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Brutally Honest: NBA needs to ban batty brawler Page 2

Note to our readers: Due to the Thanksgiving holiday, Tuesday's Spartan Daily will be the last issue this week. We will resume publication Nov. 30.

Volleyball: **Spartans lose opener** in WAC tournament Page 6



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SPARTAN DAILY

VOLUME 123, NUMBER 59

WWW.THESPARTARDARLY.COM

MONDAY, NOVEMBER 22, 2004

By Anna Molin Daily Staff Writer

Knowing what to eat and how to eat it could significantly impact students' future health. Nonethe-

less, some students at San Jose State University have difficulties sticking to a healthy eating sched-ule, and others say they frequently

skip meals throughout the day. Susanne Rough, a graduate nu-

trition major and a team lead in the Nutrition Education Action Team

challenge for some

Ice rink gets stable home Keeping a consistent eating schedule a



on campus, said it is especially im-portant to eat a healthy breakfast so as to avoid binge eating and fatigue later in the day. "We haven't eaten for over eight we haven't caten for over engine hours and probably more, so it is important to replenish your body." she said. "If we think about our body as a machine — you wouldn't try to drive your car without gas." Rough said students who fre-worthy ching meals, including

quently skip meals, including breakfast, will experience some harmful consequences. "You will be more sluggish. You are not going to think as clearly and it is definitely going to affect your energy levels," Rough said. "And you are more likely to grab some-thing unhealthy."

thing unhealthy." Rita Stark, an undeclared soph-

omore, said she tends to prioritize sleep over breakfast. "I set the alarm for 6 o' clock all

the time, but I always end up hit-ting the snooze button until I just have to get up and run to make it to class," said Stark, who starts classes at 7:30 a.m. twice a week. Stark said she eats her first meal

around noon on the days she skips breakfast.

"By then, I am very hungry and I tend to be kind of tired," she said. "I try to eat healthy most of the time, but of course I also eat burgers and pizza just like evervone else.

Rough said it is OK to eat the occasional burger or slice of pizza as long as people have variety and bal-ance in their diets. "There really aren't any bad foods. It is the amount that you

eat and the choices that you make within that group of toods," she said.

Rough said some people have a misperception that all fats are bad when in fact some fats help us to insulate the body and maintain physical activity.

One way to differentiate between the good and the bad fats is to check whether the fats are solid

see NUTRITION, page 3

from Ice Rink Events. a Texas-based company, assemble the Knight Ridder **Downtown Ice Rink** on Friday afternoon. The ice rink covers 8,100 square feet and has a capacity of 200 skaters on the ice at a time.

ABOVE: Workers

LEFT: Workers install acrylic paneled walls at the Knight Ridder **Downtown Ice Rink** on Friday afternoon. The ice rink is located between the Fairmont Hotel and the San Jose Museum of Art, and will wrap around the

palm trees growing there.

Photos by Robert Sparling / Daily Staff **Downtown Ice Center to** reside near art museum

By Leah Nakasaki Daily Staff Writer

With the weather getting cooler, sig-nifying the start of winter, iceskating is a pastime synonymous with this time of the year.

After many years of being moved around to different locations, the Knight Ridder Downtown Ice Rink has found a permanent home for the holidays situated between the Fairmont Hotel and the San Jose Museum of Art.

The rink will be open to the public beginning on Wednesday, the first preview day.

Rick Jensen, communications manager for Downtown Ice, said this is the center's third location. According to the Sept. 21 San Jose

Downtown Association Ice Rink Agree-

ment with the San Jose Redevelopment Agency Board, the first location was off of San Carlos and Market streets, where the Marriott Hotel is now located. The rink remained at this site until 2000.

The second location was at Market and Balbach streets, located south of the McEnery Convention Center. The rink was at that location for the past three

years during the holiday season. Jensen said the last location "Was hidden away behind the convention center," making it difficult for people

Jensen said the original location was more effective than the last location be-

cause it was still within the vicinity of Christmas in the Park

see ICE RINK, page 4

Sikhs celebrate founder's birthday

By Ruth C. Wamuyu Daily Staff Writer

Members of the Sikh faith celebrated their founder Guru Nanak Dev Ji's birthday on Saturday during their annual symposium on his life and teachings at the Dr. Martin Luther King Jr. Joint Library.

"He is very relevant to what is happening now," said UC Berke-ley visiting professor Meji Singh. "He was born in 1469 at a time when there was a similar situation because there was strife amongst different religions." Singh said Nanak taught re-

spect for all religions. "He proclaimed that we are

all children of the same creator,' he said. "He said we had to live in harmony with creation because the creator manifests itself in creation

During his speech, Singh crit-icized the Mel Gibson movie, "The Passion of the Christ," be-cause he believed it did not portray the love that Jesus had even for his tormentors. He drew a parallel of that love to the love Guru Nanak advocated.

"You and I are the same," he said. "I am going to love you no matter what you do to me. When people punch you, you don't punch back, you kiss their feet."

see GURU, page 5

Plaza gets grant

Mexican Heritage

By Yasuyo Nagata Daily Staff Writer

The Mexican Heritage Plaza, located at 1700 Alum Rock Ave. in San Jose, recently received a \$1 million grant from the State of California Department of Parks and Recreation to improve the facility.

The construction plan is still in progress, but Marcela Davison Aviles, the executive director of the plaza, said she hopes it will start within this year.

There aren't any visible problems with the 50,000-square-foot, 5-yearold plaza, however, in order to have a more convenient facility for the us ers. Davison Aviles said she decided to apply to the capital improvement program about three years ago. The capital improvement pro-

gram is about improving air con-ditioning and security systems, she said. "We'll be restoring and upgrad-

ing the facilities with new construction. Specifically, we're going to build a rehearsal place," Davison Aviles said.

Davison Aviles also said climate control systems of the gallery and theater will be upgraded. Currently, there is a nice gallery

at the plaza, however, the gallery isn't qualified enough to exhibit expensive pieces of art because it doesn't have a good climate control system, Davison Aviles said.

The gallery has to meet the standard that has been set by the American Museum Association for gallery exhibits," she said.

There are currently two security officers, said Pete Olvera, one of security guards. Olvera said security is good now, but if the gallery will have expensive exhibits after the remodeling, the plaza must have a high level of security as well.

see PLAZA, page 3

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By Ron Pangrac Daily Production Editor

A diagram of a nuclear reactor next to a door labeled "Nuclear Science Facility" in Duncan Hall caught the eye of one new student at San Jose State University in

August. "I thought, 'Is that what's going on there?' " said Mike Hurwitz, a graduate student in chemistry.

Although there are rumors of a reactor on campus, Hurwitz soon found out the truth. Taking a Radiation Safety course, he learned the restricted access facility is actually a laboratory where more than 1,100 students work each year with radioactive materials.

In the facility, campus radiation safety officer John Pickering is responsible for ensuring the students know and follow proper handling techniques as they work with minute amounts of radiation. He also teaches most of the classes that use radioactive material.

"Students handle radioactive materials every week," Pickering said, adding, "Ninety-five percent of the ma-terials at the NSF are not dangerous enough to produce any level of observable biological effects."

By using Geiger counters and other equipment that measure activity at the atomic level, many students can study radioactivity without the risk of exposure. Most of the materials used, Pickering said, give off

see RADIOACTIVE, page 4



Megan Kung / Daily Staff

A group of students listens to radiation safety officer John Pickering as he demonstrates the use of an X-ray machine during a Radiation Safety class on Friday in the Nuclear Science Facility at San Jose State University. The class teaches students how to protect themselves when working with radiation in a laboratory.

PAGE 2 SPARTAN DAILY

BRUTALLY HONEST

OPINION NBA player should be banned for life after meltdown

1

punches and beverages thrown, the scene Friday night at the Pacers-Pistons game was anything far from a pro-fessional sporting event — it resembled more of a professional soling sporing vent – it resemble in our a protestorial esting event as NBA players went haywire on fans. NBA Commissioner David Stern has suspended the nine. wrestling

players involved in the brawl for a combined 143 games. According to NBA sources, these suspensions are some of

According to NBA sources, these suspensions are some as the most severe in the league's history. To catch everyone up who may have spent the weekend in a closet, a small scuffle between two players — Ron Artest of the Indiana Pacers and Ben Wallace of the Detroir Pistons — escalated into a huge brawl involving punches, takedowns

and a cup of ice. After Artest committed a rough foul on Wallace, Wallace took exception and decided to shove Artest in the face. Benches cleared, and the players had it out.

When it appeared all was over, Artest was pegged in the head with a cup of ice from a fan in the stands.

This is when everything went to hell. Artest rushed into the stands, followed by some of his teammates, and they took some swings at the Detroit fans.

The fans retaliated.

It was ugly to say the least, Clips of this huge brawl have been playing nonstop on a loop on SportsCenter, as well as every television news net-

It's created a field day for the media and a

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huge mess for the NBA. There is no doubt many lawsuits will follow.

