

It's all about drugs, bugs and cyber degrees as Spartan Daily staffers expound inside

Monday

SaberCats flip the birds 30-27, with late rally over CityHawks in preseason tilt

See page 2

See page 4

SPARTAN DAILY

Volume 110, No. 55

Serving San Jose State University Since 1934

April 20, 1998

Low SJSU rape statistics misleading

By Nicholas Boer
Staff Writer

Jean Fink is not a statistic. Although a two-time victim of sexual assault, the San Jose State University senior chose not to report either incident to the police. Fink is not alone; according to a 1992 report from the National Crisis Center, only four percent of college women report incidents of sexual assault.

University Police Department statistics report seven rapes in the last three school years: zero in 1994, four in 1995 and three in 1996. The department lists seven sexual assaults for 1996.

According to UPD Sgt. John Hernandez, those seven assaults

break down to four sexual batteries, two indecent exposures and one attempted rape. To be legally classified as rape in California, sexual intercourse must take place.

"I wasn't raped, but it was pretty damn close," Fink said. Her first experience was off a toboggan slope behind some trees while she was still in high school. Despite yelling "rape" she said no one came to her assistance.

"I just walked home all by myself," Fink said. "I was embarrassed because they (the attackers) were my friends."

No department records

Although many victims seek counseling or medical attention,

“

The crime of rape will only end when every rape is reported.

— Sandy Davis

Rape Crisis Center project coordinator

”

at SJSU neither the Health nor Counseling departments compile records on the number of rapes or sexual assaults which come to their attention.

Sandy Davis is the project coordinator at the Rape Crisis Center located in the YWCA on

Third and San Salvador streets. Davis is one of 45 counselors at the center who meet roughly 300 victims a year at a local hospital where physical evidence of rape is gathered. Davis said she sees as much as 20 percent of those 300 victims.

"I alone have had at least three to six San Jose State students," Davis said of the past year.

The silence of rape

"Rape is the most underreported violent crime," Davis said. She said if accurate reports existed for SJSU, or any college, they would negatively impact enrollment.

"It certainly would dissuade parents from letting their child go to that school," Davis said.

But Davis said honest statistics are the only way to deal with the magnitude of the problem.

"The crime of rape will only end when every rape is reported," she said.

Rosie Ramon, program coordi-

nator for the South County Rape Crisis Center, said her office receives hundreds of times more calls than the number of officially reported rapes in the area.

"Even if your campus says there were only two rapes, we can multiply this number by ten," Ramon said.

UPD Chief Ric Abeyta said he hoped all victims of sexual assault would be able to come forward, but understands their reluctance.

"That's a very tough personal call," Abeyta said. "I've never had someone say, 'I'm sorry I knocked on your door,' but it's still their decision. We report what we know about."

See Rape, page 6

Survivors recount Holocaust horrors

Jewish Yom Hashoah remembers victims, honors Denmark

By Yvonne Ohumukini-Urness
Senior Staff Writer

The millions of people who died in Nazi concentration camps will be remembered by the County of Santa Clara when it commemorates Yom Hashoah.

Yom Hashoah is a day established in 1980 by a unanimous act of Congress to remember the victims of the Holocaust. Although Yom Hashoah falls on April 23 this year, the county will host its second Holocaust Remembrance Day on Tuesday.

The event will feature several Holocaust survivors.

One by one, survivors will give their names, the names of the camps at which they were imprisoned, the countries which liberated them and the dates they were set free.

A candle lighting ceremony by various religious leaders will take place during the memorial and a special award will be presented to the Danish government for its role in protecting Danish Jews.

According to Santa Clara County Executive Richard Wittenberg, the ceremony, entitled "The Nation of Heroes," will also acknowledge the courage of the Danish government.

"At a time when a number of European countries were asked to round up their Jewish inhabitants," Wittenberg said, "the Danes were very different."

In 1943, more than 8,000 Jews "disappeared" from Denmark overnight in a massive rescue operation conducted by the Danish government.

Loaded aboard fishing boats, the Jews were smuggled to neutral Sweden.

According to Wittenberg, the Danes acted in a way that reflected their hostility toward Germany.

"The Danish protested so effectively (to the imprisonment of Jews) that Germany released the Jewish-Danish citizens," Wittenberg said. Over 20,000 Jewish people were rescued by Denmark.

Lil Silberstein, executive director of the National Conference of Christians and Jews, a co-sponsor of the event, will be recounting the role of the Danish people during the Holocaust and the importance of recognizing those involved.

"The Remembrance Day is done because the Holocaust was one of the watershed events of the 20th century," Silberstein said. "It and the people who perished must be remembered."

According to Josh Bakhshi, a junior majoring in religious studies and an intern at San Jose Hillel (the SJSU Jewish Student Union), Yom Hashoah is a solemn day for Jews.

"The event is being advertised through the Hillel," Bakhshi said. "This entire week is San Jose Hillel's Shoah Week or Holocaust Memorial Week."

Tuesday's commemoration of Yom Hashoah by the County of Santa Clara Board of Supervisors is also co-sponsored by the Jewish Community Relations Council of Greater San Jose, the Peninsula Rabbinic Association of Greater San Jose, the San Jose Mercury News and the County of Santa Clara Human Relations Commission.

The San Jose Symphony will perform during the memorial, and "A Holocaust Remembrance" photo exhibit will be on display.

Last year's Remembrance Day drew more than 500 people and the county expects a similar turnout this year.

The ceremony is from 3:45 to 5 p.m. and will take place on the first floor of the County of Santa Clara Government Center, located at 70 West Hedding St. in San Jose.



Shining star



Chris Provolos/Special to the Spartan Daily

Terry Christensen, chair of the Political Science Department, received the SJSU Outstanding Professor of the Year award from Provost Linda Bain at the Honors Convocation held in the Event Center Friday evening. Also honored at the event were the President's Scholars (4.0 GPA in two continuous semesters) and the Dean's Scholars (3.65 GPA in two continuous semesters).

Chef shares 'spice' of life experience

Department cooks up meeting of students, professionals

Nicholas Boer
Staff Writer

Narsai David, a pioneer of California cuisine, came to San Jose State University Thursday to guide students, faculty and alumni on how to obtain that most elusive of academic credentials: an educated palate.

David was honored by the Nutrition and Food Science Department's Circle of Friends at a banquet in the University Room. The forum allowed students to mingle and network

with industry professionals who graduated from SJSU but remain close to the department.

Caroline Fee, who coordinated the event, said a lot of people assume tasty cooking isn't happening in her department because of the Nutrition and Food Science's sterile-sounding name.

"Hidden inside that is our culinary emphasis," she said.

In deference to David's Assyrian roots, SJSU chef-instructor Alan Finkelstein prepared a host of Middle Eastern

treats, including lamb with pomegranate glaze, cous cous salad and assorted dips and flatbreads.

"I've taken a lot of Narsai's flavors," Finkelstein said. "I wouldn't say I stole them, but I lifted them."

Finkelstein moved to California straight out of cooking school for the chance to work at David's restaurant, a trendsetting eatery of the '70s and early '80s, known as Narsai's.

"It's incredible how much he's

See David, page 8

Visitor dies at Muni

UNLV fan succumbs to apparent heart attack; baseball game delayed

By Anthony Perez
Assistant Sports Editor

Wearing his red University of Nevada-Las Vegas cap, Marty Townsend settled into a San Jose Municipal Stadium seat on Sunday like he had done hundreds of times before in various stadiums.

But Townsend, 69, had his baseball-following days end in that seat in the bottom of the first inning of a San Jose State University baseball game as he fell unconscious. He was never resuscitated as a result of an apparent heart attack.

"He had just finished a polish dog," said Bruce Pace, who knew Townsend for more than 30 years. "He said, 'Those look good, I can't pass those up,' before he got up and got one."

Just minutes after he returned to his seat, people around Townsend noticed he was motionless and after attempts to communicate with him failed, they called for help around 1:15 p.m.

Primary responders, which included training staff from both SJSU and visiting UNLV as well as an off-duty fireman, were the first to get to Townsend. They moved Townsend from his seat, located three rows up off the first-baseline, to the aisle in front of the seats in full view of the announced crowd of 480.

The game was stopped by the umpires just a few minutes after Townsend was placed on the isle and did not resume until he was taken out of the park 30 minutes later.

"I was expecting this to be an easy day," said SJSU graduate assistant trainer Dawn Carter, who was one of the first emergency workers on the scene. "It didn't turn out that way, obviously."

Townsend retired 10 years ago from his geologist job at the U. S. Geological Survey, according to Pace.

"He's just a fan who cared a lot about baseball," Pace said. "He always kept a scorebook and traveled all over to watch UNLV play."

Townsend, who made his home in Sacramento, is survived by a daughter who lives in Nevada, according to Pace.

From the time the trainers first attended to Townsend until he was transported via ambulance to San Jose Medical Center, emergency workers said

See Townsend, page 8



Grayson West/Spartan Daily

Narsai David, food and wine editor for KCBS radio, was honored by the Nutrition and Food Science department's Circle of Friends by Caroline Fee Thursday night at the University Room.

Parents oblivious: teenage drug use mimics their own



John Meyer
INNOCUOUS

Teenage drug use is on the rise, and parents are clueless about it. A new survey from the Partnership for a Drug-Free America shows only 21 percent of parents think it is possible their teenager might have tried marijuana, whereas 44 percent of teenagers admitted to experimenting with marijuana.

The irony of the survey's results is these parents, who don't know their kids are using drugs, are the same teenagers from the '60s and '70s — the same decades that were notorious for being the roots of the United States' drug explosion. They were the people who tripped-out on acid at Woodstock, got stoned to Jimi Hendrix and Doors records and snorted rails of cocaine in the bathrooms of '70s disco clubs.

Things have changed since those days. They are parents, and their kids have inherited their old habits. Heroin use is rising in general and almost half of all high school students smoke pot.

The old drug-use cycle is repeating right under parents' noses. And the parents are repeating the same naive cycle that their "Ward-and-June-Cleaver" parents went through when they were growing up and experimenting with drugs.

The difference is the parents of today's children know about drugs, whereas their parents didn't. People didn't grow up in the '60s and '70s being a blank slate on drugs. They may not be hip to 4:20 or the latest Cypress Hill albums, but they know how to get stoned to the B'Jesus.

More importantly, they can pass this knowledge on to their kids, yet only 30 percent of the teens in the survey said their parents talked to them about drugs.

Yes, talking about drugs is a taboo subject for most parents. It's like "the birds and the bees." However, hesitating to talk about taboo subjects is why kids are experimenting with drugs and getting pregnant before high school.

The curious kids using drugs are experimenting and trying to be cool. They don't know that abuse can turn into a problem down the line. That's where parents need to step up and give helpful advice on how drugs affect people.

