

WEDNESDAY

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Vol. 117, No. 60

WEATHER

PARTLY CLOUDY

High: 61
Low: 39

OPPOSING VIEWS



Opposing Views debates whether the rate of HIV infections is increasing simply due to people's reckless behavior.

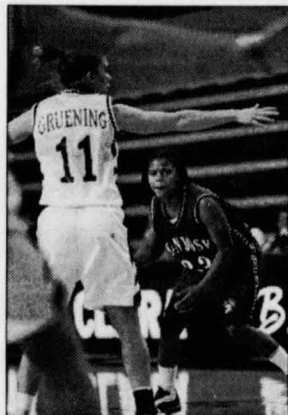
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SPORTS



The season continues for the San Jose State University women's volleyball team, as the Spartans will play in the NCAA Tournament Friday night at Stanford.

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The Spartan women's basketball team lost its first game of the season, 73-58, at Santa Clara University.

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HEALTH FITNESS



Counseling steers students towards a better nutrition.

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Serving San Jose State University Since 1934 SPARTAN DAILY

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Stereotypes have no racial barrier

By Minal Gandhi

DAILY SENIOR STAFF WRITER

Hanieh Bazargan was 13 when she came to the United States. During her childhood years, she had seen numerous tragedies occur in her native home, Iran.

They're tragedies, she said, she will never forget.

And tragedies she never thought would take place in pre-

sent day, especially in America.

But the attacks on the World Trade Towers and the Pentagon brought back her sorrow on the morning of Sept. 11.

As buildings crumbled, as lives were crushed, and as New York City's financial district rained ash, Bazargan momentarily remembered the past turmoil in her mother country.

"I was shocked, and I wanted

to cry because I know how it feels, and I've experienced it myself," said the computer engineering freshman, referring to the terrorist attacks. "I just wanted to know more about it, but I was also very upset and sad after hearing that many people had passed away."

"I don't want to see anyone experience things like that."

But today, almost three months after the attacks, some people do

not see Bazargan's concern.

She is one of many students at San Jose State University who said she is frequently stereotyped because of her ethnicity.

Numerous individuals said cultural stereotypes have gotten worse since Sept. 11, and others haven't noticed a difference.

But all people interviewed said stereotypes about themselves are very real, and media is a big part

of the problem.

In Bazargan's case, she said when observers see her head covering, known in the Islamic religion as a hijab, some assume the worst about her.

"People gave me dirty looks in the beginning because they didn't know me," she said. "Whoever asked me, I told them that I feel

◆ See STEREOTYPE, Page 3

Police prepare for crisis situations

By Colin Atagi

DAILY STAFF WRITER

Despite the cold weather, university police officers from three different California State University campuses held a training session Tuesday outside of the Seventh Street garage to prepare for times of crisis.

The unit practiced high-risk entry training, which falls under tactical response, and ended with high-angle rescue training, which falls under search and rescue, said Lt. Shannon Maloney of the San Jose State University Police Department.

Cpl. Victor Quintero of the UPD said the group, known as a critical response unit, is made up of officers from different CSU campuses.

The officers are trained in areas of dignitary protection, tactical response, search and rescue and crowd control.

The program began shortly after the Northridge Earthquake of 1989, he said.

The training session takes place on a monthly basis, though representatives from each college come together four times a year, he said.

"California State University has a critical response unit, which is CSU-wide in Northern and Southern California," Quintero said.

"Each campus dedicates a person to a unit. (SJSU) has five people from this campus assigned to that unit. Sacramento has one and Monterey has two."

Maloney said the group of officers that were practicing is known as a Special Entry Rescue Team (SERT).

A group of about 30 men, including the members of the rescue team, make up the critical response unit, which meets quarterly.



"They have the highest level of training in all of the CSU police," Maloney said of SERT.

The training is hard and provides a good challenge, though the difficulty level can vary depending on each person, he said.

"For some people, the entry training is the more difficult and for others, high angle is the most difficult," he said.

High-risk entry training involves breaking into a dangerous environment while high-angle training involves rescuing someone from a higher area.

When practicing high-angle training, the officers are strapped into a harness, which is rigged to a rope tied from the top of a structure.

The officers then scale down the building, using the rope to steer themselves.

Other conditions, such as weather, can also affect someone's preference, he said.

"To be out here, doing this on a rainy day,

would not be fun," Maloney said.

Sgt. Ray Celano of the UPD said the officers were using a 165-pound dummy to simulate rescuing someone from a building.

"This is the first time we actually

◆ See UPD, Page 5

Above, UPD Sgt. Ray Celano works to transfer a 165-pound dummy during training exercises at the Seventh Street garage. Celano and other officers were learning how to rescue people who were trapped outside skyscrapers.

Right, a police officer trains by repelling down the side of the Seventh Street garage. UPD officers learned how to properly rescue someone who is unconscious and hanging outside of a building.

Photos by David Bitton / Daily Staff



Flu shots offered on campus for students

By Fernando F. Croce

DAILY STAFF WRITER

As the end of the year approaches, students can look forward to, not just finals and family gatherings, but also the possibility of muscle aches, sore throats and 100-plus degree fevers.

The school of nursing at San Jose State University is organizing clinics to offer students and faculty members a chance to get flu shots before the seasonal infection arrives. They are scheduled to be open from 10:30 a.m. to 1 p.m. Nov. 29 and Dec. 4 in the Health building, Room 401, and on Nov. 30 in the Administration building, Room 167.

"We're just entering flu season, so the purpose is to prevent it, to get people to know about it before we go into it," said Elizabeth Dietz, organizer of the project.

Dietz, a professor at the School of Nursing, said she feels that during this time of the year the best thing to do is to be prepared ahead of time to avoid possible flu contraction.

"The height of the flu season is just ahead, December and January," she said.

"Since it takes about two weeks after the shot is given for the body to build up an immune system, now is the

◆ See SHOTS, Page 5

Symposium to increase awareness about AIDS

By Kemberly Gong

DAILY STAFF WRITER

One person is infected with the AIDS virus every five minutes. Out of the global population, it is estimated that 36.1 million people around the world already have the disease.

To increase awareness of this debilitating and fatal disease, the fourth annual World AIDS Day Symposium, featuring speakers from San Jose State University and the community, is scheduled from noon until 2 p.m. Thursday in the Student Union.

"Over the last few years, the HIV infection rate has increased to what it was 20 years ago, especially in heterosexual populations," said Idelle Fraser, peer education coordinator for the Student Health Center.

Fraser said the speakers would be addressing problems that affected many different

groups of people.

She said the presentations would be made in the open area between the second and third floor of the Student Union.

There will also be posters on the first floor of the Student Union, representing different cultures and countries and their fight against AIDS.

Fraser said students in the Peer Health Education Program, students in the health science department and the SJSU Gay, Lesbian, Bisexual and Transgender Alliance made the posters.

Steven M. Millner, a faculty member in the African American studies department is slated to speak on the subject of AIDS in the African-American community.

According to the Martha O'Connell, coordinator for the event, African-American males have a high rate of HIV infection.

She also said that young Latinos are also at high risk for the virus.

