

SPARTAN DAILY

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Students squeeze in workouts

Event Center offers exercise opportunities

By Sarah Holcomb
Daily Staff Writer

Although some students at San Jose State University take advantage of the Event Center or classes offered by the kinesiology department to stay healthy, there are also some students who do not.

"They think they're young and don't care," said Jessica Pires, a junior majoring in kinesiology. "But I don't want to have to worry about it when it happens. I want to prevent it."

Pires works out at the Event Center for an hour and a half, four or five days a week. She said because she played competitive soccer for 15 years, she has always exercised regularly, but recent injuries have slowed her down.

"I'm not playing soccer, so I'm working out on my own," she said. "I made it more of a priority."

Ted Butryn, assistant professor of kinesiology,



Tommy Tran, a senior majoring in journalism, works out in the fitness room at the Event Center on Monday. Tran said he works out about four times a week to stay healthy and keep fit for the many sports he plays.

Lorry Thomas / Daily Staff

also said in order for students to stay with an exercise program, they need to make it a priority.

"Not enough time is a myth. I think,"

Butryn said. "If you see it as incorporated into your everyday life, it's not an add-on. Of all the work you have to do, physical activity should be part of what you do

every day."

Michele Carrera, a junior majoring in criminal justice, also said she works out at the Event Center regularly.

She said she works out for two hours, six days a week. Carrera said she used to work out on a regular basis, but last semester she worked too much and didn't

have enough time to exercise regularly.

She said it is not hard to fit into her schedule because she uses the time she has in between her classes.

"This semester I'm not working as much and I'm concentrating on my

see EXERCISE, page 4

Emotional distress on the rise on campus

By Banks Albach
Daily Staff Writer

No matter how hard Mandy tries, she can't remember the day her depression began. She recalls painful events in her life — rape, abuse and miscarriage seemed the worst — but no single time or place can take the blame for pushing her into a battle with depression that has lasted multiple years.

Although Mandy, 28, did not return e-mails, she records her

trials and triumphs on a Web site from her home in England. She is house ridden, completely dependent on her husband and usually leaves the house only in a wheelchair.

"I just can't see an end to it no matter how positive I am," she writes. "That's the thing with depression. Nobody ever experiences depression in the same way as anyone else."

"Depression is as unique as the sufferer. I could write down the list of things that you should look

out for, but what's the point?" she writes.

While Mandy's struggle with depression is unique, the college years can come riddled with emotional challenges and personal hurdles for thousands of San Jose State University students. Deciding on a major, painful break-ups, homesickness, or the stress of midterms and finals are all college items on a students' "to deal with" list.

For 38 years, Wiggys Sivertsen, director of counseling services at

SJSU, has watched the number of mental illnesses among SJSU students rise.

"What we have seen happen, particularly in the last 10 years," she said, "is a significant increase in the number of students on our campuses who have serious emotional discomforts of one kind or another."

Sivertsen added that college counselors across the nation are expressing similar concerns.

see DEPRESSION, page 5

The facts about depression:

Ten percent of college students have been diagnosed with depression.

Women are twice as likely to suffer from depression.

Nearly 19 million Americans are affected by depression.

Source: National Mental Health Association

Students cope with homecoming

By Marsea Nelson
Daily Staff Writer

Coming home to life as usual can be difficult for San Jose State University students who have spent time studying abroad.

"When you go there you expect to be surprised by things," said Sara Yates, a junior majoring in English, about her time studying in England. "Coming back, it was just more like, 'Oh, I'm back here again.'"

Yates studied in Bath in the Spring 2004 semester with 18 other SJSU students. Though school was only three months, Yates said she loved England so much that she stayed an extra five months. She said returning to the United States was difficult.

"I was depressed. I didn't want to be here. I wanted to stay and I only came back because I ran out of money," Yates said.

Last year, about 75 students studied abroad on the semester and academic year programs and about another 120 studied on the summer short-course programs, said Dave Rudel, SJSU's study abroad coordinator.