I'll bet the parents of the 11-year-old Santa Cruz girl, who was raped by two teenage boys after they smoked heroin together, wished they'd spoken with their daughter about drugs earlier.

Parents have to start opening up before their little Billy gets a crack addiction and needs to go to rehab. If parents don't get to their kids, plenty of other people are waiting in line. Kids can easily learn about pot and heroin by watching "Dazed and Confused" and "Trainspotting" or listening to the kids in their classes.

Parents need to talk to their kids about drugs. The more they hide from it, the more it will come back to haunt them.

John Meyer is a Spartan Daily senior staff writer.

MIXED MEDIA

by Jack Ohman



Human quirks deliver laugh a minute

Recent news and radio reports have once again reminded me that people are generally goofy.

I mean that in the nicest way possible, because their antics allow me to laugh, ponder the overall state of humanity and offer nutritious fodder for this column.

On the insect front, a well-known local rag ran an article from West Lafayette, Ind., about Purdue University's annual Bug Bowl.

This nine-year-old insect fest was developed by a Purdue entomology professor as a way to let students see, touch and enjoy insects, all in an effort to get people to learn to love the critters instead of stepping on them.

The bowl draws thousands of people each year, and one of the favorite events is cricket spitting.

The crunchy critters are flown in from, where else, a California company that supplies insects to bait shops. The live crickets are frozen and then thawed out before the contest, giving the spitters the real feel of the cricket in their mouths.

Once contestants pick out their crickets, they step up to the designated cricket-spitting circle, put the insect in their mouths and fire away. Sort of like a loogie launch.

When I was a kid, I used to fool my older sister into thinking I swallowed worms. She'd get her friends to come over and watch me toss those suckers toward my mouth so fast they never noticed I sent them over my shoulder. Then I'd do a few false chops, they'd scream and squirm, and I'd be the center of attention for a little while.

But I have never, ever, purposefully put a member of the insect kingdom into my mouth, especially not a cricket. They're supposed to be lucky bugs.

What I want to know is, can you feel the legs brushing over your tongue or the roof of your mouth when you spit one out? Obviously I'm not going to collect that information first-hand.

On the science front, I listened Sunday to National Public Radio's "Wait, Wait, Don't Tell Me." This is a weekly show where guest celebrities try to stump callers about recent news events, usually wacky in nature.



Lois Jenkins
OH, REALLY?

This week I learned that scientists have figured out how to make clams reproduce faster.

I guess happy clams are horny clams because it seems the slippery beggars just love Prozac, and when they get a dose it raises their serotonin levels, which then turns up the heat, so to speak.

Apparently Prozac works much better than the artificial serotonin scientists were sprinkling in the clam tanks in an effort to produce greater than normal numbers of clamlets.

Prozac raises the levels of serotonin in human brains, too, and causes users to be more confident, serene and energetic. But

Prozac has also caused sexual dysfunction in humans, and has recently been touted as a way to treat premature ejaculation.

What I want to know is, who thought of giving Prozac to clams to increase their libido? Obviously a rebel and a free-thinker.

On the animal front, Pigs Without Partners seriously depleted its budget to save Ditto, a deformed pig with two snouts and three eyes, from being sold to a freak show.

The rescue group paid an Iowa farmer \$5,000 for Ditto and spent \$1,000 to FedEx him to Santa Ynez, where its 750-acre pig haven, Li'l Orphan Hammies, is located northeast of Santa Barbara. The pig sanctuary is built like a town with custom pig houses and even a swimming pool for their porcine paddling pleasure.

But Pigs Without Partners isn't content with just saving Ditto's hide, it wants to find a hospital, as in human, that will perform plastic surgery on the unfortunate porker. It seems the redo is too "unusual" for a vet to handle.

What I want to know is, what plastic surgeon would deign to beautify a pig, let alone tell the world about it? Obviously not someone who ever wants to work in Hollywood again.

So there you have it, my friends. A few chuckles, a few amazing people, a few new views. Ain't life grand?

Lois Jenkins is the Spartan Daily opinion editor. Her column appears every Monday.

Careful planning required: online degrees possible

Online schools and the University of Net Dot Com. For how many of you does this idea conjure up images of late night commercials on the local channels for schools that offer you a diploma in something or other "in 30 days, or your money back, guaranteed?"

They seem to be the somewhat suspicious educational equivalents to McDonald's. How, I asked myself, would these new online schools be any different from a fast food joint and a mockery of the educational system? Personally, I think only time will tell. However, I also believe that they could be quite useful and, if properly done, a great boon to the community at large.

I don't believe that they will ever replace schools per se. However, I think they could be a useful supplement.

For example, a few years ago I took some time off from university study to spend a few years in Los Angeles for educational purposes. I didn't want to forget everything I'd learned, however, so I took some correspondence courses with a major American university.

And I have to say the experience was not only enjoyable, but I think it worked. It required a lot more self-discipline to do the homework and reading assignments by myself, so I got more out of the course than just the course content.

The point I am trying to make here is that this kind of system seems to work. Given the nature of the Internet today, I think it would be more than possible to implement a respectable system that is easy to use and accessible to the general public, one that would be even more versatile, faster and quite probably better than the current system of correspondence courses.

There are, of course, issues that will have to be addressed, and complications in establishing a favorable reputation for such systems.

Accreditation by various state and federal agencies, security measures that will have to be considered and set in place, potentially new software will have to be developed, privacy issues, legal issues and so forth.

Currently there are a few virtual campuses on the net, many sponsored by or an extension of an already established university. The methods used by these schools are varied, ranging from having the student purchase the textbook and do the work him or herself, to having a real instructor interact with the students on private, moderated message boards.

While this doesn't allow for a great deal of standardization, one has to remember that these virtual campuses are new, and that this is a time of experimentation and exploration.

The Internet was originally designed to act as an informational resource, and I feel that this is the next step in its development.

Instead of just passively presenting information, it's actively helping people to use this information to a greater extent.

Igor Bilis is a Spartan Daily staff writer.

Spartan scholar athletes exemplify rewards of hard work

We could all take lessons in setting priorities and making the best use of our allotted time from the scholar athletes of San Jose State University.

Nearly 100 students were recognized recently at an awards ceremony for distinguishing themselves in the classroom and on the playing field.

We are reminded of the original Olympic athletes of ancient Greece, to whom excellence of the mind was as important as condition of the body — in fact, a requirement to participate in the games.

Unlike some of their less-motivated campus counterparts, these students already understand the importance of what they are doing, both in schoolwork and teamwork.

They have managed to go beyond the normal requirements of attending classes and turning in assignments, to practicing many hours a week and pushing themselves just to see how high they can go in grades and competition.

They are learning to know their strengths and weaknesses and will be able to handle most anything life tosses at them.

They are way ahead in the game. Many students grouse about having to write term papers or read demanding texts or attend events outside the classroom to pass a course.

Taking any chance to shortcut

EDITORIAL

requirements, produce passing yet mediocre assignments or recycle work from one class to the next is quite acceptable to them.

They might never learn what they are actually capable of achieving because they fail to stretch their wings and push themselves beyond their perceived limits.

They are way behind in the game. Senior Lina Hofmann could teach us all a thing or two about what one can accomplish with the right attitude and enough elbow grease.

Hofmann was named the top SJSU Scholar Athlete and President's Scholar for the 1997 spring and fall semesters.

As a member of the women's cross country team — which, by the way, was the team with the highest overall GPA of all the sports — Hofmann maintained a 4.0 for those two semesters.

And this with a major in marine biology — you remember, math and science.

Hofmann acknowledges the pace she keeps is "pretty tough."

But what she's doing with her life is taking her allotted coal and turning it into a precious diamond, pressing and polishing her skills until she shines.

She's a winner and someone we can all look up to, as are the other athletes so honored. We commend all their efforts and thank them for being role models we can emulate.

Opinion page policies

Readers are encouraged to express themselves on the Opinion page with a Letter to the Editor.

A Letter to the Editor is a 200-word response to an issue or point of view that has appeared in the Spartan Daily.

Submissions become the property of the Spartan Daily and may be edited for clarity, grammar, label and length. Submissions must contain the author's name, address, phone number, signature and major.

Submissions may be put in the Letters to the Editor box at the Spartan Daily Office in Dwight Bentel Hall Room 209, sent by fax to (408) 924-3237, e-mail at SDAILY@jmc.sjsu.edu or mailed to the Spartan Daily Opinion Editor, School of Journalism and Mass Communications, San Jose State University, One Washington Square, San Jose, CA 95192-0149.

Editorials are written by, and are the consensus of, the Spartan Daily editors, not the staff.

Published opinions and advertisements do not necessarily reflect the views of the Spartan Daily, the School of Journalism and Mass Communications or SJSU.

SPARTAN DAILY

One Washington Square, San Jose, CA 95192-0149
(408) 924-3280 E-mail: SDAILY@jmc.sjsu.edu

EDITORIAL

Co-Executive Editors James S. Gonsalus, Terri K. Milner
Managing Editor Scott Shuey
Production Editor Brenna Jennison
Opinion Editor Lois Jenkins
Sports Editor Aaron Williams
Assistant Sports Editor Anthony Perez
Entertainment/Lifestyle Editor Andrew Hussey
Assistant Entertainment/Lifestyle Editor Doug Burkhardt
Photo Editor Scott Lechner
Graphics James S. Gonsalus
Copy Editor Dennis Knight

Senior Staff Writers:

Shayda Fathipour, Kevin Hueteman, John Meyer, Ed Oberweiser, Yvonne Ohumukuni Urness
Staff Writers:
Margaret Bethel, Asa Bevell, Igor Bilis, Nicholas Boer, Leah Bower, Carol Dillon, Suzanne Ferrante, Peggy Flynn, Mark Gomez, Mindy Griser, Jeremiah Oshan, Sharon Parks, Jon Perez, Cindy Scarberry, Susan Shaw, Yvette Anna Trejo

Photographers:

Dan Frohlich, J. Edmund Niese, Brian Prince, Chris Riley, Grayson West

ADVERTISING

Advertising Director Denise Sorbi
Art Director Brenna Jennison
Retail Manager Douglas Evans
Downtown/Entertainment Mgr. Lucas Bancroft
National Manager Excell Robinson
Account Executives:
Natcha Boonyaprasop, Suzette Durr, Yvette Suarez, Angela Tsun, Tom Yip
Graphic Artist/Copywriter Andy Beach

ADVISERS

Advertising Jack Quinton
Editorial Stephen Greene, Jan Shaw
Photo Jim McNay

Production Chief Tim Burke

REALITY CHECK [®] by Dave Whamond



SPKWORD



Sparta Guide

Today

ARAB STUDENT CLUB

General meeting at 1:30 p.m. in the Student Union's Costanoan Room. For more information, call Gloria at (408) 859-9375.

CAREER CENTER

Co-op Workshop at 1:30 p.m. in the Student Union's Almaden Room. For more information, call the Career Resource Center at (408) 924-6034.