Despite higher numbers of infection in some minority groups, Fraser said all people should protect themselves from the disease because it affects everyone.

Representing different sections of the community will be speakers from the Community Homeless Alliance Ministry, Health Connections, Asian Americans for Community Involvement and Being Alive, South Bay.

The symposium is scheduled to cover topics concerning AIDS in minority communities, such as the Latino and Asian communities and of different socio-economic classes as well as gay/lesbian issues.

"The HIV/AIDS committee has in its charge to educate the campus community to HIV/AIDS issues and this particular forum

will discuss and dialogue about HIV/AIDS from various cultural perspectives," O'Connell said. "Not every community perceives and reacts to AIDS in the same way."

She gave an example of the Asian speakers they have had in the past who have said that, in general, sexuality and AIDS are not topics easily discussed in the Asian community.

O'Connell said the speakers would not be speaking as medical experts but as members of individual communities and the impact HIV/AIDS has on them.

"Students seem to want to hear personal observations and stories from people in the community. That's why we chose to do it this way," she said.

The symposium is sponsored by the SJSU HIV/AIDS Committee, the Student Health Center and MOSAIC Multicultural Center.

SJSU teams up with NASA to build research center

By Lisa Butt

DAILY STAFF WRITER

On Nov. 15, San Jose State University President Robert Caret signed an agreement to build a research center at the National Aeronautics and Space Administration (NASA) Research Park in Moffett Field.

The center will be named the San Jose State University Metropolitan Technology Center.

"This is a major milestone," said Nancy Bussani, executive director of planning and development of the Metropolitan Technology Center. "This is a huge project."

She said the center would sit on 40 acres of the 213 acres that are part of a university reserve at the Moffett Field location.

In addition to the new facility, several programs in conjunction with NASA Ames, will be formed.

"(It) may include participation by SJSU graduate students in NASA collaborative research and the formation of joint university/NASA collaborative research teams," NASA Ames officials said.

The agreement included forming programs of three areas of work: research, education and workforce development.

"It provides additional opportunities for students," Bussani said.

She said the programs would include a program for students to earn their manufacturer engineering certification and hands-on aca-

◆ See NASA, Page 3

A different beat...



Omar Ornelas / Daily Staff

Rieko Koyama, an international student from Nippon, practices her music Tuesday afternoon.

OPPOSING VIEWS

Is a promotion of promiscuous behavior responsible for the growing rate of HIV infections?

Using the same old excuses to rationalize spread of AIDS is uneducated and shallow

Reckless disregard of basic sex education continues to be the cause of HIV infections

Our generation never knew a life without the possibility of acquiring HIV, the virus that causes AIDS. Our teachers explained it to us. Our parents tried to protect us from it. Medical researchers tried to find a vaccine for this virus when it first became apparent in the late '70s. So why, with all of this education, are HIV cases still on the rise?

Human beings are promiscuous, one might say. But human nature hasn't changed; it's always been so. Our generation is more responsible than our parent's when it comes to sexual responsibility. The rise in cases cannot be linked to an increase in promiscuous behavior.

There were 3,150 cases of AIDS reported by the Santa Clara County Health Department through the end of December 2000. However, there were 26 new cases of AIDS reported in the last four months of 2000, according to the department.

The figures show an increase in AIDS cases in Santa Clara County. National statistics of cases prove that AIDS is no longer on a steep decline. According to the United States Health Department, the new cases have plateaued, and a new rise is possible.

The 13th International AIDS Conference provided the results of 33 million reported cases. Of the cases reported, 11 million of them are people between the ages of 15 and 24.

The increase of AIDS cases is because people with the disease are living longer, and new cases that are reported every day.

This gradual increase in reported cases can be attributed to a gradual increase in population.

The Centers for Disease Control and Prevention state in their strategic plan through 2005,

that even with medical success and education, an estimated 40,000 people per year in the United States will become infected with HIV.

The CDC's studies have shown a decrease in new cases. In the mid-1980s, 150,000 new cases were reported each year, and those numbers have dropped to 40,000 new cases every year. CDC acknowledges the number of new cases, but said it feels that the new infection rate is still unacceptable.

The increase of AIDS cases is because people with the disease are living longer, and new cases are reported every day.

The United States fosters the third-largest population in the world after China and India.

It also cultivates a culture that is intimidated with talk of sexual practices. Some people reject the society of drug abusers because they are not in tune with the nation's puritan values.

It is no surprise that HIV spreads rapidly when feeding off of these three factors.

Our nation tried to remedy the spread through education. But when medical technology provided the medicine that prolonged life, known as the "AIDS cocktail," U.S. Health Department studies began to show that apathy of the disease set in.

This year's slogan for the World AIDS Day campaign, "I care ... do you?" shows that the world is acknowledging the need to get the message out again that AIDS is destructive.

New information is continuously being revealed about the virus. At the International AIDS Conference revealed that spermicide, which is found in condoms and Nonoxonyl-9, might increase HIV transmission.

If a child contracts AIDS while in its mother's womb, this cannot be classified as a person being promiscuous.

If a person shares a dirty needle in order to get a hit, while it is being irresponsible, it can't be called promiscuous.

If population increases, it can be related to an increase in a spread of a virus.

There are many factors that lead to the rise of HIV cases. To say that people are being promiscuous is a close-minded conclusion.

Karlle Reiss is a Spartan Daily Staff Writer.

Promiscuous sex and careless use of needles is still the main reason we have 45,000 new cases of people infected with AIDS and HIV in North America.

According to an AIDS epidemic update done by the World Health Organization and the Joint United Nations Program on HIV/AIDS (UNAIDS), there were 45,000 newly infected adults and children in North America.

The Web site (www.hivinsite.ucsf.edu) explains that the main reason these people became newly infected last year (December 2000) was through sexual intercourse and needle sharing.

Let's not even go there about how AIDS used to be called the "gay disease," which is a really poor choice of words.

If I were to contract the virus, I would kick myself and blame no one but myself. Why? Because I should have known better.

Any time you have unprotected sex, unless you are raped, you know damn well what you're getting yourself into in this day and age, whether you are gay or straight.

Any time drug users inject dirty needles into their arms for god-knows-what reason, they too are completely responsible for their own actions.

It's not like we live in an era where we don't know what to do about preventing HIV and AIDS. We all know what we need to do.

Like computers and technology, our generation doesn't know what life was like before AIDS. All we've ever been taught is prevention.

Our generation never experienced "free love."

Of course, I mean to exclude children who contract AIDS through an infected parent at birth or people plagued with an illness that requires them to receive an injection.

On the Red Cross Web site, I read that they screen the blood they receive for HIV and also give a checklist of what factors to look for that may determine if you have the virus.

According to the Centers for Disease Control, the blood supply in the U.S. is among the safest in the world since testing began in 1985.

Obviously, if the chances of contracting HIV/AIDS through a blood transfusion are slim,

I can't think of reasons other than unprotected sex, unsafe use of needles and maybe a lack of common sense that has caused HIV to continue spreading in our country.

Have we become so convinced through watching Magic Johnson survive HIV that we no longer need to worry because of the latest drugs?

According to research done by the Centers for Disease Control, we still need to worry.