Rudel said the study abroad office offers a pre-departure orientation program that includes a discussion on reverse culture shock. Advising is offered for students when they return to the United States.

Rudel added that reverse culture shock is an unavoidable part of the process.

"There's no way to fully prepare anyone for (reverse culture shock)," Rudel said. "It happens and you can't really understand it until you're going through it."

Relating to family and friends can be difficult for returning students, Rudel said.

"I think one of the most difficult things for the students is they've had this incredible adventure, this great learning experience and they've really expanded their horizons and seen these amazing things," Rudel said. "Then they come back and they want to share

see STUDY, page 7



Shaminder Dulai / Daily Staff

Sara Yates, a junior majoring in English, who studied abroad, has a cup of tea and a cigarette in On Fourth Café at the Dr. Martin Luther King Jr. Joint Library.

Kassing addresses minorities' concerns

By Traci Newell
Daily Staff Writer

The African American Faculty and Staff Association is working with interim President Don Kassing this semester toward making San Jose State University faculty more diverse.

The African American association met with Kassing on Dec. 13, 2004 to discuss the state of minority employment on campus. Kassing, two students, and six faculty members attended the meeting in December.

"It was a very constructive meeting," Kassing said. "The (association) has real interests in several areas."

One of the areas they concentrated on was the recruitment of minority faculty he said.

"Kassing was very sincere in hearing our concerns," said Elgie Hurd III, African American Faculty and Staff Association student liaison.

Hurd said the meeting set up an open dialogue with the president. The president and the association are planning on meeting several more times this semester.

"Last semester was more dialoguing concerns from staff and others," Hurd said. "This semester we are working on a collaboration."

This semester, the association has action plans set up to make SJSU a place where

everyone can be proud to attend.

"The majority of problems that African Americans have are similar to other cultures as well," Hurd said. "We are also trying to be inclusive of trying to help other cultures as well."

"We are working to be more responsive to minorities," said Kassing.

Hurd said he doesn't believe our faculty diversity matches up with the students. He said the administration lacks minority representation. Therefore, he said he feels as though there is not much power for minorities at this university.

"Diversity cannot be solely in students," Hurd said. "There needs to be more diversity in gender and ethnicities. Until then, saying we are diverse is really superficial."

Hurd said he thinks SJSU is only partially preparing students because they don't get to completely experience all the diversity in the world.

Hurd said the association would be working all semester to come up with plans to change the state of things on campus.

According to a previous Spartan Daily article, the meeting was set up in response to the silent march that about 120 students, faculty and concerned community members took part in on Nov. 17, 2004.

When the march concluded, petitions with around 600 signatures were delivered to Kassing's office. The petitions were reportedly demanding an explanation of minority faculty member Nehanda Imara's departure.

Opposing Views: *Should the tobacco industry be responsible for its customers' health problems?*

YES *Tobacco companies make deadly products that they should pay for.*

I watched my granny die at 65 from an aortic aneurysm and emphysema that stemmed from a lifelong smoking habit. The tobacco industry should be held responsible for the health problems of their customers.

The tobacco industry begins enticing adults at a very young age with the idea that smoking is "cool" and that they will be popular if they smoke? Who remembers seeing the Joe Camel billboards as kids? They were everywhere — freeways, movie theaters and even schools.

There was no concern of the influence the Joe Camel ads could have on young adults. According to the American Lung Association, at least 20 percent of high school students are already smokers. The tobacco industry only cared about getting new and younger smokers.

But it doesn't end there. The longer smokers light up, the more at risk they become for countless health problems. According to the American Heart Association, there is a direct connection between smoking and coronary heart disease.

Smokers are twice as likely to suffer a heart attack and/or stroke as nonsmokers. Smokers are also at risk for developing emphysema, a respiratory disease that limits the amount of oxygen into the lungs. The American Lung Association states that smoking causes 87 percent of lung cancer cases and many end in death.