Also, just when we thought we might have enough sports violence for the weekend, the South Carolina-Clemson football players de-cided to have it out on the field. Luckily, no fans were involved in that one. The Pacers-Pistons brawl brought back memories of what happened at an Oakland A's

game several months ago, when Texas Rang-ers pitcher Frank Francisco threw a chair into the stands, after getting into an argument with a fan. Now obviously, fans and players alike need to

feel safe when a game takes place. A fan heckling a player by either means of telling him he sucks or what animal his mother looks like is all a part of the

Letter: Black Student Union represents true Spartan pride

Dear editor,

We have witnessed a true expression of what Spartan Pride is really about. Dozens of African American students, faculty and staff led a silent protest march on campus in order to demonstrate their concerns about staff issues and the lack of serious efforts of the university on retention policies.

Every student and every faculty member should feel proud of these individuals for taking a stand for access and diversity. These students could care less about name changes, carnivals, expensive banners and keeping quiet be-cause some student government staffer is afraid the of California State University system sending a nasty letter. They want a university administration that

cares about their issues, and they want all of us to pay serious attention of what they have to say. Thank you, Black Student Union,

you made us part of a university again.

lames Rowen Graduate Student Urban Planning

SPARTA GUIDE

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. Entries can also be e-mailed to spartandaily@casa.sjsu.edu titled "Sparta Guide." Space restrictions may require editing of submissions. Entries are printed in the order in which they are received.

TODAY

School of Art and Design

An art exhibition featuring student galleries will take place from 10 a.m. to 4 p.m. in the Art building. An art exhibition titled "Into the Flesh" by Kevin Nguyen will be on display in Gallery 3. For more information, call the gallery office at 924-4330.

Catholic Campus Ministry

Daily Mass will take place at 12:10 p.m. in the Catholic Campus Ministry Chapel. For more information, call Father Mike Carson at 938-1610.

Counseling Services

An anger management group will meet from 3:30 p.m. to 5 p.m. in the Administration building, room 201. For more information, call 924-5910.

A.S. Child Development Center

An online silent auction will take place until Nov. 30 at http://www.as.sjsu.edu/childcare/silent_auction.jsp. Items include tickets to Disneyland, Great America and other entertainment events.

TUESDAY

School of Art and Design

An art exhibition featuring student galleries will take place from 10 a.m. to 4 p.m. in the Art building. The "Tuesday Night Lecture Series" will take place from 5 p.m. to 6 p.m. in the Art building, room 133. An art reception for student galleries will take place in the Art building. An art exhibition titled "Into the Flesh" by Karin Normen will be an disclosure for the Flesh" by Kevin Nguyen will be on display in Gallery 3. For more information, call the gallery office at 924-4330.

Associated Students

Associated students "Xbox Open Play" will take place from noon to 2 p.m. in the Event Center Sport Club lounge. Come play "Halo 2" on a big-screen television. For more information, call 924-6269.

Catholic Campus Ministry Daily Mass will take place at 12:10 p.m. "Faith Formation" will take place from 5:45 p.m. to 6:45 p.m. Both events will take place at the Catholic Campus Ministry. For more information, call Father Mike Careen at 938-1610 Carson at 938-1610.

School of Music

"The Listening Hour" concert series with a saxophone ensemble will take place from 12:30 p.m. to 1:20 p.m. in the Music building Concert Hall. For more information, call the music office at 924-4673.

Phi Alpha Theta History Honors Society

welcome. For more information, call Paul at 247-8973. Victory Campus Ministries

"The Source" will take place at 7 p.m. in Boccardo Business Complex, room 123. Learn about the amazing destiny God has for your life. For more information, call Marla at (510) 368-8239.

A.S. Child Development Center

An online silent auction will take place until Nov. 30 at http://www.as.sjsu.edu/childcare/silent_auction.jsp. Items include tickets to Disneyland, Great America and other entertainment events.

WEDNESDAY

School of Art and Design An art exhibition featuring student galleries will take place from 10 a.m. to 4 p.m. in the Art building. An art exhibition titled "Into the Flesh" by Kevin Nguyen will be on display in Gallery 3. For more information, call the gallery office at 924-4330.

Hope Christian Fellowship

A Bible study will take place from noon to 1 p.m. in the Pacifica room in the Student Union. The reliability and relevance of the Bible will be discussed. For more information, call Pastor Brad Abley at 225-4574.

Catholic Campus Ministry Daily Mass will take place at 12:10 p.m. in the Catholic Campus Ministry Chapel. A candlelight worship will take place from 7 p.m. to 7:45 p.m. in the Spartan Memorial, "The Bible and You" will take place from 7 p.m. to 8 p.m. at the ministry. For more information, call Sister Marcia Krause at 938-1610.

Counseling Services

An Asian, Asian American and Pacific Islander dis-cussion series will take place from 3 p.m. to 4:30 p.m. in the Mosaic Cross Cultural Center in the Student Union. A social skills group will take place from 3:30 p.m. to 5 p.m. in counseling services. For more information, call 924-5910.

Gay Lesbian Bisexual Transgender Allies A general meeting will take place from 5:30 p.m. to 6:30 p.m. in the Costanoan room in the Student Union. For more information, call Anne at 924-6500.

Asian American Christian Fellowship A meeting will take place at 6:30 p.m. in the Pacifica room in the Student Union.

Youth for Christ

A general meeting will take place at 7:30 p.m. in the Costanoan room in the Student Union. For more information, 431-2659.

The players need to get over it. They're paid millions of dollars to do two ngs — play their sports and be professional. things -Many times, fans get caught up in a drunken moment and will say dumb things or even toss

moment and will say dumb things or even toss something at a player. Trying to physically harm a player by throwing an item at him is prohibited at every sporting event, and a fan will be ejected and can be put in jail. Did Artest forget about this rule? Even in the heat of the moment, a some-what same person would have the brainpower to have attacking a fin it the completely wroor

KEN LOTICH know attacking a fan is the completely wrong thing to do. In addition to looking like the jackass of the year, Artest has

ruined his career. If Artest thought he had it bad before, he hasn't seen any-

THE BIG PICTURE

When he returns, opposing fans are going to rip into him at every opportunity. Commissioner Stern has done Artest quite a favor by only suspending him the rest of the season — he deserves a much

Professional sports need to install a simple, zero-tolerance

NOVEMBER 22, 2004

rule for all of its athletes: The minute you lay a hand on a fan, you're out. It's as simple as that. Those who decide to take

matters into their own hands get a lifetime ban. The tone needs to be set now by officials in professional sports. This type of behavior is completely unacceptable. If gambling is the ultimate no-no in sports, why should violence be any less?

The NBA doesn't need these types of players, nor does any other professional sport — no matter how good the particular athletes are.

Ken Lotich is the Spartan Daily managing editor. "Brutally Honest" appears every Monday.

A father's strange lessons teach daughters about life

MONDAY

l always thought that my dad was strange. Growing up he always had some unconventional ways of doing things, which

always had some unconventional ways of doing things, which usually annoyed my sister and me. At one point, my dad decided that the television should be abolished from the house, his reasoning being that my sis-ter and I watched too much of it and our time could be better

During this time, my sister and I would carefully carry the television into the house every day after school and hook it up so that we could watch our favorite shows, and then we would just as carefully put it back before

our parents got home from work. Although my dad must have had other things in mind, this experience taught my sister and me the importance of teamwork and creative problem solving.

While most of my classmates boasted about their Nintendos, my dad presented me with educational computer games.

His favorite was something called "Math Blasters" where learning math was supposed to be fun.

Although 1 tried to play it from time to time, the box mostly gathered

dust in the corner. Secretly I looked forward to playing video games at my friends' houses. This excitement quickly faded when I struggled to get through level one while my friends easily maneu-vered through levels I had never even seen

I realized that I would never be able to compete with the kids who spent

to compete with the kids who spent hours a day practicing. On the way home from church each Sunday my dad liked to take the long way home. The longer the drive, the madder I got. While my dad wanted to enjoy the "road less traveled" as a family, I argued that I could be home choire correcting.

YOU MEAN

THAT'S WHAT OSAMA'S

BEEN WORKING ON

ALL THIS TIME? !!

doing something more interesting. My dad was always involved in my extracurricular activities, especially sports.

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GONNA LIKE

11115.

is so bad. Karin Higgins in the Spartan Daily photo editor. "The Big Picture" appears every other Monday.

KARIN HIGGINS

"While most of my

classmates boasted

about their

Nintendos, my dad

presented me with

educational

computer games."

CREEP ON CAMPUS AIDAN CASSERLY

MEANWHILE, OUR TROOPS MAKE A STARTLING DISCOVERY ...

I can vividly remember my cheeks burning from embar-rassment as he ran up and down the sidelines yelling out words of advice. He always had something to say to improve my game. As a kid, these scenarios were irritating.

father

able from his antics.