"Research among gay and bisexual men suggests that some individuals are less concerned about becoming infected than in the past and may be inclined to take more risks."

"This may be equally true in other groups at risk who might believe they no longer need to use condoms because protease inhibitors are so effective in treating HIV disease. The truth is, despite medical advances, HIV remains a serious and usually fatal disease."

In another study done by the Centers for Disease Control, minorities and young women in the U.S. are at a "continuing risk" and it is mostly concentrated in women of color.

The CDC also says that historically, two-thirds of the women infected with AIDS contracted it through heterosexual sex and only one-fourth of the cases were due to sharing needles for drug use.

If that is the case, it sounds like promiscuity and unsafe sex is a fair target for the cause of HIV and AIDS and it should be taken more seriously.

We can no longer blame blood transfusions or the slim chance of being stabbed with a needle used on an infected patient, as in the case of health care workers and doctors.

The real cause of HIV and AIDS is promiscuous thinking about sex, and combined with drug use it can be a deadly mix.

The checklist that I mentioned earlier on the Red Cross' Web site regarding signs to determine if you are at risk for becoming HIV positive are real examples of what is believed to be the cause of this disease, even though I was in hysterics as I read them.

For example, the Red Cross says you are at risk for getting infected if you have been given money or drugs for sex since 1977.

When was the last time you had sex for money, or exchanged money or drugs for sex?

Huh?

The point is, as crazy as it sounds, stuff like that happens and is the real reason why AIDS still continues to spread in our country today.

Joannie Sevilla is a Spartan Daily Staff Writer.



The real cause of HIV and AIDS is promiscuous thinking about sex, and combined with drug use it can be a deadly mix.

Illustration by Dawn Bozack

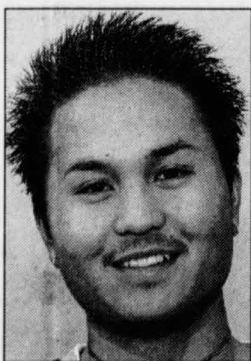
TALKING HEADS

To what do you attribute an increase in the rate of HIV infections?



"The biggest problem is unsafe sex ... All sex is unsafe, unless you're married. Even the use of a condom doesn't protect you 100 percent. It's better to wait until you're married to have sex."

— Rebecca Golding
senior
child development



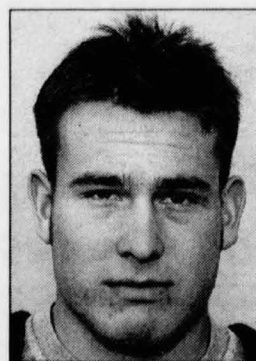
"People are thinking with the wrong head. If you don't have a raincoat, you should keep the mouse in the house. Make sure you trust your partner."

— Roli Castor
freshman
business administration



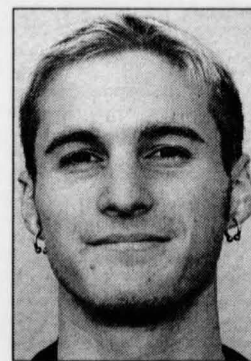
"For so long, advertising and the media have portrayed sex as a casual act. It makes people not precautions when doing it."

— Sarah Cruz
freshman
advertising



"No one uses protection. They don't care as much as they used to. People don't think (getting HIV) can happen to them."

— Tomislav Majic
junior
business management



"There's a lot of population and that leads to more people and more problems. With its portrayal in film and movies, sex has become more popularized."

— J. Gaich
sophomore
graphic design



"We don't have enough sex education. We had it for a while, but it ... hasn't been pushed as much. You don't see the ads on TV like you used to. The issue needs to be tackled at schools early."

— Abir Ward
senior
English

Compiled by Sarah Grace Ruf and photos by Ben Liebenberg

STEREOTYPE: Some say media and ignorance contribute to the problem of racial discrimination

◆ continued from Page 1

as bad as you do (about the attacks), that Muslims want to have a better society."

Explaining is one thing Bazargan said she does often these days, but she doesn't mind it. In fact, she said the best thing Muslims like herself can do is inform people and help them understand.

Which is what Tyson Amir-Mustafa said he tries to do whenever opportunity presents itself. The senior, who is double majoring in comparative religious studies and African-American studies, is the president of SJSU's Muslim Students Association. Though people look at him and see an African-American student, Amir-Mustafa practices Islam, something his family members didn't receive too well when he told them his decision about three years ago.

"They would ask me, 'What are you going to be a terrorist now?' " he said. "They thought Muslims are terrorists and that they're willing to kill themselves to get to paradise. That the Muslim male disrespects his woman a great deal. They still have a lot of questions. But my family has been extremely tolerant and patient."

Amir-Mustafa said he was always fascinated with religion, and growing up in a diverse community made him curious. So after studying monotheistic reli-

gions, Judaism, Christianity and Islam, and doing personal research, he said he went with the religion that made him most comfortable and made the most sense.

Currently, keeping the state of the nation in mind, Amir-Mustafa said he feels safer as an African-American.

"I don't fit the stereotype that is associated with terrorism," he said. "If I walk into a classroom, people aren't going to know I'm a Muslim. The threat is not real to me. In San Jose, there's a history of racial profiling with the police but ... now they're looking for Arab-looking or Middle Eastern people. And this proves that racism is a reality."

Amir-Mustafa said he can talk endlessly about the stereotypes he is commonly faced with. And these stereotypes are responses of the two different cultures he is tied to: the Muslim culture and the African-American one.

Although he is 5 feet 5 inches tall, the fact that he is black makes people think he's aggressive or violent, he said. He has seen people cross the street just so they could avoid him and has seen passersby "clutch onto their personal belongings a little tighter" when they see him.

"At school, people ask if I'm on an athletic scholarship, doubting my intellectual capability," he said. "If I'm on the street, even by the 10th Street garage, people

will come up to me and ask if I have any drugs to sell or something. I can be leaving school with a backpack full of books, and they'll still ask that."

Media is to blame in many instances, according to Amir-Mustafa. He admits he is not a fan of American media and automatically questions what is shown on television because he thinks it's biased.

"It's not just when it comes to terrorism, either," he said. "African-Americans are usually shown doing something illegal on television. It's on television and reflects a very ignorant portion of our society."

Some of those interviewed said it was hard to decide whether the current stereotypes have strengthened or weakened since Sept. 11.

Ming Hao, a sophomore and computer science major, said he thinks they've stayed the same. He said he isn't aware of racism and stereotypical attitudes and attributes that to the place he lives.

"The problem doesn't exist too much in California because people are open here," Hao said, adding that he has never experienced negativity directed at him because of the fact that he's Chinese.

On the other hand, junior Nicole Bethea said stereotypes have both increased and decreased since the attacks, depending on the person. Believ-

ing that they've existed for years, she said she does not relate stereotypes exclusively to people from foreign countries either.

"I grew up in the South, and there are a lot of African-Americans there, and I think I experienced, not discrimination, but prejudice against myself for being Caucasian because African-Americans feel oppressed, and so they turn around and lash out at the person or race that they were oppressed by," said Bethea, a psychology major.