CATHOLIC CAMPUS MINISTRY

Daily Mass from 12:10 - 12:35 p.m. at the corner of 10th and San Carlos streets — across from dorms. For more information, call Ginny at (408) 938-1610.

CHURCH OF SCIENTOLOGY

Free film: "Orientation" at 7:30 p.m. at 80 E. Rosemary St. For more information, call Ilene at (408) 441-6661.

LIBERAL STUDIES SOCIETY

Brush up on interviewing skills with an SJSU professor from 4 - 5:30 p.m. in the Student Union's Almaden Room. Refreshments will be served. For more information, call Amy DeRoboam at (408) 283-0975.

LINGUISTICS AND LANGUAGE DEVELOPMENT

Dr. Swathi Vanniarajan will speak on "Native/Non-Native Speaker Differences in Vocabulary Acquisition, Part 2" from 6 - 7:30 p.m. in the Business Classrooms, Room 102. For more information, call Angela at (408) 924-4704.

PI SIGMA ALPHA (NATIONAL POLITICAL SCIENCE HONOR SOCIETY)

General meeting at 12:30 p.m. in the Business Tower, Room 450. For more information, call Marina at (408) 924-5570.

SCHOOL OF ART & DESIGN

Student Galleries' Art Shows from 10 a.m. - 4 p.m. in the Art Building/Industrial Studies. For more information, call Brendan at (408) 924-4330.

SIGMA NU

Teeter-Totter-A-Thon from 12 - 6 p.m. at Sigma Nu house, 155 S. 11th St., to raise funds and awareness to combat cystic fibrosis. For more information, call Nadine Mackey at (408) 365-6429.

SJSU CYCLING TEAM

Meeting to discuss the Stanford weekend at 6:30 p.m. in the Student Union's Montalvo Room. For more information, call Dustin DeBrum at (408) 243-0952.

SJSU & AMERICAN SOCIETY FOR GROUP PSYCHOTHERAPY & PSYCHODRAMA

The 56th Annual Psychodrama Conference from 8 a.m. - 6 p.m. at the Parc Fifty Five Hotel in San Francisco. For more information, call Anna Jaffer at (408) 924-3623.

Tuesday

CATHOLIC CAMPUS MINISTRY

Daily Mass from 12:10 - 12:35 p.m.; pizza and discussion: Catholic Book of the Bible from 7 - 8:30 p.m. at the corner of 10th and San Carlos streets — across from dorms. For more information, call Ginny at (408) 938-1610.

CHURCH OF SCIENTOLOGY

Free introductory lecture: "Success Through Communication" at 7:30 p.m. at 410 Cambridge Ave., Suite C, Palo Alto. For more information, call Joe Feshback at (650) 853-0602.

ENVIRONMENTAL RESOURCE CENTER

EarthDay keynote speaker and author John Robbins from 3 - 5 p.m. with book signing in the Student Union's Umunhum Room. For more information, call the Environmental Resource Center at (409) 924-5467.

LIBRARY DONATIONS & SALES UNIT

Ongoing book sale every Tuesday and Wednesday from 10 a.m. - 3 p.m. in Wahlquist Library North, Room 408 and Clark Library lobby. Donations welcome. For more information, call the Acquisitions Department at (408) 924-2705.

MARKETING CLUB

"Discover Entertainment Marketing" sponsored by Paramount's Great America from 4:30 - 6 p.m. in the Student Union's Almaden Room. All students are welcome. For more information, call Mark Ripley at (408) 995-5229.

MU ALPHA GAMMA 12TH ANNUAL MAGAZINE DAY

Panel discussions with writers, editors, art directors, online publishers, photographers, graphic artists and employers in the maga-

zine industry from 9 - 11:45 a.m. in the Student Union's Loma Prieta Ballroom. For more information, call Melissa Matchak at (408) 924-3262.

NUTRITION & FOOD SCIENCE

Percent body fat testing with bioelectrical impedance from 12 - 2 p.m. in the Central Classroom Building, Room 103. For more information, call Jill Christensen at (408) 924-3110.

PUBLIC RELATIONS STUDENT SOCIETY OF AMERICA

Officer elections and general meeting at 6 p.m. in Dwight Bentel Hall, Room 225. For more information, call Bruce Roseman at (408) 462-9507.

SAN JOSE HILLEL

Holocaust movie night at 6:30 p.m. at Hillel House, 213 S. 12th St. For more information, call Josh at (408) 289-9957, ext. 11.

SCHOOL OF ART & DESIGN

Student Galleries' Art Shows from 10 a.m. - 4 p.m. and Student Galleries' Art Receptions from 6 - 8 p.m. in the Art Building/Industrial Studies. For more information, call Brendan at (408) 924-4330.

Tuesday Night Lecture Series:

Gallery Walk Through 3D Faculty Exhibition from 5 - 6 p.m. in the Thompson Gallery in the Art Building. For more information, call Andy at (408) 924-4328.

STUDENT CALIFORNIA TEACHER ASSOCIATION

Meeting with guest speaker Amber Wacht, "Portfolios, Resumes and the Interview Process" at 5 p.m. in Sweeney Hall, Room 331. For more information, call Shirley Ayers at (408) 266-3425.

SIGMA NU

Teeter-Totter-A-Thon from 3 p.m. - 12 a.m. at Sigma Nu house, 155 S. 11th St., to raise funds and awareness to combat cystic fibrosis. For more information, call Nadine Mackey at (408) 365-6429.

Sparta Guide is provided free of charge to students, faculty and staff. The deadline for entries is noon, three days before desired publication date. Entry forms are available in the Spartan Daily Office. Space restrictions may require editing of submissions.

LETTERS TO THE EDITOR

Arkansas parents not guilty of child neglect

This letter is in regard to Peggy Flynn's opinion, published on the Forum page on April 13. From Flynn's point of view, the parents of Mitchell Johnson and Andrew Golden should be "criminally prosecuted" for child neglect, because their children shot and killed five people in Arkansas. As tragic as these deaths are, is it really safe to assume that the parents bear all of the responsibility and should be prosecuted? Flynn uses the California Parental Responsibility Act's "inadequate supervision" clause to back up her claim for the just prosecution of the Arkansas parents.

First of all, "inadequate supervision" doesn't seem to apply in this case. Usually, when kids are at school, their parents are at work. Secondly, "child neglect" is an issue that has nothing to do with teaching a child how to hunt. I am sure that there are many children in Arkansas who know how to hunt and know that they are not supposed to shoot people. I agree that the parents, in this case, bear some responsibility. However, they should not be criminally prosecuted for the crimes of their children. Flynn did not give any "good" reasons why this case fits such a model. I think the point that

really lies with parent responsibility is that parents need to be more aware of who their children are growing up to be. It may be too late in Mitchell and Andrew's case, but for all of the parents and children who have to deal with these losses forever, maybe this tragedy can serve a purpose. Now parents will be paying closer attention to the needs and feelings of their children. And maybe the next "senseless crime" will be prevented. Although we may disagree on the method, I'm sure this is one ending that we can all agree upon.

Freida Green-Staten
sociology

Feasibility study dashed hopes of lower cost

I was distressed to read your editorial regarding the proposed child development center. There were a number of inaccurate statements which will give false impressions to the student body. When the referendum which funded the proposed center was written and passed in 1993, the intention was then to take out a "mortgage" so that construction could proceed quickly. The \$8 fee was to provide construction costs such as mortgage payments and operating costs. Blair Whitney, who was A.S. President at the time, had actually worked out a repayment schedule using then current interest rates. Had the

project gone ahead at that time, the construction costs would have been much less and the children would be occupying the building now. However, what with the delays in getting the project off the ground due to turnover in the A.S. Board Presidents and the lack of commitment to the project by those who preceded Jerry Simmons and Jeff Batuhan in that office, there was a faint hope for a limited time that the money that has been collected to date might prove enough to eliminate the need for a loan. That hope was quickly shattered when the feasibility study by the architects was completed. That is not due to

lack of planning, however. Quite the contrary. Contracting with the architects for a feasibility study is the ultimate in planning, assuring that everything is known before construction begins. I have been working with Alfonso De Alba on the child care project for the past few months and can attest to his attention to detail, his concern for the students' needs and his desire to have known all the financial ramifications of any decisions that are made. Alfonso is to be commended, not faulted, for his efforts.

Frances Roth
Director, Frances Gulland
Child Development Center

STUDENT PANEL DISCUSSION

"The State of Race Relations at San Jose State"

In coordination with President Clinton's and the American Association of Colleges and Universities' National "Dialogues on Race" Initiative, the Campus Climate Office is pleased to sponsor this SJSU panel discussion April 29, 1998, from 2:30 to 4:30 p.m. in the Engineering Auditorium, Room 189.

The "dialogue" will begin with a short (15-minute) video entitled "Talking About Race." This will be followed by a panel of San Jose State student leaders, representing various student groups, addressing the topics "What is the state of race relations at San Jose State University?" and "What has been your personal experience?"

The panel will be open to questions and audience participation. All members of the San Jose State University community are invited to join us in sharing their views, experiences and concerns regarding the state of race relations at San Jose State University and what we can do to improve them.



Accredited Graduate Programs for Working Professionals

IN CUPERTINO

Master of Arts Organization & Leadership

- Designed to prepare leaders and managers to work successfully with global workforces in rapidly changing environments
- Accelerated program that may be completed in three semesters.

Attend an Information Meeting
Thursday, April 23 - 6:00 p.m.
Thursday, April 30 - 6:00 p.m.

To make a reservation, please call (408) 255-8106
School of Education South Bay Regional Campus
20085 Stevens Creek Blvd., Cupertino



MI PUEBLA TAQUERIA 2

235 E. JULIAN ST.
(Between 5th & 6th)
292-3177

HOME OF THE MOST AUTHENTIC MEXICAN FOOD IN TOWN!

We use only the best quality, fresh ingredients in all of our homemade food items. We feature authentic marinated and roasted meats, homemade corn and flour tortillas, fresh homemade salsa at our salsa bar: Burritos, tortas, and tacos available in Carne Asada, Pastor, Chicken, Carnitas, Chile Verde, Lengua, Chorizo, Lomo & Cabeza.

Offers good at Julian St. only

2 FOR 1

- Tacos
- Burritos
- Tortas
- Quesadillas

Offer good with coupon only. Excludes other offers. 1 coupon per person per visit. Expires 4-27-98

BURRITO & DRINK SPECIAL \$2.99

INCLUDE YOUR CHOICE OF REGULAR BURRITO, CHIPS & SALSA & 22 OZ. SODA OR HOBOKENA DRINK. ALSO AVAILABLE IN VEGETARIAN STYLE.