As an adult, I realize that my dad's strange behavior was at-tributed to how much he cared for me. He wanted the best for his daughters. Wheth-

er it was limiting our time with brain-numbing activities such as television or video games or becoming my biggest sideline supergravity the tried his best to raise my sister and me. A few years ago, I coached a young girls' soc-

ver team

One of the girls on the team constantly showed up late to practices and games and her parents never attended a game. My parents at-

tended every one of my socier games. Yes, my dad's constant encouragement seemed frustrating to me as a child, but today I see how lucky I am to have parents who supported me in all of my activities and interests. Today my dad has moved onto interro-gating my boyfriend with questions about

his political and religious beliefs. At first I was mortified, but I know that his in-tentions are good. He is still a protective

original intentions where necessarily achieved, I have learned something valu-

He expressed his love and concern for me through all of the strange things that he did and still does. All of these things

As a kid, I vowed not to be as strange

as my dad when I became a parent, but as an adult I don't think that being strange

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A characterist plate providence in a

have shaped the person that I am today.

Although I don't think that my dad's

A meeting vill take place at 3 p.m. in Dudley Moorhead Hall, room 135. Non-history majors are



SPARTAN DAILY

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OPINION PAGE POLICY | Readers are encouraged to express themselves on the Opinion page with a letter to the editor.

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A letter to the editor is a response to an issue or a point of view that has appeared in the Spartan Daily.

Only letters between 200 to 400 words will be considered for publication.

Submissions become 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 placed 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 spartan daily@casa.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.

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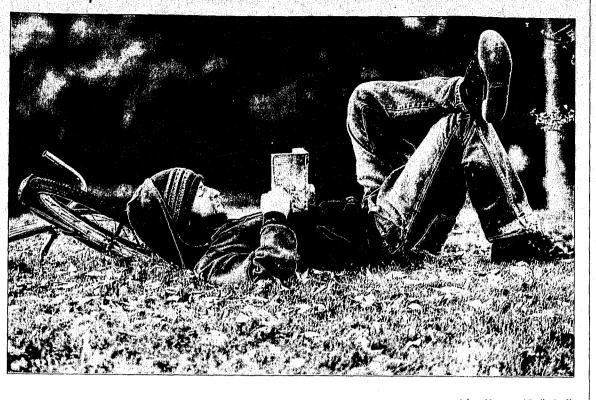
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NEWS

Once upon a time ...



Adam Heyman / Daily Staff

A man who asked not to be identified reads a book as he relaxes on the lawn behind Dwight Bentel Hall.

PLAZA | Remodeling plan in progress

continued from page 1

Davison Aviles said she can't specifically estimate how long the construc-tion will take since the plan is still in progress.

However, she said, "We're estimating that project will take several months — about six to nine months."

Besides the \$1 million grant, Davison Aviles said several other organizations such as City of San Jose Redevelopment Agency and General Services Department, the City Manager and the plaza's elected officials will assist in the plaza's remodeling.

Those organizations will donate up to \$50,000 in possible grants, but Da-vison Aviles said the facility would not receive more than that.

Restructuring the staff members and programs are also planned during the

remodeling, Davison Aviles said. The plaza faced budget cuts and Davison Aviles said half of the staff members need to leave the plaza during the construction.

Plaza users asked a lot of questions regarding remodeling, Davison Aviles said, but "People are very understand-

ing." Some people complain about the event program signs because the programs aren't very visible from the out-side of the plaza and, because of the high wall, some people feel it's not in-viting, said Michael Gary, the manager of fund development. Building electronic signage might

help to advertise to the community about what events the plaza has, Gary said.

During the construction, the activities will be reduced, but the education-al programs will be continued, Davison

Aviles said. Also, if people want to rent the rooms for some purposes, it will still be available during construction, she said. Maintaining the plaza is very impor-tant as well as rebuilding, Gary said.

"A lot of people have already put a lot of money into this place, so we have a responsibility to maintain it," Gary said.

Now, the Latino population is very large, and it is important to have the place where Latino people can express and share their culture and introduce Latinos who succeeded, Olvera said,

"We aren't only farm workers any-more. A lot of people work as professionals," Olvera said.

Compared to other minorities, Davison Aviles said she feels the Hispanic community is still underserved to express their art and culture.

Davison Aviles said that, for example, there is the Asian Art Museum in San Francisco, and it has been there for a long time.

"A lot of attention is paid to the Asian community, but there is really nothing similar for the Latino commu-nity in San Francisco," Davison Aviles

'It is important to have a place where the Latino community can come and participate in art and their cultural community, but also people who are not Latino can come to learn about our heritage," Davison Aviles said.

The plaza was built by Latinos, "but everyone is welcome," Olvera said. In fact, African American and Ha-

waiian festivals have recently been held at the plaza, Olvera said. "Everybody is excited about upgrad-

ing. It's a great opportunity for us to re-store the facility," Davison Aviles said.

NUTRITION | On average, women need 2,000 calories a day, men need 2,500 calories a day

you feel stuffed,

Battle said. "(But)

if you eat slow, in

havior.

to establish rou-tine times of eat-

continued from page 1

or liquid at room temperature, Rough

or liquid at room temperature, rough said. Solid fats, such as meat, dairy products and coconut oil, should be avoided as they could put you at risk of developing health problems, whereas liquid fats, such as olive, soy-bean, canola and peanut oils, should be used sparingly to help regulate the body's temperature.

Nonetheless, less than 30 percent of your daily calorie intake should come from fats, Rough said.

James Eyman, a senior business major, said he eats breakfast every day but tends to skip lunch instead.

"I'm just so busy throughout the day. It is kind of sad, but between classes and work I really don't have time to eat lunch," he said.

"And if anything, I'll eat a sandwich or something in my car when I'm driving to work."

Rough said she sees a lot of stu-dents who eat ready-made food from

the campus snack bars. "I see a lot of soda being consumed and I know people are eating on the run," she said. Rough said a 20-ounce soda bottle

contains about 17 teaspoons of sugar and represents a bad alternative to water, which is by far the best beverage choice.

"(Water) regulates our body tem-peratures (and) it carries nutrients throughout the body and helps re-move waste," Rough said.

She said there are steps students can take to eat healthier while on campus.

For example, students could pick foods of the menus that are healthi-er options, such as roasted and baked rather than fried, or when purchasing packaged foods, they could scan the boxes for trigger words that should be avoided, such as hydrogenated, trans

and saturated fats, Rough said. She said out of the campus eat-ing options, the Novel Café at the Dr.

rot juice drink, is one of the healthier retail beverages. She said some fat labels that are good for the body include olive oil, corn oil and safflower oil.

The Nutrition Education Action Team educates students about healthy eating habits using the Food Guide Pyramid developed by the United States Department of Agriculture.

The pyramid serves as an outline of what to eat every day. At the bottom is the broadest or most important group of nutrients grain products, such as bread, cereal, rice and pasta - from which women

need about six to nine servings and men nine to 11 servings each day. Fruits and vegetables come headto-head in the second group from the bottom, which recommends that

women eat three to four servings of vegetables and two to three servings of fruit, and that men eat four to five ervings of vegetables and three to four servings of fruit. Third from the bottom are dairy

products and high-protein foods, such as meat, fish, eggs and beans. Women and men need two to three servings of dairy foods such as milk and yogurt each day, while women need between five to six ounces of food from the meat group and men between six to seven ounces.

At the top of the pyramid is fat, which people need fewer calories from.

Nonetheless, people in the United States tend to include too much fat in their diets, Rough said. "We have bad habits in this coun-

try," she said. "We satisfy our taste buds I guess

(and) ... our portions have gotten out of control."

She said on average women need about 2,000 calories and men about 2,500 calories each day, yet it takes an

intake of about 3,500 calories to gain one pound. Oscar Battle Jr., coordinator of health education at SJSU, said people

In addition, he said people who Battle said. eat on the run tend to overeat because they eat too fast for the full signal to

kick in. "If you eat fast, you have gone beyond and you get the signal that

"I see a lot of soda being consumed and I know people are eating on the run."

Susanne Rough,

student

ing every day, so

Chelsea Freedman, a freshman linguistics major, said she knows about the importance of eating healthy and

tries to follow the recommendations of the food guide

pyramid. "I try to cook at home and buy foods that don't have as much fat," Freedman said. "All of my classes are in the morning so I don't really eat on campus at all, but if I did I would choose somehealthier thing than fried chicken or burgers. She said she thinks it is im-

crease the risk of developing health problems, Rough said.

"If you skip whole food groups, (there) are some things you will miss in

your diet," she said. "The main thing is balance and variety — that you get something from each level of the food pyramid," she said.

Some of the health problems peo-ple could incur because of unhealthy diets include diabetes type two, artery clogging, coronary and heart disease and risk of obesity, Rough said.