Another SJSU student who said he's dealt with stereotypes long before Sept. 11 is Ron Hansra, who is Punjabi. Appearance plays a crucial role in the way he is treated, and his turban, worn by males who practice the Sikh religion, has brought negative attention to him, he said.

"(People will) look at me and think I'm a Muslim or call me a Gandhi," Hansra said. "And people who don't know will call me Osama bin Laden. I have suffered stereotypes in America."

"There's a stereotype about every group. You look at Chinese people, and people think they're bad drivers, and you look at Mexicans, and people think they're ignorant. Every group has a different stereotype."

Ask Sam Khari, an electrical engineering major, and he will, like Amir-Mustafa, hold U.S. media responsible for the

problem of typecasting. As an Afghan male who said people assume men of his ethnicity are cruel to their women, Khari said the slant in reporting regularly depicts his culture in a bad light.

"(The media) control what we see and how we see it," he said. "They portray it a certain way. What we see about (Afghanistan) is negative. They also show Palestinians burning the flag from 10 years ago; why do they show that now?"

Sophomore Rimi Khan of Bangladesh stands by her belief that media coverage is "at the point where it's not teaching anymore." And this drawback, along with the ignorance she said develops these stereotypes, makes it harder for an ethnic person to be accepted. Khan said she has heard outsiders telling her to "go back to her country" without even knowing who she is or where she's from.

And in response, Bethea, the junior who grew up in the South, said this exemplifies exactly how Americans should not react.

"I'm horrified by (this)," she said. "I just think it's unfortunate and ... absolutely small-minded and ridiculous to discriminate against someone."

"I think we should, as a general culture, embrace everyone instead of separating ourselves even further."

NASA

◆ continued from Page 1

demic work.

"It's an interesting side of academics," Caret said. "There's a big research emphasis."

Although the course work will be on information technology, Bussani said there would be a focus on biotechnology.

A program to link SJSU, Foothill College, De Anza College and UC Santa Cruz is also being planned as a result of the center.

"It will be a two plus two program," Caret said.

He said it would allow students from Foothill and DeAnza to transfer to either SJSU or UC Santa Cruz or allow SJSU alumni to attend UC Santa Cruz to earn their master's or doctorate degrees.

Bussani said the center would also provide housing for students and faculty. The center would be able to facilitate 12,000 to 15,000 students, Caret said.

"This is a good way to handle growth," he said. "We're getting close to being impacted."

Bussani said funding of the center would come from a variety of sources and would be on next November's ballot to become a state bond initiative. She said she is unaware of the cost at this time. Although the center would contain SJSU in the title, Caret said UC Santa Cruz was initially going to be the only university involved.

"When I heard of it, I knew we had to be a part of it," he said.

Bussani said the center should take more than 15 years to plan and build.

"It's an extremely complex project," Caret said. "It's a big challenge."

SPARTAN DAILY

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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 300-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, libel 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.

SpartaGuide

Today

School of Art and Design

Student galleries art exhibitions, 10 a.m. to 4 p.m. through Friday in galleries two, three, five, six, eight and Herbert Sanders in the Art and Industrial Studies buildings. For more information, call John or Nicole at 924-4330.

Gay Lesbian Bisexual and Transgendered Alliance (GLBTA)

Weekly club meeting, 5 p.m. to 6:45 p.m. in the Costanoan room of the Student Union. Community, activities, support and discussion open to all. For more information, e-mail the alliance at glbta@email.sjsu.edu.

Students for Justice

Weekly meeting, 5 p.m. in the Pacheco room of the Student Union. Join us as we plot world domination and progressive campus campaigns. For more information, call Vanessa at 504-9554.

Catholic Campus Ministry

Daily Mass, 12:10 p.m. at the Campus Ministry Chapel. Bible Trek, 12:30 p.m. to 1:30 p.m. in the Montalvo room of the Student Union. For more information, call Sister Marcia at 938-1610.

sjspirit.org

Daily meditation, 4 p.m. to 5:30 p.m. Weekly Spiritual Explorers meetings, 6 p.m. to 7 p.m. and University of the Spirit presents "Dream: The Forgotten Language of the Spirit," 7:15 p.m. at the Campus Ministry on 10th Street. Here you will learn the importance of dreams, how to remember and interpret them. For more information, call Chaplain Roger at 275-1346 or visit the Web site sjspirit.org.

M.E.Ch.A.

Weekly meeting, 6 p.m. at the Chicano Resource Center in Modular A. For more information, call Agustine Buelna at 924-2544.

Counseling Services

Relaxation tools workshop, 3:30 p.m. to 4:30 p.m. in the Administration building, Room 201. For more information, call Kell Fujimoto at 924-5910.

Women's Studies

Brown bag lunch series: Consuelo Jimenez Underwood presents "El Rebozo Meets the Frontera," noon to 1:15 p.m. in Dudley Moorhead Hall, Room 238A. For more information, call Lois Helmbold at 924-5740.

Re-Entry and Commuter Help Program

Brown bag: financial aid question and answer with Carol Garcia, noon to 1:15 p.m. in the Pacheco room of the Student Union. Join other students and get and give helpful information. For more information, call Jane Boyd at 924-5950.

MPH Students

A public health response to the events following Sept. 11, 6 p.m. to 8 p.m. in the Umhuhun room of the Student Union. For more information, call Anji Buckner at (831) 479-9733.

Thursday

Anemia Film Club

Feature film to be announced, 9:30 p.m. in Sweeney Hall, Room 100. For more information, call Elena Korjanevich at 286-8698.

The Listening Hour

SJSU percussion ensemble directed by Galen Lemmon, 12:30 p.m. to 1:15 p.m. in the Music building, Concert Hall. Solo and ensemble music for percussion instruments in contemporary rhythms: timpani, marimba, xylophone, tom-toms, tambourine, bass drums and cymbals. For more information, call Joan Stubbe at 924-4631.

Campus Crusade for Christ

Weekly night life, 8 p.m. at Washington Square Hall, Room 207. For more information, call Sam or Cary at 297-2862.

Chicano Commencement

Weekly meeting, 7 p.m. in the Afrikana Center (Modular A). For more information, call Corina Herrera at 870-5578.

Counseling Services

Relationship recovery support group, 11 a.m. to noon in the Administration building, Room 201. For more information, call Jennifer Sharples at 924-5910. Gay, Lesbian, Bisexual, Transgendered support group, 3:30 p.m. to 4:30 p.m. in the Administration building, Room 201. For more information, call Sheening Lin at 924-5899 or Terri Thames at 924-5923.

Tsunami Anime Club

Weekly Japanese animation meetings, 7 p.m. to 10 p.m. in Washington Square Hall, Room 109. For more information, call Patrick Wong at 621-7536.

Women of Color Conference Steering Committee

Weekly meeting, 7:30 p.m. in the Chicano and Afrikana Center (Modular A). For more information, call Erika at 507-8535.

American Indian Science and Engineering Society

Weekly meeting, 6 p.m. in the Pacheco room of the Student Union. For more information, call Julius at 262-8620.