Health problems such as these can shorten the life of a smoker by several years and severely compromise the quality of life.

Perhaps what is most troubling are the people affected by secondhand or passive smoke, a large number of them are children, who never asked for the health problems associated with smoking. They are the true victims the tobacco industry should be held responsible for the harm cigarettes.

The tobacco industry knew about the addictive nature of nicotine years before it was common knowledge and the tobacco industry was successfully sued for this fact by the federal government. Those who have experienced the health problems of smoking have filed several lawsuits in recent years.

A few of these lawsuits have resulted in damages awarded in the millions to these people. One such case is that of Patricia Henley, who was awarded 50 million in punitive damages after suing Philip Morris Co. when she was diagnosed with inoperable lung cancer.

This is a clear example of the tobacco industry held responsible for its customer's health problems, and it should continue because more and more people are lighting up their first cigarette every day, with no heed to the health problems that will come in the later years of their lives.

Aimee Threet is a Spartan Daily staff writer.



AIMEE THREET



Illustration by Alan Bayudan

NO *Individuals make their own choices, despite warnings.*

A serious issue is whether tobacco companies should be held liable for health problems caused by their products.

There are constant warnings from government offices, including the Surgeon General's office, and every day people choose to ignore these warnings.

I have experienced several instances where a family member or friend died because of the effects that smoking had on them. However, it was ultimately their choice.

No one is forced to smoke. In fact, the companies that produce cigarettes thoroughly discourage the general public from smoking because of its health risks.

The Surgeon General even places a warning on all tobacco products, detailing risks involved with continuous participation in such an event.

People are not puppets and no one physically puts a cigarette in someone's mouth, orders them to light it and then pressures them to smoke it. The decision to smoke is one made by several thousand people daily.

If companies such as Philip Morris, the largest tobacco company in the world, were held responsible for every disease or death that resulted from smoking, not only would they be completely broke, but we as a society would be forced to re-evaluate several other areas of concern.

This re-evaluation would almost inevitably bring in many companies that have questionable or "risky" consequences. Areas such as alcohol, car manufacturers, food processing companies, and even activities such as athletic competition could be investigated further.

The burden of responsibility in each of these categories can be likened to that of the tobacco company. Each of these activities or manufacturers produces things that can cause harm to people, either by excessive use or faulty production.

However, these things come with warnings. Nothing is foolproof and no one activity is completely safeguarded. Alcohol comes with the warning that if consumed by pregnant women, birth defects can develop.

Yet women still drink while being pregnant and children are born with those defects. Are the alcohol companies being held responsible for this? No, because ultimately the consumers make the final decision whether to heed the warnings or take the risks.

Why should tobacco companies be held to a different standard? They're already expected to have marketing campaigns designated toward minors, work to find healthier options, not advertise in certain areas and be philanthropists.

People should start taking responsibilities for the decisions that they make. Smokers need to actually read and take into consideration the warnings that are there and realize that tobacco companies have been warning the public about these dangers for decades.

Just because the consumer makes the choice to ignore these warnings doesn't give them the opportunity to sue. They must accept the consequences for their actions and be responsible for them in the long haul.

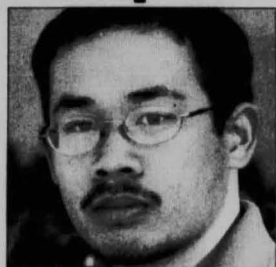
Lauren Bosch is a Spartan Daily staff writer.



LAUREN BOSCH

campusvoices

COMPILED BY CHRISTINE GLARROW; PHOTOS BY BRIAN CONNELLY



"Yes. I think they should because they're giving us something that could kill us."

Douglas Gong
junior,
electrical engineering



"Yes. They're making money off people. They should be held responsible."

Sarah Curry
senior,
communications



"No. I think the person and not the industry (is responsible) because it's not forcing one to buy it."

Ibis Becerra
senior,
interior design



"No. Everyone is responsible for his or her actions."