In addition, it is important to get the recommended dosage of vitamins and minerals each day to maintain a regular heartbeat, strong bones and prevent various diseases related to long-term vitamin and mineral defi-

Fruits and vegetables are really important because of the vitamins and minerals and fiber that we get," Rough said, "If we eat three meals a day and

grab some healthy snacks we are probably going to eat healthier." Cecilia Manibo, a staff physician at

the Student Health Center, said students who are concerned about their diets could make an appointment with one of the physicians at the Health

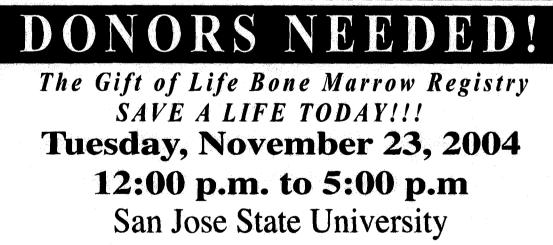
Center. "We will refer them to the dietician for them to look at (their diets) and they will ask them typically to write a diet diary and then they will look at it," Manibo said,

She said the Health Center is in the process of hiring a new dietician for

next semester. Rough said the Nutrition Education Action Team, which has between tion Action Team, which has been and go, 12 to 25 members who come and go, wants to promote healthy nutritional habits among students and faculty at SJSU via tabling events, interactive and educational presentations and video screenings.

The group will hold a screening of the film "Super Size Me" at 3:30 p.m. on Dec. 9 in the Umunhum room in the Student Union.

Any group interested in nutritional health could call the Nutrition Education Action Team to request a presentation at 924-6136.



about 15 minutes you will get a signal that says you are full and you don't want any more food."

Battle said students need to have a rhythm in their eating be-"To maintain healthy eating (habits) you need

portant to maintain a healthy diet to feel good and

you don't end up eating at 10 o' clock avoid gaining weight. at night or 4 o' clock in the morning," In addition, bad eating habits in-

Martin Luther King Jr. Joint Library has healthier food choices, while Bolthouse Farms, a passionfruit and car-

need to have a better understanding of what constitutes a serving size so as to avoid overeating.



Ohlone Room Student Union

*Gift of Life's mission is to increase the representation of the Jewish people in the registry.

*Eligible donors must be between the ages of 18-60 and in general good health

*Blood type doesn't matter.

*Registration involves a simple swab of cells fom inside the mouth. (No blood required at this stage).

*Pregnant women CAN be tested.

*Those previously tested do not need to be retested.



Contact: Jake Orrin or Naama Shani (408)286-6669 ext. 11

He who saves one life, it is as if he had saved the entrie world. -- Talmud

PAGE 4 SPARTAN DAILY

NEWS

vear.

MONDAY **NOVEMBER 22, 2004**

Facility was built in the 1970s

Tiger injures handler at county fair, teenage bystander escapes injury

Associated Press

ST. AUGUSTINE, Fla. - The owner of a wildlife sanctuary was injured by a 350-pound Siberian tiger that was startled by a 14-year-old boy at a county fair, officials said Sunday.

LoGiudice jumped be-Curt tween the tiger and the boy, who was knocked to the ground with LoGiu-

dice. St. Johns County Sheriff's deputies had to shoot the animal twice with stun guns to get it to release LoGiudice, who kept his grip on the tiger's leash and was able to calm it down and take it back to his sanctuary before driving himself to a hospital.

LoGiudice, owner of the Catty Shack Ranch at Jacksonville, had been displaying his animals at the St. Johns County Fair and was walking the tiger back to his truck late Saturday.

The boy walked up and "made a

sudden move," and the tiger knocked both LoGiudice and the boy to the ground and bit and clawed at them, cording to a report by Deputy Jerry Montague,

The teen, Grant Bradley, told The Florida Times-Union he made eye ontact with the big cat.

"It jumped on my back and attacked me and was on me for five or six seconds," Bradley said. "I was really scared. I had no idea what to do, so I covered up my head with my arms and I laid there.'

The tiger knocked LoGiudice and the boy to the ground and was biting and clawing at them, according to

Hill said the agency's investigators had not yet determined what the boy Montague's report. "The tiger was able to get on top of the handler and had the man's head in its mouth," Deputy Greg Suchy told

the Times-Union.

did to startle the tiger or how he was able to get so close to the animal. There was no immediate response Sunday to repeated calls to LoGiuce's animal sanctuary. No charges had been filed. Montague shot the tiger with his Taser stun gun, according to the re-

close to the animal.

port. "The tiger was out of control and I was afraid that one of the people

The tiger broke the stun gun's con-

tact wires and attacked LoGiudice

again, so a second deputy fired his

LoGiudice suffered a puncture wound on one eye lid and behind one

ear, according to the police report. He drove his animals back to Jacksonville

and secured them before going to a

mine how Bradley was able to get so

Investigators are trying to deter-

hospital, Sgt. Chuck Mulligan said.

were going to be killed," he wrote.

stun gun.



Eliza Gutierrez / Daily Staff

Tien Nguyen, a San Jose resident, said he comes to the Student Union arcade regularly to play video games

they show their VTA sticker, some

students feel that the price is still

Although Ramirez does have a problem with the price of admission,

she still thinks the rink is a good idea

kind of sets it apart from everything

David Chan, a senior kinesiol-ogy major, said he had been to the rink's first location and said it was

"The price is a little steep," but he said he would probably go again if his

friends went. Natalie Rios, a junior child and

adolescent development major, said

In terms of the price, Chan said,

"We don't get snow here, so it

for downtown San Jose.

she said.

ICE RINK | Grand opening to be held on Friday

too high.

worth it to me

continued from page 1

Christmas in the Park is a holiday tradition in San Jose that started in 1950. Located in the Plaza de Cesar Chavez Park, it is a holiday fantasyland that includes more than 60 animated and musical exhibits, with sparkling lights and a 60-foot "City Community Giving Tree."

After moving the rink out of view from Christmas in the Park, "Attendance dropped 10 to 20 percent from location one to location two," Jensen said. On Wednesday and Thursday,

Jensen said he is expecting between 800 to 1,000 skaters each day. He said the rink is able to hold up

to 200 people at one time. On Friday, opening day, Jensen is

expecting approximately 1,000 skaters to show up. Overall, the Downtown Ice Cen-

ter is expecting 20,000 skaters this season, but it is hoping for 30,000, Jensen said.

In terms of spectators passing by, he anticipates approximately 100,000 individuals to come by and check it out.

the price is a little expensive, espe-cially if you are a beginner skater. "I don't think I could last 10 minutes," she said. Rios said the rink is overall a good

too packed.

thing for downtown San Jose.

RADIOACTIVE |

continued from page 1

a negligible 0.0001 millirem — a unit of radiation dose — per year. People are exposed to more radia-

tion from daily living, he said. Radia-

tion occurs naturally in many items, such as food, soil and even air. The

average exposure a person in the United States gets from this back-

ground radiation is 360 millirem per

Safety training

Despite the low risk of dangerous exposure, all students must take radiation safety training from Picker-ing to work in the lab or have access to the facility. The majority of students are un-

dergraduates, he said, majoring in a science, such as chemistry, physics, biology or botany. They generally work on a laboratory experiment for three hours, supervised by Pickering as they work with any radioac-tive material.

Elaine Collins, an assistant pro-fessor of chemistry, has students in some of her classes use the facility to study radioisotopes, a radioactive form of a chemical element.

One to two classes before, we talk about radioisotopes, their uses, safety devices, safety clothing," Collins said. "Once in the facility, (Pickering) gives the information to them again.

Collins said the training addresses preconceptions and worries students may have about working with radioactive material.

"We let them know how low it is," she said. "But if anyone is uncomfort-able, we let them off."

In addition to the supervised laboratory activities, Pickering offers a 40-hour, two-unit course titled Radiation Safety for people who han-dle radioactive materials more extensively. He said this course is the only one in the western United States that meets regulatory standards. Avail-able as a nuclear science, chemistry or physics class, the course is offered in both the Spring and Fall semesters.

"Students are prepared on how to handle (radioactive materials) in actual labs, (including) the accounting, the record-keeping," he said. Collins said she has graduate stu-

dents working with her on research into the way vitamin D works in the body. Any researchers who work with radioactive materials on campus are required to have their student assistants complete the 40-hour course.

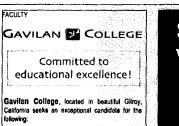
Adrian Rodriguez, associate professor of biological sciences, said some of his graduate students use the facility to study biological responses to radiation damage.

Charlie Sylvia, a graduate student in biology, is doing his thesis on radi-ation protective therapeutics in mice. He said the research involves measuring responses to drug therapy after exposure to radiation and is applicable to cancer therapies.

For Sylvia, the Nuclear Science Facility was essential to his work.

"I wouldn't have been able to do this thesis (without it)," he said. Pickering said about one-third of the students who take the Radia-

tion Safety course come from local businesses. In addition, "people hear about it, or the regulatory people send



folks here," he said.