2001 Convocation Committee Journalism and Mass Communication

Tickets for the Convocation will be on sale from 10 a.m. to 5 p.m. on Nov. 28 through Thursday Dec. 6 at the table near the trophy case in Dwight Bentel Hall. Adults cost \$20 while children pay \$10.

Akbayan: Filipino Student Organization

General meeting at 4:15 p.m. plus a 30-minute video about the veterans of World War II in the Costanoan room of the Student Union. For more information, call the Akbayan voicemail at 534-1130.

Sparta Guide is provided free of charge to students, faculty and staff members. The deadline for entries is noon, three working days before the desired publication date. Entry forms are available in the Spartan Daily Office in Dwight Bentel Hall, Room 209. Space restrictions may require editing of submissions. Entries are printed in the order in which they are received.

Correction

In a Nov. 27 article titled "Students to discuss women's role in Islam," it was reported that, "It is against Islam's teachings that women should have value and should not be seen as sex objects." It should have read, "It is against Islam's teachings that women should be seen as sex objects."

The daily regrets the error.



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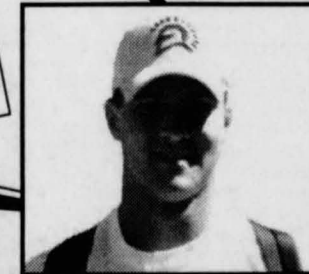
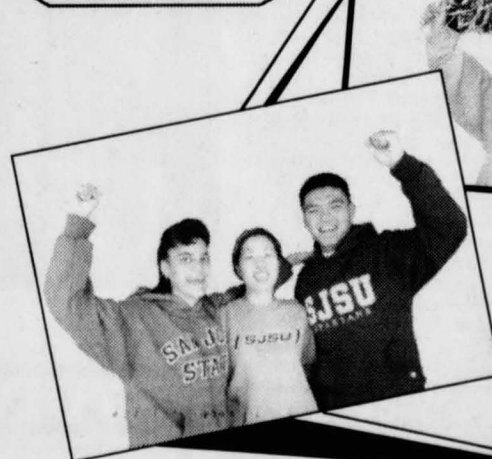
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Spartans invited to play in NCAA Tournament

By Marcus R. Fuller

DAILY SENIOR STAFF WRITER

When the Spartan women's volleyball team received an at-large bid to the National Collegiate Athletic Association tournament on Monday, it added to a list of reasons why it could be considered the most successful Spartan team in more than a decade.

It enters the NCAA tournament for the third time in 10 seasons by finishing with the second-most wins (24) and second best win-percentage (.774) since the 1984-86 seasons when the team averaged 25 wins and had three top 10 finishes nationally.

The Spartans reached their first ever Western Athletic Conference tournament championship this season, broke several team and individual school records and had two players selected first team all-conference.

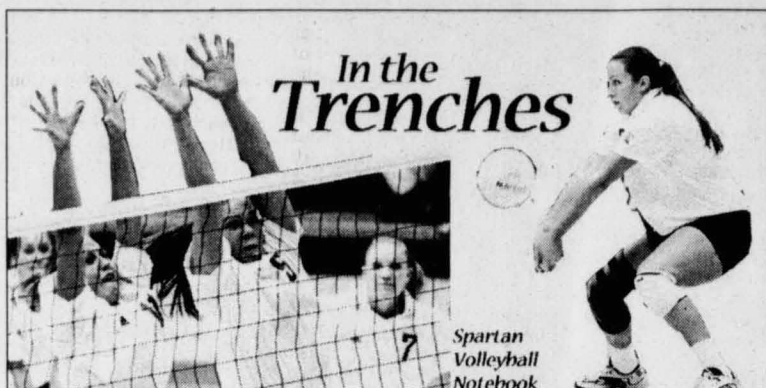
Statistics may provide proof on paper, but no one can rate this team better than Craig Choate, who has been patrolling the sidelines for the last nine seasons.

"It's an impossible question for a coach to answer," Choate said. "But this is definitely one of the better teams I've had during my tenure."

The first time a team under Choate made it to the NCAA tournament was in 1998. The team finished fourth in the WAC, but earned a bid after upsetting the conference's top seed, Colorado State, in the last WAC tournament in Las Vegas.

"That first one was the least expected," he said. "The other two were more expected."

Arguably the best team in Choate's eyes was in 1999. A squad led by WAC Player of the Year Joslynn Gallop won the San Diego Tournament, the Northwestern Tournament in Evanston, Illinois, and finished second in the conference to the University of Hawaii. The Spartans even defeated two nationally ranked teams that year, but failed to reach the



postseason — an essential ingredient to a successful season.

The best opportunity yet

At 5 p.m. Friday, the Spartans are scheduled to play cross-town rival Santa Clara University in the first round of the NCAA tournament at Maples Pavilion at Stanford.

Choate said that this would be SJSU's best chance at advancing into the second round.

The Broncos may be ranked No. 19 in the country and they may have swept the Spartans at the Event Center earlier this season, but they are beatable.

Last Friday, Santa Clara lost its final regular season match in three games to the University of Idaho, a team that SJSU defeated the next day in four games at the Event Center.

"If we play well we have a legitimate shot. We don't have to play well above our heads to win," he said. "The girls are feeling reasonably confident. They knew it wasn't guaranteed, so they're excited."

If the Spartans make it past the first round, they will play the winner of No. 3 Stanford (27-2) and the University of Nevada at 7 p.m. on Saturday at Stan-

ford.