Offer good with coupon only. Excludes other offers. 1 coupon per person per visit. Expires 4-27-98

SaberCats pluck CityHawks 30-27

By John Meyer
Senior Staff Writer

Scantly clad cheerleaders flaunted everything they had.

A Hell's Angels posterboy raced his Harley around the field.

Fireworks exploded in the arena. Testosterone levels climbed with every beat of the heavy metal songs that were blaring.

And then came the 50-yard war, where the San Jose SaberCats staged a fourth-quarter rally to beat the New York CityHawks 30-27 in a preseason arena football game at San Jose Arena Friday.

The SaberCats relied on three quarterbacks — Cree Morris, Ron Lopez and Jared Brown — who had only two years of arena football experience.

The unproven quarterbacks' increased workload was due to starter Scott Wood retiring one day before the game and Tony Kimbrough opting to go back to school in Michigan earlier in the week.

The CityHawks tried to take advantage of the inexperience by building up a 27-13 lead in the third quarter.

The momentum, however, changed in the fourth quarter when SaberCats quarterback Ron Lopez directed a 30-yard scoring drive.

Fullback Andy Chilcote capped the drive with an 18-yard touchdown on a screen pass, pulling the SaberCats within seven, 27-20.

The rookie quarterback Brown took the game over from there, and, maybe, moved up the depth chart with his late-game heroics.

"Jared came in and did extremely well," SaberCats head coach Todd Shell said. "He put some points on the board for himself."

With 6:52 remaining in the game, Brown was the architect of two scoring drives.

"I was fired up," said Brown, who completed 10 of 18 passes for 127 yards. "When you're down in the fourth and have the opportunity to win it, that's what you play for."

The first Brown-led scoring drive resulted in a Billy Stoyanovich 21-yard field goal after tight end Ramon Luster dropped a wide-open pass in the end zone.

SaberCat receiver Tyrone Peace set up the final, go-ahead touchdown drive with a 36-yard reception. Peace made a circus-like catch, where he had to reach around



Daniel Frohlich/Spartan Daily

SaberCat Steve Papins' mother celebrates as the San Jose SaberCats score the winning touchdown.

the CityHawk defender to get to the ball. On the New York three yard line, Brown connected with receiver Melvin Phillips for the winning touchdown with 29 seconds left.

The CityHawks stormed back to attempt a 31-yard field goal with two seconds left in the game, but a poor snap was launched over the holder. CityHawk kicker Mike Black recovered the ball and got a pass off that was intercepted by SaberCats defensive back Cornel West. Time ran out after the interception.

"It was an emotional lift the way we won the game," Shell said.

SaberCat Notes:

Former San Jose State University quarterback Mike Perez (1986-87) and wide receiver Damon Bowers (1996) played for the CityHawks.

Perez started at quarterback, completing 4 of 6 passes for 71 in the first half.

He led the CityHawks to a touchdown on their first drive. Perez connected with receiver Wayne Morris for the 31-yard touchdown.

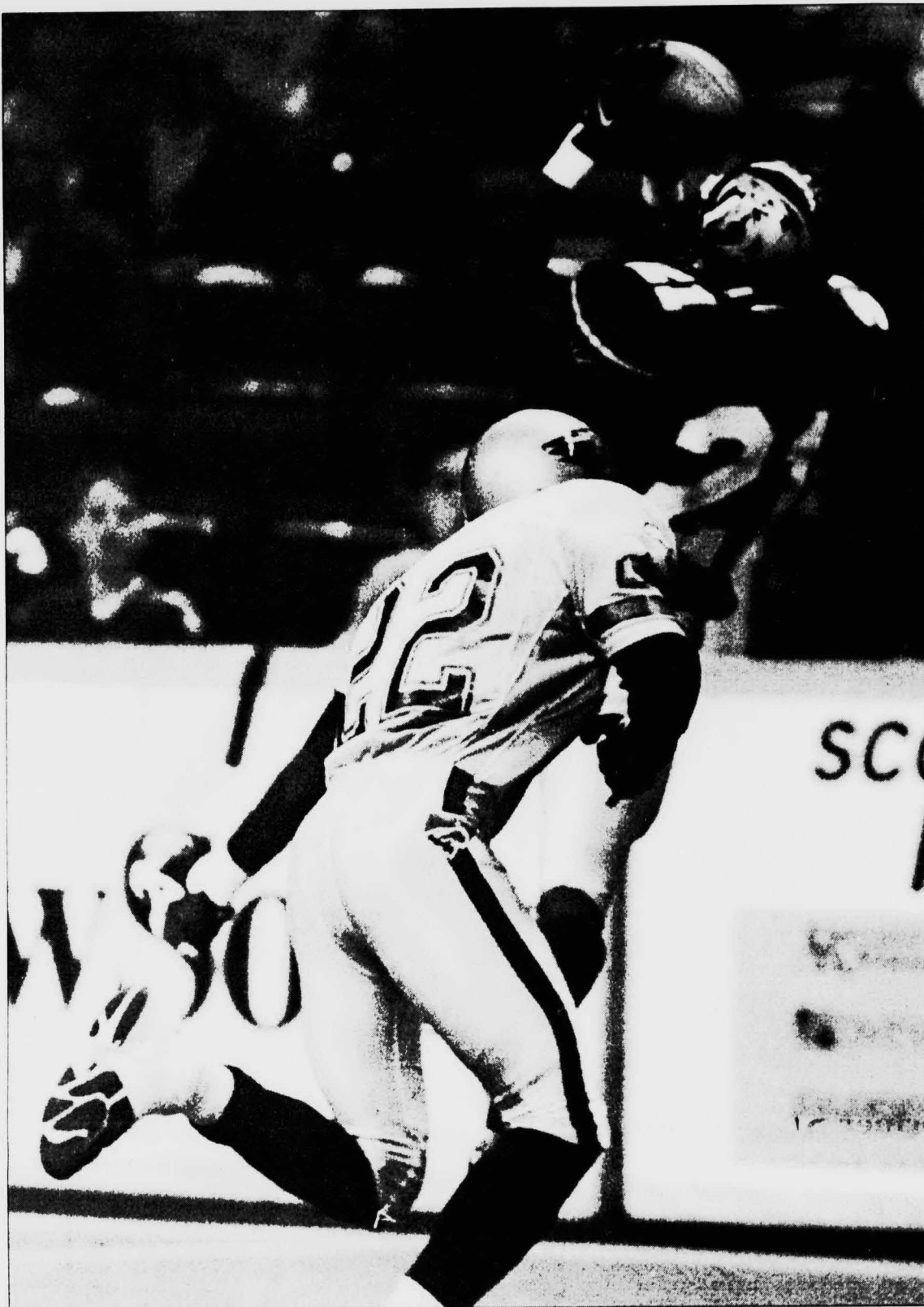
Bowers made his arena football debut. He got backup playing time at receiver but had no receptions.

"It was a great experience," Bowers said. "Hopefully, I'll play here long enough to be a greater player in this league."

Bowers showed his pride for his alma mater by wearing his former Spartan football jersey underneath his CityHawk jersey.

When you're down in the fourth and have the opportunity to win it, that's what you play for.

— Jared Brown
San Jose SaberCats
quarterback



Daniel Frohlich/Spartan Daily

SaberCat Cornel West intercepts the ball at the San Jose 8-yard line after New York CityHawk placekicker Mike Black threw the ball desperately in the final minutes of the fourth quarter due to a bad snap during a field goal attempt. The SaberCats beat New York 30-27 in a preseason game at the San Jose Arena Friday night.

Opportunity is knocking...

Spartan Daily Employment Section

COMMUNITY ORGANIZER

Fight for better schools, safer streets, living wage jobs and social justice.
Training provided, conversational Spanish a plus
call 729-8860

We've got Great Jobs for You!

Full time • Part time
Temporary & Regular positions
available throughout the entire Bay Area

The following positions are now available:

- Administrative Assistants
- Receptionists
- Customer Service Reps
- Data Entry Operators
- General Office Clerks
- Tellers



**Western
STAFF SERVICES**

Call Today!

Call 1-800-BE-A-TEMP or visit our website at www.weststaff.com

Campbell

1875 S. Bascom Ave.
Suite 2550
Campbell, CA 95008
(408) 371-7171

Sunnyvale

1214 Apollo Way
Suite 404-1
Sunnyvale, CA 94068
(408) 245-4850

PART TIME POSITIONS

San Jose's Regional Parks & Attractions are hiring at:

- Happy Hollow Park and Zoo
- Almaden Lake Park
- Lake Cunningham Park
- Alum Rock Park
- Family Camp
- Prusch Farm Park
- Kelley Park

Positions:

- Cashier
- Open Water Lifeguard
- Food Service
- Ride Operator
- Camp Counselors
- Facility Maintenance

Wages starting at
\$ 7.00 per hour

For an application or additional information call Monday-Friday at (408) 295-8383 or HR at (408) 277-4205

Now Hiring!



What we offer:
Dynamic growth opportunities
Free movies and other privileges
Exciting work atmosphere
Flexible work hours
(Perfect for students)

What we require:
Friendly / outgoing personality
Enthusiasm for hard work
Professional appearance
Available on evenings, weekends & holidays

The following positions are available:
Usher, Concessionist, Box Office Cashier, Film Handler, Maintenance, Cash Handler, Housekeeping
Pick up an application today!
Job Hotline: (408) 919-0282

amc Mercado 20

3111 Mission College Boulevard
Santa Clara, CA 95054

Rape: Seven rape reports in three years hold deeper meaning

Continued from page 1

Hernandez said UPD respects the right of various departments not to divulge what they know about sex crimes.

"We have not tried to get the figures," Hernandez said. "We think it would be helpful for us, but we understand their right for privacy."

Fine line

Hernandez said oftentimes crimes reported as rape — and listed as such in police statistics — are actually lesser offenses. He described one case where the evidence didn't justify the charge.

"The girlfriend got mad about their breaking-up. It wasn't a rape," Hernandez said. "That's not saying it didn't happen. It was one (person's) word against another."

P. Terry Macdonald, an SJSU sociology instructor, recently finished a comprehensive study in concert with graduate student Mauro Garcia on student attitudes toward the UPD.

"They (university police) need to encourage women to report rape," Macdonald said. "Only three rapes being on there is attractive to someone who wants to find a safe campus."

Fear

City of San Jose Police officer and spokesman John Carillo said the majority of sex crimes are committed by known persons but that doesn't mean they should go unreported.

The department lists 375 reported rapes for 1997 and 930 instances of lude and lascivious conduct, a category which includes touching and exposure.

"There are very few stranger responsible crimes committed," Carillo said. "A victim may feel embarrassed or guilty, but it's not something they brought on. They need to come forward."

Carillo said "fear" is the best indicator whether a sex crime has occurred.

"If they feel they are being intimidated they have to express that to law enforcement," he said.

Carillo said he was surprised at the low number of rapes on SJSU police department statistics.