When teaching a course for pro-fessionals and others in a particular field of work or study, Pickering tries to identify the radioisotopes they are likely to use and tailors the content to meet their specific needs.

Minimizing risk of exposure

In the facility, students work in one of two rooms, depending on how the material is to be handled. One room is for what Picker-

ing called "sealed source" amount of material encased in a block of Lucite, for instance.

'The material is self-contained,' Pickering said. "But you can still measure exposure.'

The other room is for "unsealed source." Contamination is the issue for protection from any unsealed material

Students who have been trained may work with sealed sources if he is not there, Pickering said, but he must be present to supervise when anyone is working with unsealed or larger amounts.

"The material is self-contained. But you can still measure exposure." John Pickering, campus radiation safety officer

Pickering has been SJSU's radia-tion safety officer since 1996.

In that role, he participates whenever the university orders any sort of radioactive material. He processes permits and prepares orders, and he is involved in receiving the material.

Other universities have radiation safety officers as well. Most don't have teaching labs, however, nor do the officers teach safety courses.

Multimillion-dollar facility

The Nuclear Science Facility was a multimillion-dollar project when it was built in the 1970s, Pickering said. It was intended to be more elaborate than what universities generally had.

"The facility is designed so people could even work with plutonium," he said. "It doesn't happen, but it could."

It was designed as an instructional facility for the health physics program that was taught at SJSU at the time. Health physics is the study of radiation safety and of radiation's effects on the body.

Although it is accessed through Duncan Hall, the 7,000-square-foot, two-floor facility is a separate building that is not close to any occupied ace in Duncan Hall, Pickering said. It has 19 airflow monitors and two separate electrical systems. Water goes into catch tanks and is tested for contamination before being released. John Garcia, who is taking the Radiation Safety class, said the lab-

oratory felt different from others he had been in.

Garcia, a senior majoring in chemistry, said, "You get the im-pression you're underground, like a government facility. ... There are no windows."

However, "as soon as you start using the instruments, you forget where you're at," Garcia said

The facility also handles the dis-posal of radioactive materials for the campus. If the material will degrade so that

the radiation is immeasurable in six months to a year, it will be held until it can be disposed of as nonradioac-tive waste, Pickering said. When the radiation will take longer than a year to degrade, the material is prepared for shipment and disposal according

to government requirements. The facility must meet state and federal standards, and it is inspected every three years. Pickering said no violations were found in the last two inspections.

Collins said the quality of the facility was one reason she came to SJSU.

"Usually when inspectors come, things are in such good order, they don't have to spend (much) time on campus," she said. "John helps ensure we have a license."

Marybeth George, a graduate student in biology, commented on the quality of the facility as well.

"They've gone above and beyond what's expected," George said, George said she appreciates the

training and experience she has got-ten at SJSU.

"The experience is valuable," she said. "If I were hiring someone ... I'd choose the person with real experience.

Program made inactive

The health physics master's pro-gram at SJSU was made inactive around 1992, said Rodriguez, the biology professor. He said there is a need for the program, but he doesn't think it will be reactivated soon.

"There's hype about homeland se-curity — dirty bombs being radioac-tive material," Rodriguez said. However, for the health physics program to be reactivated, it is "going to have to generate its own funding, to be selfsustained."

Pickering said securing funding rould be an obstacle. Money would be needed right away for faculty and for equipment upgrades if the program were to be restarted. The Nuclear Science Facility, though, is in good shape and would take minimal funds to start.

"If the program were to be reac-tivated, the facility is ready to go," Pickering said, "It still meets regulations, so that would not slow down a new program."

There is a strong need for health physicists, Pickering said, adding that a program could be filled with stu-'immediately.

Although the facility may not be used to its full capacity, Pickering said people who take his Radiation Safety course are well regarded at places such as Lawrence Livermore National Laboratory.

"Our students know how to handle and manage the materials," he said.



Besides these complaints, the setting up of the rink has been running

smoothly, lensen said, and will be open on Wednesday as scheduled. Carly Ramirez, a sophomore nursing major, said, "I remember the rink being really small, so it's not Jensen said the purpose of having preview days was, "So staff can work

out snags in the system. A grand opening of the rink will be held on Friday from 5 p.m. to

5:30 p.m. Directly following the grand opening, starting at 5:30 p.m. will be

the Christmas in the Park tree-lighting ceremony, said Melina Iglesias, event coordinator for Christmas in the Park.

Iglesias said she thinks it is great that everything "kicks off" on the same day.

During the opening ceremony of the rink there will be special guest appearances by Mayor Ron Gonzales, San Jose Councilwoman Cindy Chavez and NBC 11 news anchor Diane Dwyer, Jensen said. The grand opening ceremony will include "skate performances by the American Ice Theatre and a team

ensen said the price for admission is \$10 for children 12 and under and \$12 for individuals who are 13 and older. This price includes the cost of skate rentals, he said.

The revenue collected from admission will mostly go toward paying off a \$450,000 loan from the San Jose Redevelopment Agency, Jensen said. The revenue collected will also go toward paying employees and electric-ity for chilling the rink, he said. "Anything left goes to the Down-town Association for things such

as concert series and advocacy programs," Jensen said.

According to information from the San Jose Downtown Association, people can save \$2 on admission with a valid VTA Bus or Light Rail pass. Although students can save \$2 if

BUY 1 GET 1 for 59¢

for \$.59 with a purchase of a medium drink

SUBWAY

--- 1 spires 12.00 (14 -----

er inder Filler - Erne Geben - Friedelige Sier onde Friedelige

'I think it is because in the movies you see people iceskating during Christmastime," she said.

Rios said iceskating is also a good ay to combine exercise and having fun with your kids.

Gustavo Martinez, a junior art major who works at the San Jose Museum of Art, said, "I think the price is somewhat high, but maybe it is because setup is more expensive this year."

Since his work is right next door to the rink, Martinez said he has seen them setting it up, getting it ready for the public's use. He said the construction of the rink has been an inconvenience for disabled individuals and mothers using strollers who are being forced to use a ramp encircling the outskirts of the rink.

San Carlos

Italian Pizza

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\$1 off small pizza

\$2 off medium or

large pizza

town Association.

On opening day, there will still be skating starting at noon until the start of the ceremony. Skating will resume at 6:30 p.m. after the Down-town Ice and Christmas in the Park ceremonies have concluded.

from Logitech Ice," according to in-

formation from the San Jose Down-

After the ceremonies, Jelesias said. there will be a joint reception in recognition of the sponsors of Christ-mas in the Park and Downtown Ice at the San Jose Museum of Art.

Iglesias said, with the rink and the bark being so close together, it is a, Beautiful compliment to the whole downtown area."

On Wednesday, the rink will be open from 5 p.m. to 10 p.m.

On Thursday, Thanksgiving Day, the rink will be open from 3 p.m. to 10 p.m.

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CSU campus

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MONDAY NOVEMBER 22, 2004

NEWS

SPARTAN DAILY

GURU | Sikh founder supported equalities for men and women

continued from page 1

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Guru Nanak rejected the old Hindu caste system that was based on rituals and divided men based on their birth status, said Atmajit Singh, Punjabi studies professor and organizer of the event.

"He made revolutionary contributions to revolutionary ideas about human rights and human values," he said.

Atmajit credited Nanak with the rehabilitation of the concept of fam-ily in 15th century India when family as seen as a hindrance to achieving

"Guru Nanak emphasized you could have contact with God per-forming family and social responsi-bilities," he said. He also said that at the time Guru

Nanak lived, people had "become subjugated by religious leaders." "That is why every Sikh man has

to have the last name Singh, which means a lion, because Sikhs should

roar," he said. "When the guru was born his birth was called a lion's roar." However not every Sikh man has

Singh as a last name. "Singh has moved to a middle

name," said Guru Chahal, a 28-yearname, successful of societal con-"This is because of societal con-

cerns. Families would like to distinguish themselves and so last names

have become more specific." Chahal was born in India but said his upbringing was not very re-

"I came here today so I could get to know my religion and get in touch with my roots," he said. Chahal said he moved to the

United States 10 years ago. He was not the only one who

came to learn about his religion. "I am a second-generation Pun-jabi so there are some words I don't understand," said Remi Baines, a 39vear-old mother of two. "I am pretty in touch with my culture because I go to a lot of functions, but I want to gain a deeper understanding of Guru Nanak's teachings." Baines, whose middle name as re-quired by the Sikh faith is Kaur —

meaning princess — said she would take her children to the next event.