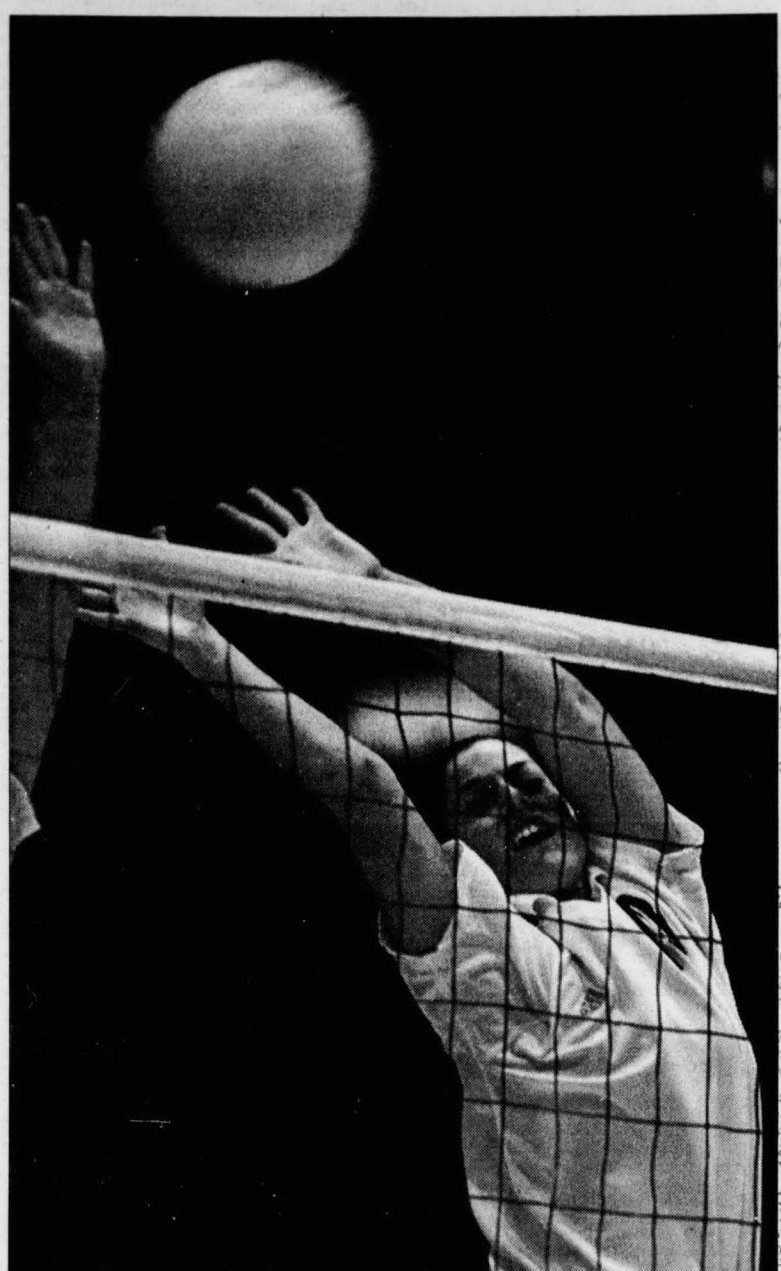
Hudson sets school records

In SJSU's final home match against Idaho, middle blocker Liz Hudson set a school record for block assists in a match with 14. The previous record was 12 by former Spartan Kim Hicks, set against Wyoming on Nov. 21, 1987. The 6-foot-1-inch sophomore also tied the record for total blocks in a match with Mandy McMahon, who set the record against Fresno State on Oct. 7, 1983.

Hudson, a native of Capistrano Valley, Calif., was named WAC Player of the Week on Monday for her performance in wins against Idaho and the University of Auburn on Thursday. She hit .333 and averaged 3.3 kills, two digs and three blocks during the week.

Middle blocker Liz Hudson attempts to block a shot from a University of Idaho player during a game at the Event Center. Hudson set two school records in Saturday's victory over Idaho.

JaShong King / Daily Staff



Women's basketball team loses to Broncos, 73-58

Loss continues 10-year losing streak to SCU

By Karlie Reiss

DAILY STAFF WRITER

Although the San Jose State University women's basketball team came out strong in the opening minutes of Tuesday's game against the Santa Clara University Broncos, it was the Broncos that won the game in the long run.

The Broncos came back to beat the Spartans 73-58 at Santa Clara.

The Spartans (2-1) produced a strong offense on the floor and backed it up with aggressive defense. The Broncos came out flat, and tried to change the pace of the game by implementing a fast break, but their game plan backfired as the Spartans out-hustled the Broncos and dominated control of the ball.

The Broncos (2-1) managed to come back in the final six minutes of the first half. Santa Clara was sparked by senior point guard Caroline Gruening, who sparked the Broncos offense when she rushed down the court and sank a three-point shot.

"My shots were falling," said Gruening, who scored 12 points in the contest. "I felt like I was making up for not getting off to a good start."

By the end of the first half, the Spartans were ahead, 30-29. Atari Parker tried to add three-point shots in the final seconds, but the shot failed to sink into the net.

"We had a good start," said SJSU head coach Janice Richard. "This game was a measuring stick because Santa Clara has beat two ranked teams, Utah and Washington."

Cricket Williams, the Spartans' point guard, set the tempo of the beginning of the game, producing the majority of the offense through the first half. Williams finished the game with 16 points and five steals. Elea A'Giza lead the Spartans with 17 points.

"I came out ready to play," Williams said. "We are a second half team, so with a lead in the first half, we had the mindset that we were going to blow them up."

The Spartans Elea A'Giza opened the second half with a two-point basket. The Spartans started the second half weak under the boards, allowing the Broncos to control three offensive rebounds until the Broncos' Becki Ashbaugh finally made a three-point.

Ashbaugh kept the Broncos in the game. The reserve guard scored 21 points for the night.

"I came off the bench knowing that we had a slow start and I wanted to bring some intensity to our team," Ashbaugh said.

The Broncos first lead of the night came from a three-point shot by Gruening, and the Spartans took a time out to regroup. The Spartans' shots failed to drop, however but more detrimental was their passiveness on defense, Richard said.

"Our intensity failed," said SJSU forward Lamisha Augustine. "If we would have continued our play like our first half, things would be different. We'll get them next time."

The Spartans implemented a full court press with eight minutes left in the second half in the hope of igniting their offense, but Santa Clara didn't let up from that point.

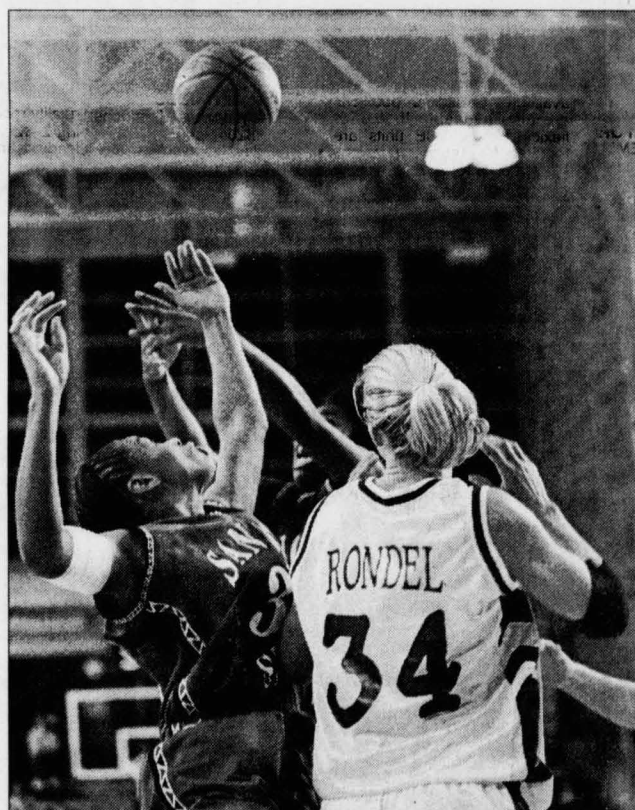
The Broncos took a 10-point lead, and the Spartans never recaptured their aggressive play of the first half.

Despite their 15-point victory, the Broncos noted the Spartans are becoming a tougher opponent.

"It was fun to play San Jose," Ashbaugh said. "They keep getting better every year."

Spartan Elea A'Giza, left, fights for a loose ball with Bronco Jennie Rondel at Santa Clara University. The Spartans lost 73-58 in Tuesday's matchup.

JaShong King / Daily Staff



SJSU blows 21-point lead to SCU

By Chris Giovannetti

DAILY STAFF WRITER

The San Jose State University men's basketball team learned a tough lesson about the 3-point shot Tuesday night.

Santa Clara University guard Kyle Bailey's 3-pointer with 3.2 seconds remaining in the game gave the Broncos a 65-63 win over the Spartans.