"From personal experience I think there is probably a lot of unreported rapes and sexual assaults," Carillo said.



Photo Illustration by Chris Riley, Spartan Daily

Katie Koestner, director of programming for Campus Outreach Services, is an advocate for a bill currently being considered by the House of Representatives called the Accuracy in Campus Crime Reporting Act.

Dealing with it

Koestner said the bill would prevent the deliberately vague sex crime statistics most colleges present.

She said the best colleges are not those that have the lowest reported incidence of campus crime but those that deal most effectively with the issue.

“It's an image game. Such a large school with such a small amount of reported rapes is not a good sign.”

— Katie Koestner
director of programming for Campus Outreach Services

amount of reported rapes is not a good sign. Checking out those other areas (Counseling and Health departments) and finding out they don't keep statistics is not a good sign."

Melanie Alejandro, house service assistant at SJSU Health Center, said they are required by law to report any sexual assault that comes to their attention to the authorities where the crime occurred, but said there is no internal record of how often that occurs. "We don't keep statistics," Alejandro said.

Wiggys Sivertsen, director of counsel-

ing services at SJSU, said there is a conspiracy of silence about rape but not from the university.

"We raise men to be sexual predators," she said. "I'm supposed to fluff my feathers. I'm the prey, and you're the predator. I'm supposed to say no and your supposed to pressure me."

Still, Sivertsen said no one should tolerate sexual intimidation.

"If it goes beyond the first 'no,' that's date rape," Sivertsen said. "I do think women need to report it. Make it clear that it's unacceptable."

Airing out

Naomi Kitajima, a nurse practitioner at Foothill College, runs a rape prevention program for international students and advises them on sexual assault: what it is, how to report it, where to report it and what their options are.

"Our philosophy at Foothill is that it needs to be out in the open," Kitajima said.

The school is currently participating in a program called Clothesline, in which victims "hang out their dirty laundry" by writing their experiences with sexual assault and domestic violence on T-shirts.

There are presently hundreds of such shirts hanging in the cafeteria, according to Kitajima. She said she encourages student victims to report their experiences to the police in order to provide closure.

"It's not only a personal act, it is a political one — to heal the community."

'No' means 'no'

Kitajima said date rape is especially important for victims to take action against.

"It is a criminal act. The person can be undressed, they could have had sexual relations before, but 'no' at any time in a relationship means 'no,'" she said.

Fink said her second sexual assault happened in a strange town and had a lot to do with drugs.

"It still affects me today," she said.

Fink said if she were assaulted again she would not only report it, she would fight back.

"I would kill them," she said. "I've taken self defense. I don't walk around fearful."

DON'T WORRY, THE GRAD CENTER IS STILL OPEN!

Open during regular Bookstore hours till May 23rd

Calendar Of Events

April 1	No Fooling! The Grad Center opened at Spartan Bookstore.
April 6-8	Grad Fair at Spartan Bookstore, lower level.
April 17	Honor's Convocation
May 1	Last day to order your personalized stationery items in time for Commencement.
May 23	Commencement Ceremony begins at 9:30 a.m. at Spartan Stadium.

Special Note:

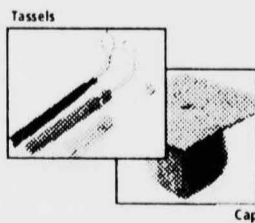
Class rings are available throughout the entire semester by using the ArtCarved phone ordering system, (1-800-952-7002.) An ArtCarved representative, Carol Kaczmarek will be in Spartan Bookstore the week of April 20th. Please stop by anytime to pick-up a brochure and the ordering information. Ask Carol about special sale prices.

Also Note:

Commencement flowers will be present at the Stadium the day of the ceremony. They will have orchids and roses available for purchase.

What's Available:

Announcements Personalized Generic	Return Labels Personalized Note Cards Generic
Thank You Notes Personalized Generic	Etiquette Seals Souvenir Announcement Covers Diploma Frames
Certificates of Appreciation Personalized Generic	Special graduation packages will also be available for purchase.



BROUGHT TO YOU BY SPARTAN BOOKSTORE



Spartan Bookstore
A Division of Spartan Shops
San José State University

Bachelors

Caps - Sold only in black. One size fits all.
Gowns - Chosen according to your height. Only available in black and in two inch increments. Lengths start at 4'10" and go up to 7'0".
Tassels - Your tassel color is already determined and corresponds to the college of your conferred degree. See chart located at the bottom right. Tassels are worn on the left side of the cap and are switched to the right side after the conferral of your degree, during the commencement ceremony.

Masters

Caps - Sold only in black. One size fits all.
Gowns - Chosen according to your height. Only available in black and in two inch increments. Lengths start at 4'10" and go up to 7'0".
Hoods - Your hood color is already determined and corresponds to the college of your conferred degree. See chart below. The hood lining will represent the colors of SJSU and the velvet trim color will represent the college of your conferral of degree.
Tassels - All master's tassels are black.

Honors Medallions

Undergraduates who are graduating with "Great Distinction" or with "Distinction," may pick up a special honors medallion at the Graduation Center in Spartan Bookstore. The medallion is complimentary and may be worn during the ceremonies. A list of students graduating with honors will be released by Admissions and Records near the end of the semester.

Tassels	
Masters	Black
Humanities and the Arts	White
Education	Light Blue
Engineering	Orange
Applied Sciences and Arts	Olive
Business	Royal
Science	Gold
Social Work	Citron
Social Sciences	Ivory

Hoods	
MFA	Brown
MA	White
MBA	Royal
MLS	Yellow
MPA, MSW, MUP	Citron
MPH	Salmon
MS	Gold



Grad Giveaway

Stop by the Grad Center at Spartan Bookstore starting April 1st for your chance to win tons of cool prizes! To qualify you need to be a Fall '97 or Spring '98 graduate. No purchase necessary, one entry per person, please. The winners will be chosen on April 30th and announced on May 1st. Complete rules and regulations will be posted in Spartan Bookstore. Prizes include round-trip airline tickets, dinner gift-certificates, hotel accommodations, and much, much more. We'll see you there. Good luck!

The SPARTAN DAILY makes no claim for products or services advertised below nor is there any guarantee implied. The classified columns of the Spartan Daily consist of paid advertising and other ads are not approved or verified by the newspaper.

EMPLOYMENT

HEY SENIORS! Great chance for a job you can believe in. Community organizer for social justice. See ACORN in the Student Union 4/21 & 4/22, 10-2, or call 729-8860.

WORK WITH HIGH FUNCTIONING YOUNG CHILD WITH AUTISM. We are looking for tutors to work in our home in conjunction with Behavioral Intervention Associates. This is a home based progressive treatment program in Los Gatos. Experience/background in psychology, special education, OT, or speech therapy preferred. Immediate openings. Wages based on experience. Please call Shan @ 408/356-5151.

CAMPUS INSURANCE is seeking a part-time clerical person, effective immediately. The duties will include filing and working with the mail. A good command of the English language, both written and oral is required. The hours are 8:00am to 12:00pm, Monday thru Friday. Salary is \$6.75 per hour. Please call Bud to set up an interview. 408-296-5270.

PIANO MAJOR TO TEACH 6 year old beginner. \$20/hr. Pager: 941-3599.

AVANTSOFT, INC. San Jose/Sunnyvale openings: •COMPUTER ASST/TECH WRITER Expertise required: Using Windows 95, Microsoft Word, Web browsing, Typing communication skills. Desirable skills: Windows 95 hardware, software installation. •JAVA PROGRAMMER Expertise required: 2+ yrs experience in Java. Desirable skills: C++, Java IDEs, Corba, databases. •... Both positions starting in May. 10-20 hrs weekly, flex hours. Some work can be done on evenings/weekends. Resume: Email jobs@avantsoft.com (text format). Fax: 408-445-8282. 3625 Copperfield Dr #216, San Jose, CA 95136.

ACCOUNTING STUDENTS: APPLY WHAT YOU ARE LEARNING! Cupertino software Co. is hiring a Jr. or Sr. for a paid internship. Work on accounts receivable, accounts payable, payroll, month end closing, etc. 20 to 30 hours a week starting in May. Must be willing to work for at least one year. Call 408-343-4210.

MANAGEMENT & PROFESSIONAL ONE STEP BEYOND RPS, Inc., one of the nation's fastest growing small package carriers, seeks a natural leader to work in its San Jose Terminal. Get your foot in the door with a great company and still work the part time hours you're looking for! P/T COORDINATOR Our coordinators don't spend their time trapped behind a desk or stuck in a rut. We offer challenge and great advancement opportunities. Dispatching, handling dock operations, supervising dock employees, and interfacing with sales force, upper level management and drivers. These are just a few of the hands on experiences you'll get with us.

TEACHERS - Fun, Exciting, Developmental? We need you on our team. P/T or Sub. Benefits, 247-4510. RPS, Inc., 897 Wingley Way Milpitas, CA 95035 FAX: (408) 263-8867 EOE

TELEMARKETING POSITIONS available. Easy hours. Good money. Ask for Mike, 261-1323.

CLERICAL PERSON - PART TIME Microsoft, Excel & general office work, etc. For more info call Kevin Crowley 408-267-1665.

SKI BUMMIN' IN THE ROCKIES Ski/Snowboard 100 days next winter - Free!! The definitive guide for the aspiring skibum, profiling 20 ski towns. 1.800.454.0488 (\$11.50+sh) www.ski-bummin.com

WAITRESS WANTED Lunch Shift Part time. Knowledge of Japanese foods preferred. Good tips. 565 North 6th St. SJ. 408/289-9508.

CITILINK PAGING & CELLULAR Seek full/part time Sales Person, Data Entry, Customer Service, and Electronic Technicians. Call 408-453-7243 or Fax resume to 408-441-9988.

WEEKEND FIELD MGR. Sign Co. Perm. P.T. Weekends, Train, evaluate P.T. employees. Customer contact. Hrs. vary. Friday pm - Sunday pm. New Directions Sign Service 365 Woodview Drive #300 Morgan Hill, CA 95037 Fax: (408) 778-3922

PSYCHOLOGY MAJORS Employment Opportunity. HOPE Rehabilitation Services, a non-profit agency serving adults with developmental disabilities is seeking to hire staff for part time and full time positions at our Clove Drive site located in San Jose. Staff work with clients in the classroom, vocational, and community environments to achieve individual goals. This is a good opportunity to get practical experience in the field, and work with a great group of clients and staff. If you're interested in learning more about working for HOPE call Valerie at 282 0460 or fax your resume with a cover letter to HOPE Rehabilitation Services 282 0476. All majors welcome.

BUILD RESUME & HAVE FUN!! Local Co. seeks biz & sports minded people... Flex hrs during school with F/T summer oppty. Earn prof. wages! •SCHOLARSHIPS AVAILABLE! Sound OK? Call now! 408/241-6803 from 10am-7pm.