Minni Kaur Sood, wife of SJSU global studies professor Mohan K. Sood, said she was interested in educating the American public about the Sikh faith and started attending the symposium last year when they moved from Chicago to the

Bay Area. Pamela Wilson is a good example of an American who was so fascinated by the Sikh religion that she is be-

coming one, said Atmajit, the orga-nizer, when introducing Wilson. "I took elementary classes in Pun-jabi," said the San Francisco State University geography graduate stu-

dent. Some people say I am not a Sikh yet so I guess I am in the process of becoming one." Jasvir Kaur Zonobi, a 1993 SJSU alum-na, said she is always intrigued by Guru Nanak's teach-

him. "I have found his philosophy to be important in my life," she

said. "He taught equality through ev-

women is transitory and superficial, said Jaskaran Singh Sahota, a soft-ware engineer and independent filmmaker

that a woman was a man's companion in all aspects and that wom-en have equal rights to men. "Women have equal rights to par-ticipate in ticipate all aspects of Sikh society," he said. "They even fought as soldiers in the 16th and 17th centuries," Sahota said the Sikh faith was the first

religion to advocate equality of all people includ-

ery message and rejected rituals that separate people." "For example, a woman had to The difference between men and burn herself alive when her husburn herself alive when her hus-band died," he said. "But when a wife died, a man could marry again. Guru Nanak protested against this prac-

Guru Nanak is relevant to today's

society, said Arvind Singh, one of the speakers "His is relevant today because we

have a universal society divided by racism," he said. He also said there was a need for Guru Nanak's teachings because of, among others, religious hatred be-tween different religions, interna-

tional conflicts and violation of human rights. "Guru Nanak said depriving oth-ers of their dues is like feeding pork to Muslims and beef to Hindus," he

said. Arvind said the guru traveled to teach his message about equality and would do so in the local indigenous language. "I learned about Sikhism by read-

ing Punjabi works translated into English," said Loren Chain Singh, a Chinese-American Sikh.

Loren said he had been told he must one day read the books in Punjabi.

"I have no desire to be a linguistic scholar or to abandon my Chinese or American roots," he said. "Yet I de-sire to be a good Sikh."

Loren said it would be in the Sikh faith's best interest to accept the pervasiveness of English. "Sikhism has descended into an

indocentric religion, which does not bode well for its future," he said.

Atmajit, the Punjabi studies professor, said he was struck by what Loren had said but emphasized that Punjabi was important to the Sikh faith.

PAGE 5

A point echoed by Robbie Singh, a former Punjabi student, was that it was important that the Guru's language be taught and spoken. "I started learning through Eng-

lish but there was something missing," he said. "I realized English was not doing a great job." However, the event, though dom-

inated by speeches, had other activities.

A barefooted trio of SJSU stu-dents, eyes closed in seeming rapture, dressed in brightly colored tra-ditional garb sang at the beginning of the ceremony while Punjabi students, Avishkar Basra and Geetpal Kaur, recited poems about Guru Nanak in Punjabi with animated hand movements and facial expressions. "I have learned a lot about Sikh

culture through this type of event," said Dominique Van Hooff, the chair of the department of foreign languages who opened the symposium on behalf of the interim Provost, Carmen Sigler. "We promote the knowledge of cultures through language. It fosters understanding be-tween cultures which leads to peace and harmony.*

More than 60 nations agree to protect sharks in the Atlantic Ocean

Associated Press

NEW ORLEANS - More than 60 countries agreed Sun-day to ban the killing of sharks for their fins in the Atlantic Ocean, a move that conservationists hope will increase pro-tection of threatened species around the world.

The International Commission for the Conservation of Atlantic Tunas drew up the agreement at its annual meeting being held in New Orleans. The group, which oversees management of many Atlantic fish spe-cies, acted on a proposal by the United States.

The agreement bans the practice known as shark finning in which fishermen slice off a shark's fin and throw the carcass overboard, leaving room for more fins. Shark fins are a delicacy in Asian countries and command high prices: shark fin soup sells for more than \$100 in Singapore, according to WildAid, an environmental group.

This is the first international finning ban in the world, so it is quite a significant conser-vation step forward and the environmental community is most grateful for the United States' leadership," said Sonja Ford-ham, a shark conservation specialist with The Ocean Con-

servanc ICCAT, which includes 63 nations, also agreed to collect more data on shark catches and identify nursery areas.

United States

University marine scientists estimated that 90 percent of the world's large fish — includ-ing sharks — have disappeared

slow growing, and they take many decades to recover once they're depleted. They warrant extra cautious management,"

There are few international restrictions on shark fishing and trade. The United States banned shark finning in the Atlantic in 1993 and in the Pacific Ocean in 2002.

cord in management, said Su-san Buchanan, a spokeswoman for the National Oceanic and Atmospheric Administration. She pointed out that it took only four years for the North Atlantic swordfish population to rebound thanks to quotas imposed by ICCAT in 1999, Officials and conservation-

ists plan to put pressure on or-ganizations that manage other similar measures.

was the only country to resist the ban on shark finning and that it has six months to consider whether it will sign the agreement.

since 1950. "Sharks are exceptionally

Fordham said.

regions of the world to impose

Fordham said South Korea

ICCAT has a good track re-

Bartend!

One, two, cha, cha, cha ...

alumna



Bob and Kim Clark, dance teachers at San Jose State University, participate in a ballroom dancing competition at the Student Union last Saturday.

Cofé Boba



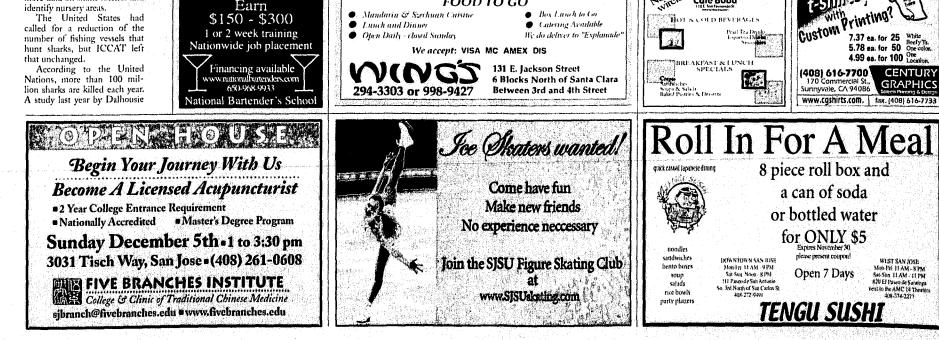
Amanda Brittingham / Daily Staff

"Guru Nanak said that a woman

"I have found his philosophy to be important in my life." Jasvir Kaur Zonobi, ings and had read a lot about

is the first teacher to a man as his mother," he said. "She has to be educated in order to educate her children."

Sahota said Guru Nanak taught



Chinese Cuisine

FOOD TO GO

PAGE 6 SPARTAN DAILY

S.PORTS.

MONDAY NOVEMBER 22, 2004

SJSU bounced in first round of WAC tourney

By Ken Lotich Daily Managing Editor

RENO, Nev. — The Spartan vol-leyball team had to cash in its chips arly at the Virginia Street Gym on early at the virginia outer Friday night as it was swept in its firstround match against the University of Nevada-Reno in the 2004 Western Athletic Conference Volleyball Tournament.

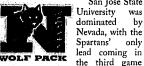
The Wolf Pack won the three games with the scores of 30-25, 30-24, 30-26.

Nevada would beat No. 2 Rice University in the second round, and lose in the championship match against the University of Hawai'i in four games, 30-21, 28-30, 30-22, 30-27. The Rainbow Wahine secured

their fifth-consecutive WAC Volleyball Tournament title with their win against Nevada. San Jose State

by

only



the third game at 12-8, before Nevada turned up the intensity, and took the final game for the win.

The Spartans came into this year's WAC volleyball tournament as the No. 6 seed, which was the same slot they had last year.

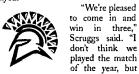
The team fared much better in the tournament last year, as they defeated Fresno State University and Southern Methodist University before losing to Hawai'i in the championship game. Luck didn't strike twice for the

Spartans this year, Wolf Pack head coach Devin

Scruggs said she was happy to walk away with the victory but wasn't en-thusiastic with the way her team played.

"We're pleased

think we



we did what we needed to do to get out of the first round."

Nevada is looking toward obtaining an at-large bid for the NCAA Volleyball Tournament in December, and a loss to the Spartans would have been

catastrophic, Scruggs said. "A loss to San Jose State would have ruined our season," Scruggs said. Scruggs said she viewed the match

with the Spartans as the most important match for her team in the tour-"All of (Choate's) teams play hard,"

she said. "They are a tough team to play. Our goal was to not get into rallies with them."

Nevada was led by middle blocker Salaia Salave'a, who had 14 digs and 13 kills.

Setter Tristin Adams added 42 as-sists and 10 digs in the Wolf Pack vic-

tory. Despite the loss and quick elimina-tion, Spartans head coach Craig Choate thought the team put up a good fight against the Wolf Pack.

"I thought we played pretty well," Choate said. "I think we played hard, and we did a good job against their best.

In terms of the Spartans early exit compared to what they did in last

year's tournament, Choate said the competition in the WAC is much tougher this year. "The league is so much better now,"

Choate said. "We've struggled against some of these teams, and it's going to be an even more spectacular division next year."