The Spartans held a 63-62 advantage with 13 seconds to play when SJSU guard Ryan Davis passed to Phil Calvert. Calvert couldn't hold on and the ball dribbled out of bounds. On the ensuing play, Bailey hit the game-winner.

The Spartans (2-3) hit 11 3-pointers on the night and led by as many as 21 points before Santa Clara roared back.

"It was definitely do-able to come back from down 21. We just had to plug away on the defensive end," said Bailey, whose Broncos (1-3) trailed University of the Pacific by 21 points on Nov. 17 before falling 85-83.

"The way (head coach Dick Davey) drew it up on the final play, we looked to go inside to the

post but (SJSU) read it well and we kicked it out. I just threw up a shot and it went in."

A 12-2 run by SJSU during the next three minutes, highlighted by two 3-pointers from guard Moises Alvarez, pushed the Spartans lead to 57-45. The Broncos chipped away and with two minutes remaining, and eventually knotting the score at 60-60.

"I'm proud of my team, the most proud I've been of them of in my three years. I thought we were courageous out there," Spartan head coach Steve Barnes said. "I never thought that when we were up 20 points that we would hold the lead, but that's just my nature. It's hard to simulate these kinds of opportunities in practices."

Alvarez had 14 points for the Spartans. Both Calvert and Marion Thurmond scored 12. Santa Clara was led by Steve Ross, who had 17 points.

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◆ continued from Page 1

right time to do it."

Flu is the common name for influenza, Dietz said, a more severe illness than the common cold, with such symptoms as fever, nausea, respiratory difficulties and extreme fatigue.

"Anybody can get it," she said. "Particularly in an university, where people are coming in contact with other groups of people, people constantly breathing on people."

Each shot costs \$15, an increase of \$5 from the previous year's price, Dietz said.

"Last year, a vial of serum cost \$40," she said. "This year, the same vial costs \$75. There is a monopoly going on there, and we just have to deal with it."

The clinics, Dietz said, would provide people with more than shots.

"We've been holding this project for the past eight years," she said. "And one of our original intentions has always been to get students and faculty members to come and see the Health Center, to see how things work here. A lot of people have no idea how everything is done at the center."

Virgil Parsons, a professor at the School of Nursing, said the threat of infection should not be taken lightly by students.

"The bottom line is, if anybody thinks they're beginning to show symptoms, they should go and take the flu shot as fast as they can," he said. "Over the years, many cases have been prevented by taking care of it early on."

"I'd say it's worthwhile if you don't want the flu to ruin your holidays," he said.

Alex Arenas, a freshman computer engineering major, said he

thinks the project offers some convenience to students.

"Most people don't have the time to go to hospitals," he said. "It's much easier if you have the option to get a flu shot right here, especially for anybody living in the dorms."

Brendan Murray, a social work graduate, said he felt university authorities should concentrate on making the shot available to as many people as possible.

"The cheaper they can provide shots, the better," he said. "Especially with this being an infectious disease, it's in the school's best interest to have as few students infected as possible. If possible, they should try to provide free shots."

More information on flu infection is available at the Centers for Disease Control and Prevention Web site at www.cdc.gov.

UPD

◆ continued from Page 1

trained on lowering a person using just us," Celano said. "In the past, we always trained using a rigging system to lower and raise the person using pulleys. It's the first time we've used the repelling technique to lower a person down."

The hardest part is carrying dead weight, he said.

"Once you figure out how to lift the body, it's easy," he said.

Officer Eric Wong said he has been doing the training for about four years, and he thinks the training is fun.

"I think originally, because it took a while to learn a lot about the ropes and knots, it was hard at first," he said. "Now we've been doing it for a while and we kind of get to know more about the ropes and stuff. Now it's a lot of fun because it's easier."

Mass murderer testifies during his sanity hearing

SANTA ANA, Calif. (AP)—The man who gunned down seven people at a college library 25 years ago testified Tuesday that he is no threat to the public and should be released.

"I'm not a danger to myself or others and my mental illness is in remission," Edward Charles Allaway told Orange County Superior Court Judge Frank F. Fasel.

Allaway, 63, told the judge he did not comprehend what was wrong with him at the time of his July 1976 shooting spree, but now understands his diagnosis to be paranoid schizophrenia.

He estimated his mental illness took hold about eight months before the rampage on the California State University, Fullerton, campus.

Allaway testified that his hallucinations and paranoia began while he was working at the uni-

versity library as a janitor. He claimed he was harassed by men who engaged in homosexual sex acts in a third-floor bathroom that he was responsible for cleaning. He also testified that co-workers began telling him his wife at the time was performing in pornographic movies.

He is expected to take the stand again Wednesday when he will be cross-examined by prosecutors. His hearing, which began Nov. 13, was expected to last three weeks.

In 1977, a judge found Allaway innocent by reason of insanity after a jury was unable to reach a verdict. Although the diminished capacity defense is no longer allowed in the state, Allaway remains entitled to a sanity hearing, which typically is now reserved for those found legally insane.

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RENT

Counseling offers morsels of nutrition advice

By Andrew Toy
DAILY STAFF WRITER

BITE ON THIS

The Student Health Center makes the following recommendations for healthy eating on and around campus.

HEALTHY EATS ON CAMPUS

JAMBA JUICE

- All fruit-juice frozen blends

UNION DELI

- Sandwiches
- Hold the mayonnaise and cheese

SUSHI SUSHI

- Seafood, cucumber or shitake vegetarian rolls

MARKET CAFE

- Chicken noodle soup or other light, broth-based soups

SBARRO

- Spaghetti with tomato sauce
- Stuffed pizza with spinach and broccoli

ORIENT EXPRESS

- Vegetarian tofu and broccoli
- Kung Pao shrimp or chicken

CACTUS CAFE

- Chicken or black bean burritos or taco salads
- Hold the cheese and sour cream

NOODLE BOWL

- Vegetarian tofu with broccoli

OPTIONS OFF CAMPUS

FAST FOOD

- Grilled chicken sandwiches
- Salads with low-fat dressing

SUBWAY

- The "6 under 6" sandwiches, six choices under six grams of fat each

TOGOS

- Vegetarian, hummus, tuna, turkey or chicken
- Hold the mayonnaise and cheese

HOUSE OF BAGELS

- Choose light or fat-free cream cheese

HAPPY JUICE

- All frozen fruit-juice blends

PIZZA-A-GO-GO

- Vegetarian pizza
- Iguana's
- Black bean or chicken burrito
- Hold the sour cream and cheese

Students who think bad fast food eating habits will be outgrown after college are kidding themselves, said Jen Styles, the campus nutritionist.

"If you develop a habit now, whether it's good or bad, there's a good chance that it'll stay with you long term," Styles said. "And if you develop better habits now, there's a better chance that you will keep those better habits, and you'll help reduce your disease risk down the line."

The Student Health Center offers free nutrition counseling to full-time San Jose State University students.

Styles said a regular enrolled student could set up an appointment just to ask questions or to get information.

The nutrition counseling can assess different needs, depending on the individual, she said.