••IMMEDIATE OPENINGS•• •Receptionist, Office Clerk •Sales, Customer Support •Technician, Testing Optr. •Warehouse Clerk Call 408/942-8866 or fax to 408/942-8260 Electronix Staffing Services, EOE 1778 Clear Lake Ave. Milpitas Hwy 680 exit Landess Ave. turn left at Clear Lake Ave.

APPT. SETTERS NEEDED!! Work in an energetic office. P/T eves. & some Sat. shifts available. NO SELLING!! \$7/hr + bonuses. Call 408/241-0352.

SWIM TEACHERS -WSI preferred SWIM OFFICE MANAGER -Swim, computer, sales experience. Spring/Summer, Full/Part Time AM/PM positions available. Apply at AVAC -5400 Camden Av. SJ, or contact 408/267-4032. Now Interviewing!!!! Call Today!!!!

HOUSEKEEPERS P/T. Xnt Pay, Pd Wkly, Pd Trng, Flex Hrs, Need Car, Ins, Pnn, CDL, Speak Eng, 993.1715. New Directions Sign Service 365 Woodview Drive #300 Morgan Hill, CA 95037 Fax: (408) 778-3922

VALET PARKING / CONCERT STAFF - P/T and F/T positions available. Flexible hours, Thurs-Sundays in Los Gatos & Saratoga areas. Must be Neat, Professional, & dependable. Customer service experience preferred. Earn up to \$12.00/hr. (hourly + tips) Call 1.800.825.3871, MF.

STUDENT WORKS PAKING \$6.10. No experience necessary. Call Kenny 268-3613.

SUMMER CAMP JOBS! Counselor and Specialist positions for horseback riding, art, performance art, Env. Ed, backpacking, gymnastics & archery at two resident girls' camps in the Santa Cruz Mtns. and a day camp in San Jose. Lifeguards, food service, maintenance, and health staff also needed. June-Aug. salary + bnfts. Contact Peg Chappars (408) 287-4170, ext. 258.

THE EMERGENCY HOUSING YOU GET US CUSTOMERS. We'll give you \$\$. Young telecommunication co. seeking self-starters P/T. Call 1 888-485-2158.

WANTED: BAR STAFF @ BIG LIL'S P/T, Flexible - Fri & Sat, 5-11pm. Fun atmosphere! Looking for people with positive attitudes! Call 408-295-7469.

DAY CAMP JOBS! Counselors wanted for summer day camp San Jose with emphasis on multicultural, environmental and sports programs for girls. Weekdays, June-Aug. salary + bnfts. Contact Peg Chappars 408-287-4170 ext. 258.

SUMMER JOBS For Teachers & Aides Palo Alto School District Child Development Centers. Excellent Pay. Regular & Substitute Positions Available. For information, call 650-856-0876.

TEACHER • INSTRUCTOR • P/T Elementary Schools. Degree or Credential NOT Required. Opportunity for Teaching Experience: Need Car. Voice Mail: (408) 287-4170 ext. 408 EOE/AE

TEACHERS - Fun, Exciting, Developmental? We need you on our team. P/T or Sub. Benefits, 247-4510.

TELEMARKETING POSITIONS available. Easy hours. Good money. Ask for Mike, 261-1323.

CLERICAL PERSON - PART TIME Microsoft, Excel & general office work, etc. For more info call Kevin Crowley 408-267-1665.

SKI BUMMIN' IN THE ROCKIES Ski/Snowboard 100 days next winter - Free!! The definitive guide for the aspiring skibum, profiling 20 ski towns. 1.800.454.0488 (\$11.50+sh) www.ski-bummin.com

WAITRESS WANTED Lunch Shift Part time. Knowledge of Japanese foods preferred. Good tips. 565 North 6th St. SJ. 408/289-9508.

CITILINK PAGING & CELLULAR Seek full/part time Sales Person, Data Entry, Customer Service, and Electronic Technicians. Call 408-453-7243 or Fax resume to 408-441-9988.

WEEKEND FIELD MGR. Sign Co. Perm. P.T. Weekends, Train, evaluate P.T. employees. Customer contact. Hrs. vary. Friday pm - Sunday pm. New Directions Sign Service 365 Woodview Drive #300 Morgan Hill, CA 95037 Fax: (408) 778-3922

PSYCHOLOGY MAJORS Employment Opportunity. HOPE Rehabilitation Services, a non-profit agency serving adults with developmental disabilities is seeking to hire staff for part time and full time positions at our Clove Drive site located in San Jose. Staff work with clients in the classroom, vocational, and community environments to achieve individual goals. This is a good opportunity to get practical experience in the field, and work with a great group of clients and staff. If you're interested in learning more about working for HOPE call Valerie at 282 0460 or fax your resume with a cover letter to HOPE Rehabilitation Services 282 0476. All majors welcome.

DIRECTORS, TEACHERS & AIDES Thinking about a career working with elementary age children? The YMCA of Santa Clara Valley is now hiring for school-age child care centers in San Jose, Cupertino, Santa Clara, Los Gatos & Milpitas. Full & part time positions available, hours flexible around school. Fun staff teams, great experience in working with elementary age children, career advancement and good training opportunities. Teachers require minimum 6 units in ECE, Recreation, Psychology, Sociology and/or Physical Education. Please call Beth Proffo at 408-291-8894 for more information and locations.

CASHIERS & STOCKERS PT/FT Flexible hours, 5 min from SJSU. Central Cash & Carry Call Gene @ 975-2480, M/F 9-4.

SPEAK FRENCH Work in Provence Help a family and their 12 year old for 3-4 weeks in July, cooking, cleaning, errands. Must be at least 21, have drivers license, swim & speak French confidently. Call 1-415-773-2537.

SALES REPRESENTATIVE Looking for energetic, quality service oriented individual! Sign sales for growing Co. in Commercial/Apts./Home Builders, Sales Exp. Prof. Must own vehicle. Excellent Benefits. New Directions Sign Service 365 Woodview Drive #300 Morgan Hill, CA 95037 Fax: (408) 778-3922

GROCERY SAVE MART SUPERMARKETS is accepting applications for part time employment in the San Jose & Milpitas area. •We have immediate openings for meat clerks, courtesy clerks (baggers) and bakery/deli clerks. •Experience in a retail environment is a plus. •We are seeking friendly, customer service oriented individuals. •Please see store director at 3251 So. White Road, San Jose or at 215 W. Calaveras, Milpitas. •Save Mart Supermarkets is an equal opportunity employer. We do pre-employment drug testing.

DRIVING INSTRUCTOR PT/FT Will Train. Must have clean DMV. Flexible hours. Call 363-4182. Immediate Openings Start Today!

SECURITY Full and Part Time Positions Graves, Swings and Weekends Low key job sites Will Train Abcom Private Security 408-247-4827

DAYCARE TEACHERS. K-8 school seeks responsible individuals for extended daycare. P/T in the afternoon. No ECE units are required. Previous experience with children preferred. Please contact Cathy at 244-1968 x16.

EARN EXTRA CASH \$ up to \$600/month! Become a Sperm Donor. Healthy males, 19-40 years old. Univ. Students/Grads/Faculty Contact California Cryobank 1.650.324.1900, M.F. 8-4.30.

VALET PARKING Local company looking for people. Flexible schedule. P/T/FT. Earn \$8.00 to \$15 per hour. 867.7275.

STUDENT &/or PRO THERAPISTS for Autistic girl. 12+ hours, more for experience. Paid training. Part time afternoons & weekends. Please call 408/946-8211.

TEACHERS/AIDES/LEADERS Elem. school age rec. program. P/T from 2-6pm. M/F during the school year. Some P/T morning positions available from approx. 7am-11am. F/T during summer day camp prog. Xint salary, no ECE units req. Los Gatos Saratoga Rec Dept. Call Janet at 354 8700 x223. (Not available school year? Call for summer employ. lifeguards, camp leaders, perf. & cultural arts camp).

MINATO JAPANESE RESTAURANT now accepting applications for servers. Fun Job! Please apply at 617 N. 6th St. 998-9711.

FRENCH & SPANISH STUDENTS Language Camp seeks staff. Napa Cnty Office of Education. 707.253.3560.brand@napa.net

SIGN FACILITATOR Looking for detailed individual with carpentry exp for our sign production shop. Quality oriented. Energetic / good attitude. Good DMV record. 30 Hrs + Benefits. New Directions Sign Service 365 Woodview Drive #300 Morgan Hill, CA 95037 Fax: (408) 778-3922

S TELESALES GOLF \$ \$10 per hour minimum + bonuses SJ State Location 5 hour shift 3pm-8pm Contact James 408-295-4810

ACTION DAY NURSERY/PRIMARY PLUS seeking F/T & P/T Teachers and Aides. Substitute positions are also available that offer flexible hours. ECE units preferred but not required. Please contact Cathy at 244-1968 x16.

OPPORTUNITY TO EARN \$4725 Education Award through AmeriCorps at the San Jose Conservancy Corps. Seeking self-motivated individuals to work with "at risk" youth for year long positions. High School diploma required & ability to get class B license. \$6.25 hourly plus benefits. Full/Part time. Call Joe 408/283-7164. EOE.

\$1500 weekly potential mailing our circulars. Free information. Call 410-783-8272.

ACCOUNTS RECEIVABLE Technician Two positions available. Starting \$8.00 per hour. Work Study Only. Contact the Student Union Director's Office, 9am - 5pm, 924-6310.

GROOMER'S ASST/KENNEL HELP needed for small, exclusive shop & kennel. PT, afternoons, Tues.-Sat. Must be reliable, honest, able to do physical work. Exp. working w/dogs pref, but will train. Great oppy for dog lover! \$6.50 hr. FAX resume w/cover letter to: 408-377-0109 or call 371-9115.

TEACHERS AND AIDES wanted. Small World Schools has Part Time and Full Time, a.m. and p.m., permanent and summer positions available. Units in CD, ECE, Psych, Soc, or Rec required. If you are interested in working with a high quality child care company call 408-379-3200 x 21.

AIR FORCE ENGINEERING •COMPUTER SCIENCE •PHYSICS •ELECTRICAL ENGINEERING •METEOROLOGY •ATMOSPHERIC SCIENCES. The Air Force is seeking qualified technical specialists to assume immediate responsibilities. As an Air Force professional you can enjoy great pay and benefits with 30 days of vacation with pay per year and opportunities to advance. If you're the technical best, talk to the Air Force at 800-423-USA.

GRAPHIC ARTIST Position available 20 hours a week. Contact the Student Union Director's Office 9am - 5pm, 924-6310.

DRIVING INSTRUCTOR PT/FT Will Train. Must have clean DMV. Flexible hours. Call 363-4182. Immediate Openings Start Today!