Chantale Dore
junior,
biology



"No. It's hypocritical to expect tobacco companies to pay when we don't expect it from fast food companies and alcohol distributors."

Stacey Rapoport
senior,
art



"No. People have the choice to smoke or not."

Patrick Felix
graduate student,
philosophy

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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 spartandaily@csa.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.

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HOT DAMN

Monarchy would be much better than A.S.

Though the student leadership at San Jose State University does its best, the Associated Students system could do with some replacing.

The individual members on the board of directors — voting members and nonvoting members — are at least somewhat in touch with the students and do seem genuinely interested in doing their jobs. At least, this is the picture painted at the board's meetings.

A board supposedly elected through old-fashioned democracy, though, wields its authority like a goat brandishes a tin can it is trying to eat. The votes sometimes deteriorate into outright brawls, as one minor word within the text of the proposed rule becomes the most important word in the entire English language.

The only way to solve such inadequacies of the system is not necessarily to change the members, though. The system itself will ultimately corrupt the new board members, infect them, intoxicate them with bureaucracy.

Only a divine and benevolent monarch will cure

this campus of that ill. Such a supreme being will end all bickering, dismantle all unnecessary procedure and streamline all agenda items.

Upon being chosen by a hyperphenomenal entity to lead SJSU into a new era of peace and dictatorship, this divine monarch could hold a coronation ceremony. Spires of canvas can shoot up from Paseo de Cesar Chavez, fire-breathers can dazzle passers-by and dancing bears can perform at the Student Union Amphitheater. A human chess match can be the main event, with our great monarch of the SJSU Kingdom of Colleges presiding over as judge and lord.

When all the initial fun has exhausted us subjects, the lord can go back to the important duties of presiding over the nobles of the colleges. They will filter into the keep known as the A.S. House and pay homage to the sovereign. The

treasury will become bloated with gifts of blueprints and machines from the College of Engineering, fine art and manuscripts from the College of Humanities and the Arts and brilliant experiments performed by subjects of the College of Science.

A ground-breaking ceremony will then commence as our divine monarch unveils plans for an 80-foot statue on Tower Lawn. This statue shall not only proclaim our love for our monarch, but also our monarch's divine majesty — our lord shall be posed as the triumphant victor he or she is.

This title of supreme being will then be passed down to the next of kin, and a legacy shall be born. May it be as enduring and interesting as that of Caesar, with a minimum amount of oppression and a maximum amount of opulence. Never again will this campus experience another dull moment for gossip.

The titles of the nobility — those men and women

who represent each of the colleges — shall also be passed down through the generations. Indeed, sometimes they may war as all nobles do at one time or another, but in the end, our divine monarch shall smite all those who oppose the regime and bestow peace upon the entire kingdom. So shall the lord of SJSU will it, then shall it be.

With A.S. elections coming up near the end of March, it is not too late for subjects loyal to the crown to pick up the banner and march on the keep. Make your voices heard, and all of SJSU may be ruled by one supreme fist.

Or, of course, we may accept that our current system, despite its flaws, is doing at least something to support us.

John Myers is a Spartan Daily copy editor. "Hot Damn" appears every other Tuesday.



JOHN MYERS

Letter: SJSU's name not the cause of problems

Dear editor,

The discussion of renaming our campus, following the model of CSU East Bay, quoted alumnus Michael Harold, "Currently, the CSU system is decapitated without its founding campus." However, I am not convinced that the name "San Jose State University" is to blame for the problems faced by either our university or the CSU system as a whole. I really doubt that the reason we have rotated through a total of four presidents (Robert Caret, Joseph Crowley,

Paul Yu, Don Kassing) in the last two years was because of our name.

I suspect that while the renaming of the school as CSU San Jose would bring it marginally closer to the rest of the CSU (are the students at Chico really holding their breath for us to change?), it would be much more likely to serve as a division between the students who graduated before and after the name change, much in the same way that graduates from before 1970 and graduated from "San Jose State College" but now have

to be part of the San Jose State University Alumni Association.