Counseling is available to students in the following areas: weight loss or weight gain, lowering cholesterol level, eating disorders, personalized nutrition evaluations, vegetarian diet, facts on the role of nutrition in disease prevention, healthy eating suggestions for on and off campus, sports nutrition, facts about vitamins and other supplements.

In general, for those who are interested in evaluating their eating habits, Styles said she tries to talk about what that person is doing now and evaluate the good things to see where there is a need for improvement.

In a case where someone wants to lose weight, she tries to find ways to incorporate exercise in his or her daily schedule.

"If they don't have too much time for exercise, I suggest for them to use the stairs, park a little bit further from the building, or ride a stationary bike while watching television," Styles said. "I do try to come up with options for them."

One SJSU student, who wished to remain anonymous, said he decided to use the nutrition counseling to help him lose 20 lbs. A knee injury prevented him from doing any type of exercise and limited his physical mobility.

"Because of my knee, I just sat around and gained weight," the student said. "I needed to take some of the stress off of my knee by losing the weight."

Because he is not able to do any high-impact activities, such as running, his program includes riding a bicycle, which he says does not put as much pressure on his knee joint.



Photo by Linda Ozaki / Daily Staff

Courtney Ingram, a public relations major, grabs some lunch at Sbarro's on Tuesday. Ingram says she eats on campus twice a week and tries to eat healthy on most days.

away from home, making their own food decisions and need to learn how to cook and shop for groceries.

"They need to learn how to do it, and it's a great time to learn how to do it," Styles said.

Charlie Park, a junior majoring in business finance, said trying to eat healthy away from home is quite a challenge.

"There are days that you try to cook, but, on the other hand, there's times when you can't help grabbing a quick bite by going to Jack in the Box," Park said.

He also said that he tries to keep a balance between eating junk food and eating healthfully.

Park said one quick nutritional solution he trusts is Jamba Juice smoothies, which he grabs

between classes.

According to Styles, Jamba Juice drinks do have protein, carbohydrates, fat and some fiber in them and are not a bad choice.

"If you do it once in a while you're not going to hurt yourself," Styles said. "Just like anything, you should take everything in moderation."

Having Jamba Juice as a meal on a daily basis, however, would be something to be concerned about. The repetitions could be leaving out nutrients that your body needs, Styles said.

Students limited to eating on campus should try to choose baked or broiled options instead of fried foods, Styles said.

She also suggested trying to

reduce the amount of mayonnaise and salad dressing used in meals.

Jen Styles can be reached at 924-6120.

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Students plug in to measure fitness

By Chris Giovannetti
DAILY STAFF WRITER

It's cold, impersonal and, like a polygraph machine, it's brutally honest.

The bioelectric impedance monitor, a computerized device that measures body fat, is available for use to students and faculty members who desire to know how fit and healthy they actually are.

"We like to offer it as an educational tool for students," said Sherry Adamski, a food sciences graduate assistant who runs the body fat testing on Wednesday mornings.

"For people trying to get in shape, it allows them to not focus on pounds. Most of the people who come through here are looking to lose weight, and this is a starting point for them. People don't like looking at pounds. If they see another number, they're more likely to be motivated to exercise and want to change."

Microbiology major Joel Smith, who races bicycles, plans to begin a 12-week diet to train for competition. He spent a portion of his Nov. 13 afternoon getting his body fat percentage tested in order to see how much he needed to shave off to reach single digits.

"I'm using it just as a reference. Once I finish the diet I'm coming back here to see how much I've lost," Smith said. "I want to do what I can to improve my physical ability. The guys I race against are thin and have muscle, so I'm trying to compete on that level."

Smith came out at 15 percent body fat. The suggested percentage for a male with a similar range of age and weight is 12 to 18 percent.

A pair of pads that respond to electric currents are placed on both the foot and hand of the subject. Wires, which resemble miniature jumper cables, are hooked onto the pads and a small electrical current,

which cannot be felt by the subject, is sent through the body.

The machine works on the premise that lean body mass has a greater amount of water and electrolytes than fat, Adamski said, therefore, lean body mass is a good conductor of electricity.

Conversely, fat acts as an insulator and is a poor conductor.

"Your weight could be right, but if you're not exercising, you're not adding lean muscle," Adamski said. "The less you exercise, your body composition changes from muscle to fat. Especially when you get older."

The test factors in a person's gender, weight, age and height when computing his or her body-fat percentage and recommends an ideal percentage range based on the personal information entered.

Adamski said bioelectric impedance is more popular than traditional devices such as calipers and state-of-the-art equipment like hydrostatic weighing because both have been cited from subjects as being impersonal.

Calipers require a person to remove his or her shirt and be measured in five or six different spots with the tong-like device.

With hydrostatic weighing, a subject is required to put on a bathing suit and be submerged

underwater to measure water displacement.

Bioelectric impedance isn't absolutely perfect, Adamski said adding that it usually carries a 3-percentage-point margin of error.

The computerized system turns away people that it deems dehydrated, because a true percentage cannot be reached without accurate fluid levels. The true percentage count can also be thrown off if subjects are on an extremely high protein diet or taking body stimulants such as creatine.

Sarah Shelor, a graduate student who runs the bioelectric impedance machine on Tuesday afternoons, warned that people shouldn't become fixated on numbers.

"People should realize that whatever the machine says, you can't obsess about it," Shelor said. "Everyone has a different body type, and they may never be able to get to a certain point. Being ruled by what's on the screen isn't mentally healthy."

Shelor is available to test patrons between 1:30 p.m. and 3 p.m. Tuesdays, and Adamski is available Wednesdays from 8 a.m. to 9:30 a.m. or by appointment.

Tests are conducted in the Central Classroom Building, Room 221. The cost is \$5 for students and \$10 for nonstudents.

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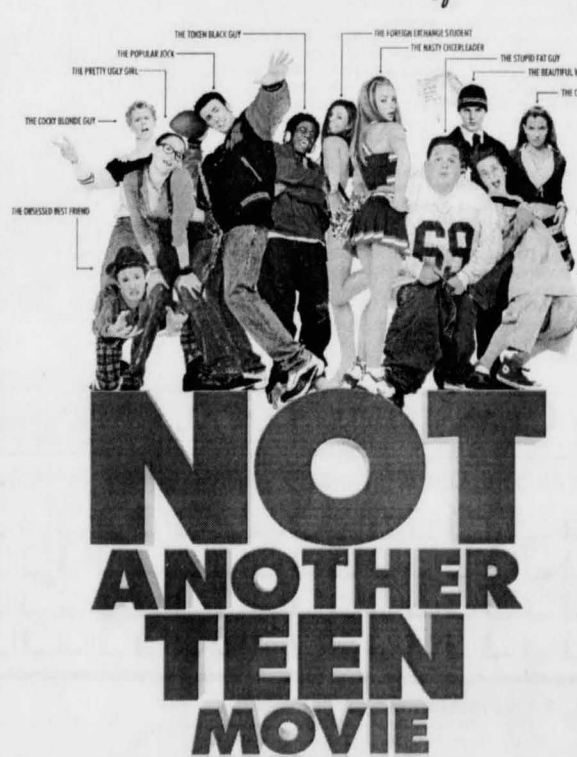
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