SECURITY Full and Part Time Positions Graves, Swings and Weekends Low key job sites Will Train Abcom Private Security 408-247-4827

DAYCARE TEACHERS. K-8 school seeks responsible individuals for extended daycare. P/T in the afternoon. No ECE units are required. Previous experience with children preferred. Please contact Cathy at 244-1968 x16.

EARN EXTRA CASH \$ up to \$600/month! Become a Sperm Donor. Healthy males, 19-40 years old. Univ. Students/Grads/Faculty Contact California Cryobank 1.650.324.1900, M.F. 8-4.30.

VALET PARKING Local company looking for people. Flexible schedule. P/T/FT. Earn \$8.00 to \$15 per hour. 867.7275.

STUDENT &/or PRO THERAPISTS for Autistic girl. 12+ hours, more for experience. Paid training. Part time afternoons & weekends. Please call 408/946-8211.

TEACHERS/AIDES/LEADERS Elem. school age rec. program. P/T from 2-6pm. M/F during the school year. Some P/T morning positions available from approx. 7am-11am. F/T during summer day camp prog. Xint salary, no ECE units req. Los Gatos Saratoga Rec Dept. Call Janet at 354 8700 x223. (Not available school year? Call for summer employ. lifeguards, camp leaders, perf. & cultural arts camp).

MINATO JAPANESE RESTAURANT now accepting applications for servers. Fun Job! Please apply at 617 N. 6th St. 998-9711.

FRENCH & SPANISH STUDENTS Language Camp seeks staff. Napa Cnty Office of Education. 707.253.3560.brand@napa.net

SIGN FACILITATOR Looking for detailed individual with carpentry exp for our sign production shop. Quality oriented. Energetic / good attitude. Good DMV record. 30 Hrs + Benefits. New Directions Sign Service 365 Woodview Drive #300 Morgan Hill, CA 95037 Fax: (408) 778-3922

S TELESALES GOLF \$ \$10 per hour minimum + bonuses SJ State Location 5 hour shift 3pm-8pm Contact James 408-295-4810

ACTION DAY NURSERY/PRIMARY PLUS seeking F/T & P/T Teachers and Aides. Substitute positions are also available that offer flexible hours. ECE units preferred but not required. Please contact Cathy at 244-1968 x16.

OPPORTUNITY TO EARN \$4725 Education Award through AmeriCorps at the San Jose Conservancy Corps. Seeking self-motivated individuals to work with "at risk" youth for year long positions. High School diploma required & ability to get class B license. \$6.25 hourly plus benefits. Full/Part time. Call Joe 408/283-7164. EOE.

\$1500 weekly potential mailing our circulars. Free information. Call 410-783-8272.

SECURITY - ACUFACTS, INC. NO EXPERIENCE NECESSARY Great for Students. F/T or P/T. All shifts. We pay O/T after 8 hours! Top Pay with Many Benefits! Call 408-286-5880 or apply in person. 7am to 7pm 7 days a week 555 D Meridian Ave. SJ.

BICYCLE MESSENGER Part time, Flexible Hours. \$50 Hiring Bonus! Great for Students! Serving Downtown San Jose. Inner City Express. 22 W. Saint John St. San Jose.

ASSEMBLE & TEST hydraulic product line. Knowledge of small handtools & light machining a plus. Other duties include light office work, shipping & receiving. Team player mentality a must. Campbell, CA. Fax resume to: 408/370-5743.

NOW HIRING PAINTERS \$6.50 - \$10.00/hour. Marketer up to \$15/hr. Call now! 408-939-3369.

BARTENDER TRAINES NEEDED Earn to \$25.00/hr salary + tips. Students needed in the immediate area. Full time/part time openings. Call today 1-415-968-9933. International Bartenders School.

WORK FROM HOME Growing International Company Looking for motivated individuals \$800-\$5,000/per mo. P/T/FT Request FREE Detail Log onto: www.hbn.com Access Code 5315

TELEMARKETING PT/FT. We sell discount subscriptions to Bay Area newspapers. Auto dialers. Flexible hrs, 9am-9pm. Downtown near light rail - 4 blocks from SJSU. Hourly \$\$\$ plus bonus. Media Promotions 494-0200.

OVUM DONORS NEEDED Women ages 21-29, healthy, responsible, all nationalities. Give the gift of life! \$3,000 stipend & expenses paid. Bonus for Chinese & Japanese donors. PLEASE CALL WYFC 800-314-9996

\$1,000's WEEKLY!! Stuff envelopes at home for \$2 each plus bonuses. F/T, P/T. Make \$800+ weekly, guaranteed! Free supplies. For details, send one stamp to: N28, 12021 Wilshire Bl., Suite 552, Los Angeles, CA 90025.

STUDENT AUTO INSURANCE Auto Insurance LOW RATES SR22's on the Same Day ••• Hiring Now - Bilingual (English/Spanish) ••• PHN: 408-247-3734 FAX: 408-247-5417

ANNOUNCEMENTS GRADUATING? Join your class in leaving a landmark gift to SJSU by giving \$19.98 to the Senior Class Gift today! Call 924-1137 for details.

"A MARRIAGE HEALED. AFTER DOMESTIC VIOLENCE" 14:30 AM RADIO 7:30am Sunday 10pm Saturday ***** "TO BE A REAL MAN" What does it take to be a real man? Forget the stereotypes! Being a man isn't about machismo, it's about discovering your relation to God. This pamphlet tells of men who were healed of infidelity, prostate problems, and personal failure. Christian Science Reading Room Pre-recorded info: 408-867-8255.

HEALTH & BEAUTY ELECTROLYSIS CLINIC. Unwanted hair removed forever. Specialist. Confidential. Your own probe or disposable. 335 S. Baywood Ave. San Jose. 247-7486.

MEN & WOMEN PERMANENT HAIR REMOVAL Stop shaving, waxing, tweezing or using chemicals. Let us permanently remove your unwanted hair. Back - Chest - Lip - Bikini - Chin - Tummy etc. Students & faculty receive 15% discount. First appt. 1/2 price if made before 5/30/98. Hair Today Gone Tomorrow, 621 E. Campbell Ave. #17, Campbell. (408) 379-3500.

TRAVEL EUROPE - SUMMER '98 \$249 (each way plus taxes) Mexico/Caribb. \$209-\$249/R/T HAWAII. \$119 o/w. CALL 800-834-9192 http://www.airhitch.org

ARGENTINE TANGO Wednesdays Classes at Germania Restaurant 251 N. 2nd St. SJ. Beg 7:00pm. Int 8:00 pm. Dancing 9:00-11:00. \$10/(\$5 w/student ID) 408-293-7934.

POLSKY PIANO SCHOOL 30 Years Teaching Experience Dr. Viktor and Anna Polonsky •Russian Trained Concert Pianists •Professors of Piano •National Teachers Guild Assn. •National Suzuki Assn. INDIVIDUAL PIANO LESSONS Starting \$20/hr. Call 408-241-6662 in Santa Clara for your FREE FIRST LESSON-INTERVIEW

LINDY HOP SWING & CALJUN Jitterbug Swing, Campbell. Lessons Dances. 408-356-1375.

PROFESSIONAL GUITARIST now accepting students who wish to excel in playing guitar or bass. All levels welcome: Beginning, Intermediate or Advanced. Learn any style: Jazz, Blues, Rock, Fusion, Funk, Reggae, or Folk. Call Bill at 408-298-6124.

PERMANENT HAIR REMOVAL Stop shaving, waxing, tweezing or using chemicals. Let us permanently remove your unwanted hair. Back - Chest - Lip - Bikini - Chin - Tummy etc. Students & faculty receive 15% discount. First appt. 1/2 price if made before 5/30/98. Hair Today Gone Tomorrow, 621 E. Campbell Ave. #17, Campbell. (408) 379-3500.

TRAVEL EUROPE - SUMMER '98 \$249 (each way plus taxes) Mexico/Caribb. \$209-\$249/R/T HAWAII. \$119 o/w. CALL 800-834-9192 http://www.airhitch.org

SHARED HOUSING EVERGREEN AREA ROOM 4 RENT \$400/mo. 1/3 utility & \$200 dep. Near shopping. 223-1692/238-2626.

COMPUTERS ETC. COMPUTER RENAISSANCE We buy, sell & trade computers, 486, Pentium, Mac, & Notebooks. Refurb'd equipment is warranted. 5263 Prospect Rd. SJ. betw Hwy 85 & 280 near Lawrence Expy. 408-873-8070

COMPUTER RENAISSANCE We buy, sell & trade computers, 486, Pentium, Mac, & Notebooks. Refurb'd equipment is warranted. 5263 Prospect Rd. SJ. betw Hwy 85 & 280 near Lawrence Expy. 408-873-8070

STUDENT SPECIALS!! Compaq (used) 486SL25, 12 Ram, 540 HD, Mouse, modem, free email, Mono, Win 95, MS Office 95 Std., \$275. Acer (New) 200MHz MMX, 16MG/1Gig HD, KB, Mouse, CD-Rom, Sound Card, Win 95, MS Office 95 Std., 56K Modem 14" Monitor w/speakers \$599. Intrax Group, Inc. 1725 Little Orchard Suite C San Jose, 408/271-8600.

AUTO SERVICES WADES DYNAMIC AUTO BODY REPAIR "Where quality is a must" •Specializing in minor and mid size damage •Free detailing •Free pick up •Free delivery •Free estimates •Insurance Work •All makes & models We accept: Visa, Master Card, Discover & American Express Phn: 408/287-8337 440 N. First St. #120 San Jose

INSURANCE STUDENT DENTAL PLAN ! Only \$57.00 per year. Save 30% - 60% on your dental needs. For info call 1 800-655-3225.

AUTO INSURANCE Campus Insurance Service Special Student Programs Serving SJSU for 20 years "Great Rates for Good Drivers" SPECIAL DISCOUNTS "Good Student" "Family Multi-car" CALL TODAY 296-5270 FREE QUOTE NO HASSLE NO OBLIGATION Also open Saturdays 9-2.

STUDENT AUTO INSURANCE Auto Insurance LOW RATES SR22's on the Same Day ••• Hiring Now - Bilingual (English/Spanish) ••• PHN: 408-247-3734 FAX: 408-247-5417

MISSING SOMETHING? Need a spiritual boost? Need a break? Try Out: The Enlightenment Support Group Ongoing Sundays 6:00PM @ The Book Cafe 3483 95 S. Bascom (408) 978-8034

LOW COST AUTO INSURANCE •Low Down / Monthly Payments •No Driver Refused •Cancelled or Rejected •Du •Suspended License •Accidents •Tickets •Immediate SR Filings •Good Driver Discount •Non-Owner Operator •Call Us Now... (408) 241-5400 ALL-COVERAGE INSURANCE

INSTRUCTION LINDY HOP SWING & CALJUN Jitterbug Swing, Campbell. Lessons Dances. 408-356-1375.

