to anyone.

What about the opposite happens, when it starts to reverse and things slow down until everything just halts?

One day I went to say "Hi" to my friend and my response was just a short and terse "hey."



LEONARD LAI
Senior Staff Writer

Those types of responses continued and I felt I wasn't getting the same energy as before.

As time passed by we saw and spoke with each other less, yet we still bump into each other from time to time.

Silence is all I hear now.

There's no more "Hi," nor any other sound from that person's mouth, at least to me anyways.

Whatever happened and why things turned out this way I will never know.

Whenever we see each other now, there's nothing. Nothing to say to each other, no gestures or waves, we're back to square one.

Strangers all over again.

I don't know what happened, something happened. Something had to have happened that's all I think to myself.

“ I don't know what happened, something happened. Something had to have happened that's all I think to myself. ”

Maybe it was my fault, maybe I said something I shouldn't have, but at the same time it seems as if I'll never know since we don't ever speak to each other anymore.

A friendship that I wish didn't just evaporate, where I wish we could continue what we had when we first found our freedom after we had our assignment graded.

As much as I stay silent on the outside, I'm also suffering and confused on the inside.

I'd like to remain optimistic, to hope that there is something else there, something I'm missing.

As much as I'd wish it was all in my head, I know it's not, something a lot of people may feel whenever a situation like this happens.

Once enough time passes, hopefully I'll be in a better state of mind.

To be able to recover like other people do daily, and meet more friends and learn from my previous mistakes.

Once that's able to happen maybe I will see the person who I once called friend again. I'll start over, walk up and say, "Hi, I'm Leonard."

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Presenters dissect body image myths

AMARIS DOMINGUEZ
Staff Writer

The media's images of what is considered beautiful are fake and distorted, said Alana Cordeiro, a peer health educator and co-facilitator of Tuesday's Body Image 101 workshop.

Cordeiro, along with her partner Natasha Bradley of the Wellness and Health Promotion Team of the Student Health Center, presented a workshop about promoting a positive outlook on body image.

"We don't have to be what the media tells us we have to be," Cordeiro said to the 24 students who attended the event. "We recognize it's fake, distorted. It's not real and the majority of us don't look like what's in these magazines."

The workshop was made up of four interactive activities to help bring awareness to the idea that things aren't always what they seem to be.

"Body Walk" was the first activity, where statements were read out loud and students were asked to stand up if it was true for them.

Cordeiro said the activity was to help students realize that there were others of different shapes and sizes with the same insecurities.

Soon after, students were broken up into groups of three and given a pile of magazines. They were asked to go through them to flag pictures of what they felt was a distorted body image.

Students were then encouraged to stand up and describe to the group pictures that stood out to them, almost all of which included a skinny female model with flawless skin in little clothing.

A video, part of a campaign by Dove to promote "true beauty," was played which showed all the work that goes into prepping a model for a photoshoot and the massive Photoshop distortion that goes on before

a picture makes it to magazines and billboards.

Cordeiro then projected a before-and-after photo of MTV star Heidi Montag and led the group in a discussion about people who turn to plastic surgery to satisfy their ideal body image.

"We're all realizing that what we see on TV shows or what have you is not real," Cordeiro said. "It's all distorted and we need to flip it."

The workshop ended by inviting each student up to share one thing they love about their bodies and what makes them different and to end with saying, "I love and respect my body and I take full ownership. This is me."

Co-facilitator Natasha Bradley said she was glad that the event had a great turnout and was able to open people's eyes to the media's distorted visions of beauty.

"I'm hoping that people were able to figure out what it is that they love about their body and know that media isn't all what it seems since we showed the Dove campaign and the magazines to show that everything is airbrushed," she said. "People need to know that it's OK to be different and that it's OK to love their body."

Senior biochemistry major Shelsy Bass said she was glad she was able to interact with other students and gained a greater perspective about loving herself.

"I think beauty is as you see it and everyone is beautiful in their own way," Bass said. "And even though you might feel like you're not beautiful to everyone else, you are beautiful to someone."

Junior hospitality major Trisha Movilla said the event inspired her to inquire about becoming a peer health educator.

"This made me think about myself more and I'd like to help give that opportunity to other people," she said.

Counselor teaches to drink safely

ALEXANDRA RUIZ-HUIDOBRO
Staff Writer

Faculty counselor David Emmert said he just wants to reach out to SJSU's students and keep them safe.

"Through my work as a counselor I've heard so many tragic stories related to alcohol that I wanted to do something more proactive and preventative," he said.

For the past three years, Emmert said he has been accumulating facts and data related to alcohol and thinking about how he can connect and relay this information to students.

Emmert held a workshop Thursday called Party with a Plan.

Undeclared freshman Taylor Colunga said she attended the workshop to complete one of her Muse classes.

She said the title of the workshop really grabbed her attention and is what interested her.

"He was easy to talk to and he wasn't judgmental," Colunga said. "Especially with drinking, a lot of adults tend to judge. He created a safe environment. I felt like I could be completely open."

"Give yourself credit" was the theme of the workshop, which was attended by more than 30 students.

Emmert engaged students and asked if they knew how much alcohol is in one shot.

He said 1.5 ounces of alcohol are in one shot and one shot equals one 12 ounce beer.

Emmert touched on the

current popular drink, Four Lokos, and informed students of how much alcohol is in one 23.5 ounce can.

"One can of Four Lokos equals five shots, two Redbulls and one cup of coffee," Emmert said. "I just want you to know how much is in one can and to give yourself credit."

Caffeine is not a friend when drinking, he said, because it dehydrates the body and can dramatically increase a hangover.

Emmert called on participants to play a game online that demonstrates how much alcohol one person can consume and how long it will take for the body to process it.

B4Udrink.org is a virtual bar that anyone can enter.

Just enter your body weight, gender, what you eat, what you drink and how fast you drink it and find out how it affects your body and what your blood alcohol concentration would be.

Emmert also explained why men can usually consume more alcohol than women.

Generally, he said, higher body weight and the fact that men can hold more water than women are other reasons why it's dangerous for women to go drink-for-drink with men.

He said men produce more of the enzyme that breaks down alcohol, so it's easier for them to have a lower blood alcohol concentration than it would be for a woman who consumed the same amount.

Emmert said after counseling many students in pain he needed to get this information out to students



Counselor David Emmert measures an example of a shot poured by students to demonstrate how much a perceived shot really is during a workshop on responsible alcohol consumption.

PHOTO: JACK BARNWELL | CONTRIBUTOR

so they can be more safe when going out.

"A combination of hearing stories about deaths and sexual assaults and working with students that have been sexually assaulted and seeing the pain they've been through as well as seeing the pain that people have been through due to alcohol related deaths," is why Emmert said he put together this workshop.

Jon Garcia, a freshman justice studies major, said he tries to stay in control when he's out partying with friends.

"I always try to be the one that tries to play it safe," Garcia said. "Usually when I'm with my friends that are guys, I don't usually care that much ... but if there's a girl ... I try to make sure she

gets home safe." He said workshops such as "Party with a Plan" can help give students a more down-to-earth view of the effects of alcohol on the body.

"There are some girls that try a little too hard to fit in with other girls or guys that try to man up and try to act macho," Garcia said.

Up to six counseling services are available per semester to students, Emmert said.

The counseling center is in the Administration building, on the second floor in room 201, he said.

"Students can come in at any time Monday through Friday, 9 a.m. to 4 p.m., drop in and meet with a counselor that same day," Emmert said.

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