Sénior outside hitter Carrie Nash contributed with 10 digs and 10 kills. Nash, who played in her final WAC tournament, said the team did its best, but it just wasn't enough to defeat the

Wolf Pack. "It sucks that we lost," Nash said. We just weren't putting balls away." Nash said that despite the loss, she

felt the team did much better overall in Friday's contest than in previous matches.

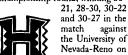
Middle blocker Dana Rudd chipped in with 10 kills. Sophomore defensive specialist Jessie Shull, who had 10 digs, said she was pleased with the way the team played, but was let down by its inabil-

ity to create more rallies. "We played right out there with them," Shull said. "If we generated a few more (rallies), we would have been able to pick up our confidence --- a lot of things went their way."

SJSU's record stands at 14-13, with its final match against Cal Poly at 7 p.m. on Friday at the Event Center.

No. 1 Hawaii def. No. 3 Nevada Saturday (Finals)

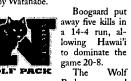
The University of Hawai'i won its fifth-straight WAC Tournament in the championship round, winning 30-



the University of Nevada-Reno on Sunday. Rainbow Wahine Victoria Prince finished the tournament with 16 kills, seven digs, and

two aces, while her teammate Susie Boogaard added 19 kills and 10 digs. Rainbow Wahine Ashley Watanabe broke the WAC Tournament record with five aces and 11 digs.

The Rainbow Wahine started off the first game with a 9-4 lead on an ace by Watanabe.



WOLF PACK Pack answered back scoring 11 of 14 points, cutting into the Rainbow Wahine's lead of

23-18. Boogaard added three more kills to start a 7-2 run, winning the game 30-21.

The second game started with Ne-vada jumping ahead with a 9-4 lead, bringing the score as high as 20-11 be-fore a 10-2 run by Hawai'l, upping the score to 22-21. Rainbow Wahine answered the

Wolf Pack's three-straight points with a 5-2 run, raising the score to 27-26. However, Nevada pulled ahead after a kill by Wolf Pack Karly Sipherd and ended the game 30-28. The Wolf Pack battled with the

Rainbow Wahine with a quick 9-6 run only to see Hawai'i return five-straight points, giving the Rainbow Wahine the 11-9 advantage.

The teams forced out an 18-18 tie

but the Rainbow Wahine took over after Watanabe severed a 9-0 run, put-ting the team up 27-18 before putting it away at 30-22.

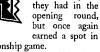
Nevada started the forth game at 6-3, keeping a slight edge at 12-10 be-fore a 6-0 run by Hawai'I, bringing the Rainbow Wahine up 16-12.

The Wolf Pack answered back with a 5-1 run, tying the score 17-17. It was a match game until a four-point run by Hawaii gave the Rainbow Wahine the lead at 26-21.

Nevada ended the match with a service error giving Hawai'i the win at 30-21.

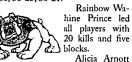
No. 1 Hawai'i def. No. 5 Fresno Friday (Semifinals)

The Rainbow Wahine weren't able to skate by Fresno State University in the semifinals of the tournament on



Saturday as

the championship game. It took four games for Hawai'i to get past the Bulldogs — (15-13) 30-24, 25-30, 30-25, 30-21.



added 19 kills and 15 digs, while Kanoe Kamana'o pitched in with 56 assists for the winning side.

It was a four-point Bulldog run in the second game that earned Fresno its lone victory.

No. 3 Nevada def. No. 2 Rice Friday (First Round)

The University of Nevada knocked off Rice University 3-1 in the semifinals of the tournament on Saturday night. WOLF PACK The Wolf Pack scored the

first point against the Owls, and continued on to win the first game 30-36. During game two, the Wolf Pack was down 29-27 but scored four un-

answered points to win over the Owls 30-26.

The Owls answered back in

the third game, ending an 11-11 tie by scoring the next two points to lead the team on its way to winning

30-28 and forcing a fourth game. The Wolf Pack and the Owls struggled with 10 ties and seven lead changes before Nevada took the match, scoring 30-26. Wolf Pack Salave'a made a kill as the University of Nevada was leading 27-26, bringing the score up to 28-26.

No. 1 Hawai'i def. No. 8 SMU Friday (First Round)



The University of Hawai'i Southern Methodist Uni-30-15



Karin Higgins / Daily Photo Editor

Spartan middle blocker Jennifer Senftleben spikes the ball against the University of Nevada-Reno on Friday during their first-round match in the Western Athletic Conference Tournament at the Virginia Street Gym in Reno. The Wolf Pack beat the Spartans 30-25, 30-24 and 30-26.

recorded 16 kills in the win and added

In the first game, the Owls started

This momentum was carried into

No. 5 Fresno def. No. 4 Boise

Friday (First Round)

four blocks and two aces.

nament in three

striaght games, 30-23, 30-22

Rice senior Lindsey Carter

with a 4-0 run, however, Tulsa

chipped away at

the lead, com-

ing within one

point five times. Rice pulled away,

and 30-25.

in the opening round of the champi- after defeating Tulsa in the opening onship tournament on Friday.

Hawai'i's Prince hit a WAC tour-nament record .857, with 13 kills and no errors on 15 attempts.

Prince also led the game with seven blocks.

The first game saw the Mustangs take an 8-7 lead before Hawai'i put together a

15-2 run, in-

After taking a close second game 30-27, the Rainbow Wahine found themselves down 7-3 in the third game before calling a timeout to re-

However, Hawai'i came back with a 13-2 run, which sealed the game and the match.

No. 2 Rice defeats No. 7 Tulsa Friday (First Round)

Fresno State heat Boise State in three day of the tour-

games, 30-27, 30-23 and 30-23. The game ended the Broncos' season with a 17-12 overall record, as the Bull-

dogs improved to 15-12 overall. Fresno outside hitter Christina Reneau and senior middle blocker Tiffany Bishop led the Bulldogs' of-

fense. धाः

Reneau posted a match-high 17 kills, and Bishop added 10 kills.

Fresno State, who tied the game at 12 different times in the first and second games, did not allow a tie during the third game of the match.

Jennifer McLain, Elizabeth Nguyen and Mark Cornejo With its ninth sweep of the year, contributed to this report.

cluding a stretch 11-straight the first game with an 8-2 run to seal

the 30-23 win. the second and third games.

Rice advanced to the semifinals

group.

30-27 and 30-20

points.

Ouside Hitter - Victoria Prince, Hawaii

Most Valuable Player

2004 WAC All-Tournament

Outside Hitter - Christianna Reneau, Fresno State Middle Blocker - Cameron Flunder, Boise State Middle Blocker - Tessa Kuykendall, Rice Setter - Tristin Adams, Nevada Middle Blocker - Karly Sipherd, Nevada Outside Hitter - Carly Sorensen, Nevada Middle Blocker - Salaia Salave'a, Nevada Outside Hitter - Alicia Arnott, Hawaii Setter - Kanoe Kamana'o, Hawaii Defensive Specialist - Ashley Watanabe, Hawaii Outside Hitter - Susie Boogaard, Hawaii

"Athlete of the Week" is brought to you by: There's a new gym in town called fit 4 u ... a fitness center for women SJSU center Located at: Scored 17 points, while adding four 6158 Bollinger Rd. San Jose, Ca 95129 rebounds and a block in the Spartans 408-725-245 59-46 victory over Sacramento State University on Friday. for details on classes visit www.werfil4n.

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MONDAY

NOVEMBER 22, 2004 A&E Calendar 'Punk princess' Avril lights up HP Pavilion

SPARTAN DAILY PAGE 7

4

7 Shot Screamers will perform with River City Rebelsat 9 p.m. on Saturday at The Blank Club in San Jose. Tickets are \$7 and are available online at www.ticketweb.com.

Scorpions will perform with others at 7 p.m. on Dec. 3 at the HP Pavilion. Tickets range from \$25.50 to \$49.50 and are available by calling Ticketmaster at 998-TIXS.

Art

Into the Flesh, an exhibit of art by an SJSU student, will run from today to Wednesday at Gallery 3 in the Art building.

Nunca Mas/Never Again, an exhibit featuring art that reflects Argentina's "dirty war" from 1976-83, will continue its run until Dec. 17 in the Art building. For more information, call 924-4723.

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Set list blends songs from old, new albums

By Yasuyo Nagata Daily Staff Writer

Behind a big, black piece of cloth with a picture of a fist with a girl's name and skull marks, her shadow finally appeared.

REVIEW

Fans shouted for joy, and once the cloth was down, there was the girl known as the "punk princess," Avril Lavigne. Lavigne, who

turned 20 years old in Sep-tember, was plenty quali-fied to occupy the HP Pa-vilion on Friday.

She was tiny and skinny, but full of vigor. Lavigne started her first

concert in San Jose with the song "He Wasn't," and followed with her recent hit, "My Happy Ending."

While she was singing those first two songs,

the fans on the floor were hustling and jostling to get closer to Lavigne.