PROFESSIONAL GUITARIST now accepting students who wish to excel in playing guitar or bass. All levels welcome: Beginning, Intermediate or Advanced. Learn any style: Jazz, Blues, Rock, Fusion, Funk, Reggae, or Folk. Call Bill at 408-298-6124.

PERMANENT HAIR REMOVAL Stop shaving, waxing, tweezing or using chemicals. Let us permanently remove your unwanted hair. Back - Chest - Lip - Bikini - Chin - Tummy etc. Students & faculty receive 15% discount. First appt. 1/2 price if made before 5/30/98. Hair Today Gone Tomorrow, 621 E. Campbell Ave. #17, Campbell. (408) 379-3500.

TRAVEL EUROPE - SUMMER '98 \$249 (each way plus taxes) Mexico/Caribb. \$209-\$249/R/T HAWAII. \$119 o/w. CALL 800-834-9192 http://www.airhitch.org

ARGENTINE TANGO Wednesdays Classes at Germania Restaurant 251 N. 2nd St. SJ. Beg 7:00pm. Int 8:00 pm. Dancing 9:00-11:00. \$10/(\$5 w/student ID) 408-293-7934.

POLSKY PIANO SCHOOL 30 Years Teaching Experience Dr. Viktor and Anna Polonsky •Russian Trained Concert Pianists •Professors of Piano •National Teachers Guild Assn. •National Suzuki Assn. INDIVIDUAL PIANO LESSONS Starting \$20/hr. Call 408-241-6662 in Santa Clara for your FREE FIRST LESSON-INTERVIEW

LINDY HOP SWING & CALJUN Jitterbug Swing, Campbell. Lessons Dances. 408-356-1375.

PROFESSIONAL GUITARIST now accepting students who wish to excel in playing guitar or bass. All levels welcome: Beginning, Intermediate or Advanced. Learn any style: Jazz, Blues, Rock, Fusion, Funk, Reggae, or Folk. Call Bill at 408-298-6124.

PERMANENT HAIR REMOVAL Stop shaving, waxing, tweezing or using chemicals. Let us permanently remove your unwanted hair. Back - Chest - Lip - Bikini - Chin - Tummy etc. Students & faculty receive 15% discount. First appt. 1/2 price if made before 5/30/98. Hair Today Gone Tomorrow, 621 E. Campbell Ave. #17, Campbell. (408) 379-3500.

TRAVEL EUROPE - SUMMER '98 \$249 (each way plus taxes) Mexico/Caribb. \$209-\$249/R/T HAWAII. \$119 o/w. CALL 800-834-9192 http://www.airhitch.org

RENTAL HOUSING 2 BDRM. APARTMENT - \$950/MO. •Security type building •Secure Parking •Close In •Modern Building •Laundry Room Village Apartments 576 South Fifth Street (408) 295-6893.

780 SO. 11TH STREET APTS. Large 2 bdrm/2 bath. Very clean. Security type bldg. Laundry, cable, ample parking. Walk or ride bike to school. Responsive management. We take advance deposits to hold an apartment. \$995-\$1045/mo. Call 288-9157.

RENTAL HOUSING 2 BDRM. APARTMENT - \$950/MO. •Security type building •Secure Parking •Close In •Modern Building •Laundry Room Village Apartments 576 South Fifth Street (408) 295-6893.

Spinning down the road to wellness

Your eyes are closed. You are imagining rolling green hills, soft breezes, an expansive blue sky and WHAM! you've just been whacked in the shins by a bike pedal. Welcome to the world of indoor cycling — "spinning."

The hottest fitness phenomenon since step aerobics, spinning is the no impact, high intensity workout solution for fitness freaks. Please be forewarned, this is not for the faint of heart.

Spinning, first introduced in 1995, was originally designed for cyclists to train long distances without struggling against inclement weather. Now that spin classes are becoming "all the rage" among fitness enthusiasts, many health clubs are requiring reservations to attend a class.

What sets these classes apart from the standard stationary bike is that most of the indoor cycling programs are based on road cycling. Range of hand and body positions, drills and the visual imagery (and great music) provided by the instructor lead the participant on a "virtual" road race.

The bike is in fixed gear, so it will continue to rotate with momentum even if you stop (watch those shins!) and resistance can be added to simulate hill climbing. Positions include level riding, running (pedaling while standing with moderate resistance), standing climbing (using high resistance), jumping (coming out of the saddle repeatedly while pedaling), and sprinting (pedaling fast with some resistance). Don't be fooled. Even at the level riding option, participants can expect an intense workout.

So intense in fact, that according to a recent American Council on Exercise study, most indoor cycling class participants exercise at a higher level of intensity than they are accustomed to, despite instructors' cues on how to modify the intensity.

Most classes run 30 to 40 minutes with a five-minute warm-up and a five-minute cool-down. This level of intensity may be too strenuous for the beginning exerciser.



Below are some tips for starting spinners:

- Invest in a pair of padded cycling shorts for comfort. Your gluteus maximus will thank you.
- Adjust your seat so that your upstroke knee doesn't reach hip level and avoid squeezing the handlebars — this can cause stress in your neck and shoulders.
- Pace yourself. Only you know your body, so adjust your speed and intensity accordingly. Don't hesitate to slow down, even if the instructor is cueing you to keep up.
- Don't try stopping by locking your knees. Due to the fixed-gear design, the momentum will apply undue stress on your knees and joints. Pull the emergency brake, turn up the tension, or take your foot off the pedal. Saddle up, set your pace and start spinning.
- Note—always check with your doctor before starting an exercise program, especially if you have pre-existing medical conditions.

Peggy Flynn is a member of Aerobics and Fitness Association of America and has been an aerobics instructor for over seven years. Her "Fit to Be Tied" column will run every Monday. If you have any questions or comments please contact her at the Spartan Daily at 924-3280, Dwight Bentel Hall 209 or by e-mail at SDAILY@jmc.sjsu.edu

David: Forging new gourmet ground

Continued from page 1

given to education and the culinary world," Finklestein said. "He's an elder statesman, a founding father of California cuisine."

Narsai's was one of a handful of culinary hot spots, including Chez Panisse, which gained Berkeley a national reputation as the "gourmet ghetto." It was restaurants like Narsai's and Chez Panisse that awakened the world to the fresh, light and vibrant cooking that was to become known as California cuisine.

"We cooked what we felt like cooking," David said.

David said the reason California was the starting point for the culinary revolution in America was "location, location, location." Not just because of its amazing climate, variety of produce and fertile wine growing regions, but because it was so free.

"We didn't have the heavy baggage of our European counterparts," David said. "We didn't have to worry about Escoffier (a famous French chef who is seen as the standard-bearer for classic French cooking) turning in his grave."

According to David, there are three reasons why chefs in California are so good at fusing together diverse ethnic culinary traditions and seemingly incongruous ingredients.

"One, we're a 'can do' kind of people;

“

One, we're a 'can do' kind of people; two, we're inquisitive; and three, we're not locked in by tradition.

— Narsai David, food and wine editor for KCBS radio

”

two, we're inquisitive; and three, we're not locked in by tradition," he said. "Vietnamese and Cambodians came in and we immediately glommed on to ginger and galangal (a pungent lemony root)."

David, who is currently the food and wine editor for KCBS radio (where he does 13 different broadcasts a week) said becoming a wine expert is easier than most people think.

"The best way to learn about wine is to taste a lot of it," he said.

David said when he first began

tasting he would open a half bottle each of zinfandel and cabernet and try them side by side with his dinner until he understood the differences. Then he would move on to comparing the same varietal from different producers.

"I certainly knew for myself which ones I liked," he said. Translating that into a job in journalism where his gastronomic opinions are noted by chefs and restaurateurs around the country was a long but logical step.

"I was really lucky to be brought in because of my knowledge of food and wine, not because of my knowledge of journalism," he said.

For cheap and healthy eats, David recommends the SJSU community try one of the many ethnic places downtown.

"I would head for a Chinese or Southeast Asian restaurant," David said. Memories of he and his wife's culinary trip to Hong Kong were still fresh in his mind.

"We went nuts with the noodles," he said.

Although David said they eat a 90 percent vegetarian diet with very little fat at home, he and his wife don't hesitate to indulge at a restaurant or event.

"If we go out, we eat everything in sight," David said.

Townsend: Baseball fan's death disturbs team

Continued from page 1

they were unable to find a pulse and found it difficult to establish an airway to get oxygen into his lungs during the CPR process.

"For anybody who witnessed this event, it has changed their day," San Jose Giants General Manager Mark Wilson said. "People come to the ballpark to relax. This isn't something you expect to see."

Townsend was pronounced dead at San Jose Medical Center, but a hospital official was unable to give out the time or cause of death. The hospital

was also unable to give the exact cause of death pending a coroner's investigation, but firefighters on the scene said Townsend's death was most likely due to heart failure.

The death was the first ever during a SJSU baseball game according to Hung P. Tsai, SJSU's sports information assistant.

"In 25 years of coaching I have never seen anything like that," said SJSU baseball coach Sam Piraro. "That was a distraction for us. We had trouble getting back in the flow of the ball game."

SPARTAN-UP YOUR DAY WITH A SUBSCRIPTION TO THE SPARTAN DAILY



SANTA CLARA UNIVERSITY



LOOKING FOR...

- Smaller Classes in Over 20 Disciplines?
- Challenging and Engaging Faculty?
- Affordable Tuition at \$145 per Unit?
- Open Enrollment and Easy Transfer of Most Units?
- 3, 5, or 10 Week Sessions — Day and Night Courses?
- One year of O-Chem or Physics in 9 Weeks?
- Study Abroad Courses in England, Italy, Mexico & Cuba?

THEN, Think... Santa Clara!!!

- SESSION I: June 18-July 24, 1998
- SESSION II: July 27-Sept. 2, 1998
- SESSION III: June 18-August 14, 1998
- SESSION IV: June 18-Sept. 2, 1998
- SESSION V: Study Abroad (dates vary)

408-554-4833

Call now for more information or to receive a 1998 Summer Catalog or e-mail us at scs@scs.sjc.su.edu.

Visit our website at <http://www.sjc.su.edu/SCU/Departments/ArtsandSciences/Summer>



SUMMER SESSION 1998

The Career Center goes mobile with



Hot Summer JOBS and Internships

See and Experience:

- Internship Resource Bank
- Jobs on the Net
- CD demos
- Walk-up career counselor advice
- Resume critique service
- Summer employer connections

See us out on campus
Tuesday, April 21, 1998
9th Street Plaza, 10:00 am - 2:00 pm

FREE food, fun, and give aways



SJSU Career Center programs and services are provided without regard to race, color, religion, national origin, sex, sexual orientation, marital status, pregnancy, age, disability, disabled veterans, or Vietnam veterans' status. Reasonable accommodations for those with disabilities available with three weeks advance notice. Call 924-4033 for assistance.