If a name change would result in a massive and dramatic improvement of either state funding or student grades, I'd be all for it. But if a multi-hundred-thousand-dollar name change will only change the name of the school and use our already scarce funds, I think we might be able to spend our money better in other ways.

*Alexander Vassar
Alumnus*

Letter: School not to blame for lack of jobs

Dear editor,

I've dismissed the efforts of the Go State! and CSU Spartans for state groups to change the name of our university as laughable, but the CSU Hayward name change surely will recharge their batteries and I'd be surprised to see them let up now. If they should succeed, the disgust I would feel compels me now to make an appeal for reason to prevail.

If the founder of Go State! feels that the cool reception by employers to his San Jose State University MBA degree is attributable to the

name on the sheepskin, and that a name carrying more gravitas is what's needed, I recommend a reality check. Whatever gravitas you may command owes to what is in your head, not what is on your sheepskin, and any employer will understand that. While he may hope for interim President Don Kassing to take over spearheading his drive for him, I would certainly hope for Kassing to recognize that as an interim president it would be completely inappropriate for him to do so.

I myself am a proud graduate of SJSU. I started the semester after

Tommie Smith and John Carlos won and lost their Olympic medals in Mexico City, and I have never met anyone who was confused by our school's name because San Jose is not a state. Neither is Boise or Kent. And while I am all in favor of providing marketing students the opportunity to practice the craft they are learning, let's agree that the name of our university is not available material for them, or former students, to practice on.

*Brian Peterson
Math professor
Alumnus*



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@cas.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 exhibit 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. For more information, call the gallery office at 924-4330.

Women's Resource Center and V. Day SJSU 2005
A Valentine's Day fund-raiser for safer sex will take place from 11 a.m. to 1 p.m. in the Pacifica room of the Student Union. For more information, call 924-6500.

SJSU Art History Association
A meeting will take place from 11:45 a.m. to 12:15 p.m. in room 329 in the Art building. It will be for planning the April 15 to 16 symposium, fund-raising and lecture series. For more information, call Rose Smith at (831) 469-0332.

Students in Action's Mentoring Program
A meeting will take place from noon to 1 p.m. in the Almaden room of the Student Union. Learn about service opportunities for you to mentor, counsel, and inspire underserved youth in San Jose.

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

School of Music
"The Listening Hour" concert series with solo and

chamber music will take place from 12:30 p.m. to 1:20 p.m. in the Music building Concert Hall. It will feature the students of Eric Mills. For more information, call the music office at 924-4673.

Pride of the Pacific Islands
A general meeting will take place from 5:30 p.m. to 7 p.m. in the Pacifica Room of the Student Union. For more information, call Courtney Tarifa at 924-2221.

SJSpirit
A discussion on "Sex and the Bible" will take place at 5:30 p.m. in the Montalvo room in the Student Union. For more information, call Shelley Kesselman at 230-4279.

African Awareness Month Planning Committee
A fashion show will take place at 7:30 p.m. to 9 p.m. in room 189 of the Engineering building.

Victory Campus Ministries
"The Source" will take place at 8:30 p.m. in the Spartan Memorial. Learn about the amazing destiny God has for your life. For more information, call Marla at (510) 368-8239.

Student Life and Leadership
"Leadership U Workshop Series" will begin Feb. 17 from 4 p.m. to 6 p.m. in the Ohlone room of the Student Union. The six-part program has five workshops and a ropes course for up and coming leaders. To register, go to Student Life and Leadership or call 924-5950.

A.S. Election Board
A.S. candidate applications are available at the second floor of the A.S. House. For more information, call 924-5656.