It was no wonder because fans waited for Lavigne's appearance for nearly 45 minutes after the opening act of singer Butch Walker. Instead of her usual straight, long, brown hair,

Lavigne's hair was a little wavy and blond. She wore a light blue T-shirt that said "I " Mr. Mean" with blue jeans and Converse All Star shoes

Instead of her typical saucy look, Lavigne looked much nicer than on television.

Much of the time, Lavigne seems like she's always mad at something, and it's rare for view-ers to see her smile about anything in her music videos

However, Lavigne was smiling during the entire show and waved her hands at the audience Lavigne combined songs from her new album as well as her popular songs such as Skott Dor, "I'm With You" and "Complicated" from her pre-vious album, "Let Go." Many of Lavigne's songs catch young girls' hearts. Her new song, "No-

hearts. Her new song, "No-body's Home," is based on "She got out of breath Lavigne's friend's story, she

said She looked like just a young nice girl who loves music and appreciates her

tongue." fans being at the show with her. Lavigne didn't just sing, but she also played guitar, piano and even drums. While she played the drums, opening singer Butch Walker joined her and sang a song. Butch Walker said he is a

friend of Lavigne's and also cooperated with her

in creating her current hit album, titled "Under My Skin.

While Lavigne sang, she threw guitar picks to her backup band members and walked from left to right to be close with the audience in the reserved seats.

Lavigne performed a lot of cute scenes. While slie sang "Complicated," she got out of breath and stuck out her tongue.

She engaged with the audience many times, such as when she asked them to use their cell phone lights to illuminate the concert hall.

Lavigne was very open-minded to let some fans take pictures. of her with their cell

phones. At first, fans at the floor were crazily pushing and shoving, but during the middle of the con-

cert their manners improved. Not only was Lavigne energetic, but her fans were, also. It was no wonder because most of Lavigne's fans were still very young - pre-teens

to older teenagers. Most of the older audience members ap peared to have come because they had to take their kids to see Lavigne.

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However, some mothers dressed up in punkrock styles, wearing mini skirts and lacy tights,

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while some fathers were just dressed up in regular, simple clothes. Those mothers were as hot as Lavigne, and

were as energetic as their children. It seemed Lavigne was more popular among

girls than boys in the Bay Area because the audience members were

mainly girls rather than boys.

The girls, most of whom had long hair, set their hair straight, and some of them wore either white or black tank tops and jeans or shorter black pants with Converse All Star shoes, which are one of Lavigne's trademark fashion trademark items

And, of course, many of them wore

makeup with black eye shadow fully ringed around their eyes, making them look like panda bears.

People could tell Lavigne, who really loves music, is happy to sing songs and appreciates fans. In fact, she said, "Thank you very much," to her fans several times throughout the duration of the show.

Lavigne said, "You guys are awesome," to the audience during the night, but she was awesome as a singer and songwriter, as well as a performer.

FAX: 408-924-3282

Avril Lavigne

West Coast Tour Dates

Dec. 3 — The Arrowhead Pond

in Anaheim.

in Sacramento.

in Portland, Ore.

Tuesday — Rose Garden

Dec. 4 - ARCO Arena

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SPORTS.

MONDAY NOVEMBER 22, 2004

Spartans open season with victory



San Jose State University women's basketball forward Lamisha Augustine (right) defends Sacramento State University guard Lindsay Calmettes on Friday in the Spartans' season opener at the Event Center. The Spartans defeated the Hornets 59-46.

By Sara Spivey Daily Staff Writer

The Spartan women's basketball team started the season off on the right foot with a victory against Sacramento State University on Friday at the Event Center. Starting with a 12-0 run in the first

four minutes, the Spartans went on to defeat Sac State 59-46. Senior center Nica Gemo led the

team with 17 points, and was eight for 10 from the field.

"I thought Gemo was unbelievable tonight," said head coach Janice Richard. "I told her if we were giving away game balls, she would definitely get the game ball for tonight."

Richard said she was also impressed by the offensive balance brought by

the rest of the team. "Nica had an outstanding game, but we shared the ball pretty well and everybody got involved," she said.

Senior guard Jessica Kellogg, returning to the Spartans' starting lineup after being deemed academically ineligible prior to the regular season, scored nine points.

Freshman forward Amber Jackson, senior forward Lamisha Augustine and senior guard Erica McGlaston each scored eight points.

each scored eight points. "I think one of our strengths offensively is that we don't have to depend on one person to score," said sophomore guard Lindsay Harris. "Last year we had two main scorers, but this year it's pretty evenly spread."

Following the Spartans' 12-0 run, Sac State tried to break into the game with a 4-0 run of its own, but the Spartans answered back, matching the Hornets' is baskets with six baskets of their own. "I thought that the Sacramento State team has improved so much," Richard said. "They have almost as many new players as we do, and they competed. They pushed us, we never could pull away to get a great lead."

could pull away to get a great lead." The Spartans turned the ball over 13 times in the first half, allowing Sac State to score four points in the final two minutes of the half.

"We got away from our offense some — it was like we forgot how to run a pattern all the way through," Richard said. "We have to be able to protect that basketball."

With five minutes left in the second half, Kellogg, who had surgery on her right knee seven weeks ago, jumped up and stole the ball from the Hornets, landing hard on her right leg. "That really hurt, but what really

"That really hurt, but what really hurt was when I was dribbling and I'd plant," she said. Former Spartan Kim Sheehy, now a guard for Sacramento State, scored four points against the Spartans. "We were warned that she would

"We were warned that she would come in and have something to prove to us, so we couldn't take her lightly," McGlaston said. Richard said she noticed a difference in the way the team played to-

gether since the exhibition game on Nov. 15. "Defensively. I noticed the change-

"Defensively, I noticed the changes," she said. "We went in the gym Wednesday, we started working on our post defense and I saw the changes today."

They have to rely on team defense, she said.

"We're not super quick, we don't have five solid defensive players, but I think when we play solid team defense then good things are going to happen," Richard said.

Men's basketball team falls to Pacific, 70-56

Chandler leads SJSU with 18 points

By Kevin Yuen Daily Staff Writer

Despite opening the game with a 10-0 run, the Spartan men's basketball team started its season off with a loss on Saturday afternoon.

San Jose State University fell to the University of the Pacific 70-52 in a hard-fought match, Spartan head coach Phil Johnson said.

"I told the team in there before the game, we want to send a message early or at least try to (show) that we're going to play hard and not roll over, and I don't think we did," he said.

The Spartans initially exploded out of the blocks scoring 10 unanswered points, but the Tigers responded with their own 10-0 run, tying up the score.

Spartan guard Kareem Guilbeaux made a layup to give SJSU a 12-10 lead, however, it was the last time the Spartans would be ahead in the contest.

"I believe we came out, started the game hard," Spartan forward Alex Elam said. "They came out and threw a little zone at us, we haven't worked on that too much, but I felt we played pretty hard for the most part."

The Spartans struggled against the Tigers' zone defense, Johnson said. "We've had 28 practices," he said.

"We haven't spent more than 30 minutes attacking zone. They identified we were weak against zone and saw we didn't have a plan or offense against zone and they stayed in it."

Johnson said, however, that the Spartans were successful in shutting down the Tigers' two best players - Christian Maraker and Guillaume

Yango. "You look at halftime and Maraker had two (points) and Yango had one," he said. "That was the plan. Those are their two best players and we did the job there. Now, as you do that job, at least with us, we aren't powerful enough to play them one-on-one."

Johnson said the double coverage of both players left the Spartans open for perimeter shooters. The Tigers made 11 of 21 3-pointers.

"In the end we gave up some easy baskets, just out of fatigue," Johnson said.

Spartan center Matt Misko fouled out with six minutes left in the game, which gave the Tigers, who already had a size advantage, an even bigger boost.

"Our big man came into a little trouble," said the 6-foot-4-inch Elam, who ended up taking the center's place. "But you just have to continue on as a team."

Tigers head coach Bob Thomason said although the Spartans lost, they did a good job of stopping the Tigers' post players.

"We played more zone than we normally play—I think they attacked it real well," Thomason said. "I think this game was a lot closer than the score indicated."

Spartan forward Marquin Chandler, who led the Spartans with 18 points, stressed that the team is still finding its groove. "Half our team is new," he said.

"Half our team is new," he said. "Half our starting lineup is new. It's mainly gelling together. We need to gel. That comes with time. That comes with more games." Chandler said that he thought the

Chandler said that he thought the Spartans fared well against the Tigers. "We just wanted to see what we could do against a quality team," he said. "We didn't do too badly, we held our own."

Elam added that the Spartans, who shot for 30 percent in the game, would need to work on shooting, among other things.

"Everything will come with time," Elam said. "We're not going to let this loss determine the rest of our season." Johnson agreed.

Johnson agreed. "I'm disappointed with the loss, but I did see enough where I think we can build on and get better," he said. "We're in the early stages of building a team."







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