Commute choices to SJSU... from all over the region

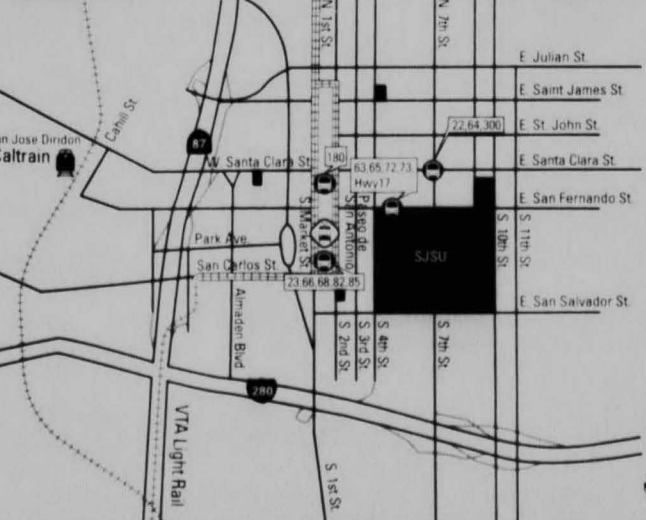


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ASSOCIATED STUDENTS

Downtown braces for Mardi Gras party debauchery

By Joe Shreve
Daily Staff Writer

As Mardi Gras draws near, many memories of previous Fat Tuesdays come to the minds of downtown San Jose businesses.

Mostly, they are memories of flying trash cans, large crowds and broken glass.

While people are hoping that this year's Mardi Gras will not be an encore performance of the chaos of the previous years, no one is sure what to expect.

"We're new to the area, so we just got a heads-up from the landlord's security guard," said Sam Garcia, of The Record Shop on First Street. "But most of the bars are now on Second Street, so it will probably be pretty dead on First."

Some businesses along First Street were not tremendously worried about any property damage.

"The police told us to bring in our outside signs and see what happens," said Jon Murakami, an employee of Bella Mia restaurant, located at 58 S. First St.

Other businesses along First to Third Streets remember the events of previous years quite well.

"I remember last year someone threw a trash can through our gift shop window," said Ricky Marshall, an employee of the San Jose Repertory Theatre on 101 Paseo de San Antonio.

"Usually the cops have things pretty much under control by the time the crowds get near the Rep,"

said Marshall.

Leyla Nader, of the Rosies and Posies florist shop, located on 98 Paseo de San Antonio, said the shop had a window broken last year during Mardi Gras.

Nader said the San Jose Redevelopment Agency, which owns the property used by Rosies and Posies, "gave us security last year, but I haven't heard whether or not we'll have it this time."

The downtown bars are also working to try and prevent the mayhem of past years.

"We work closely with the police to keep people off the streets," said Marc Contreras of the San Jose Bar and Grill located at 85 S. Second St.

Contreras said the bar will also be adding extra security.

"All the bars around met with the police," said Hooty Gibson, of Cinebar, located at 69 E. San Fernando St. "We're planning double security and there will be police everywhere."

Despite this, some San Jose State University students said they plan to avoid Mardi Gras altogether.

"I've been there the last few years and there are a lot of police and a lot of drunk people, but nothing to do," said Matt Nemeth, a junior majoring in political science.

Another student said the celebration isn't as good as it is in other places.

"It's not really Mardi Gras if it isn't in New Orleans," said Danny Kim, a business graduate student.

Taking a closer look ...



Jennifer Seigal / Daily Staff

Andrew Reilly, left, and Valerie Raps look at the art installation "Seat from Passing Through" Monday in the Art building. The installation by Rosanne Reynolds will be showing this week in gallery 3 on the first floor. The exhibit is about the relationship between the migrating butterfly and its allusiveness to memory, Reynolds said.

EXERCISE - Some students say workouts relieve stress

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health," Carrera said.

Ernest Hernandez, an undeclared freshman, had no problem admitting that he doesn't exercise regularly.

"I'm lazy," Hernandez said. "Most days, I don't want to get up or get out there and exercise."

Hernandez said he learned the benefits of a healthy lifestyle in high school and tries to eat healthy foods.

"I've been doing a pretty good job this semester," he said, but added that the food in the Dining Commons is "gross," which makes it hard for students living on campus who want to eat healthy.

Mike Bogart, a freshman, said he does not exercise regularly.

"Unless you count walking to class," Bogart said. "I walk everywhere around this place."

He also said he is aware of the benefits of a healthy lifestyle and tries to eat healthy foods such as salads and sandwiches.

"It's hard when everything on campus is fattening," Bogart said.

Carrera and Pires both said that eating healthy foods go hand-in-hand with their commitments to working out.

"I try to eat more whole and organic foods, things that are good for me. I think it makes a huge

difference in workouts," Pires said. "It's easier to eat healthy when exercising regularly."

Carrera agreed and added that eating an unhealthy meal makes her workout more difficult.

Butryn said there are physical and mental benefits to regular exercise that span over an individual's short and long-term health.

He listed an improvement in mood as the main short-term benefit and a positive outlook on life as a long-term benefit.

Pires also said there are many benefits to regular activity.

"It gives me more energy and keeps me more healthy for the long-term," she said.

Carrera said she is also aware of a major benefit of regular exercise, especially for college students.

"It relieves frustration," she said. "I have less stress, more clarity."

Carrera said when she gets stressed out from classes and work she likes to come to the gym to run it out.

Butryn also said exercising regularly is a great way to relieve stress, which is physiologically important.

"Stress hormones can be toxic. Chronic stress can be deadly," Butryn said. "That should be reason enough to exercise because you're literally killing yourself."

Butryn added that chronic stress leads to high blood pressure and decreased functioning of the immune system.

Butryn added that the immune system needs extra energy when a person is under stress, so when it isn't getting the necessary energy, it can't fight off disease as effectively.

Butryn also said the amount of people working out in the Event Center is high at the beginning of the year, then decreases in the middle, but then increases by the end.

"This shows me that people are going there to relieve stress and to get away from school," Butryn said.

He also said when students are using exercise as a stress reliever, it's better to leave books behind instead of taking them with them to read while on the Stairmaster or exercise bike.

"The cool thing about the university is the two-unit P.E. requirement," Butryn said.

He also said studies have shown students start a regular exercise program, they are more likely to carry on with it.

Butryn said because every student at SJSU is required to take a physical education class, they have all, at one point, exercised regularly and are likely to continue with the program after the class ends.

"It's not just about the physical activity, but also the knowledge you gain in the classes is just as important," Butryn said.

He said he believes the Event Center and the classes offered through the kinesiology department are crucial to students' physical fitness education, especially because intramural sports and leagues aren't as popular at SJSU than at other campuses with less students who commute.

"The classes show why it's important that physical activity is integrated into everyday life," Butryn said.

"It's easier to eat healthy when exercising regularly."

Jessica Pires, student

Bush changes approach to Middle East, brings U.S. into peace process

WASHINGTON (AP) — President Bush is making a push for peace between Israel and the Palestinians. It's a goal that has frustrated American presidents for decades, yet administration officials believe conditions may be ripe for a breakthrough with recent changes in the region and a new emphasis in Washington on spreading democracy.

Bush has four years left to build his legacy and no doubt hopes to see the Mideast peace that eluded predecessor Bill Clinton.

The administration plunged back into the peacemaking business on Monday, on the eve of a summit in Egypt between Israeli Prime Minister Ariel Sharon and Palestinian leader Mahmoud Abbas. The leaders will declare

a cease-fire to end 4 1/2 years of fighting, said the two sides.

In Jerusalem, Secretary of State Condoleezza Rice announced that Sharon and Abbas had accepted invitations to visit the White House this spring. Rice also named a U.S. security coordinator to help train and equip Palestinian forces and to monitor the cease-fire. And she promised more than \$40 million in aid to the Palestinians during the next three months.

Abbas' landslide election last month as Palestinian Authority president, the Nov. 11, 2004 death of Yasser Arafat, Sharon's planned withdrawal from the Gaza Strip and war weariness on both sides have led to an improved climate for peacemaking.

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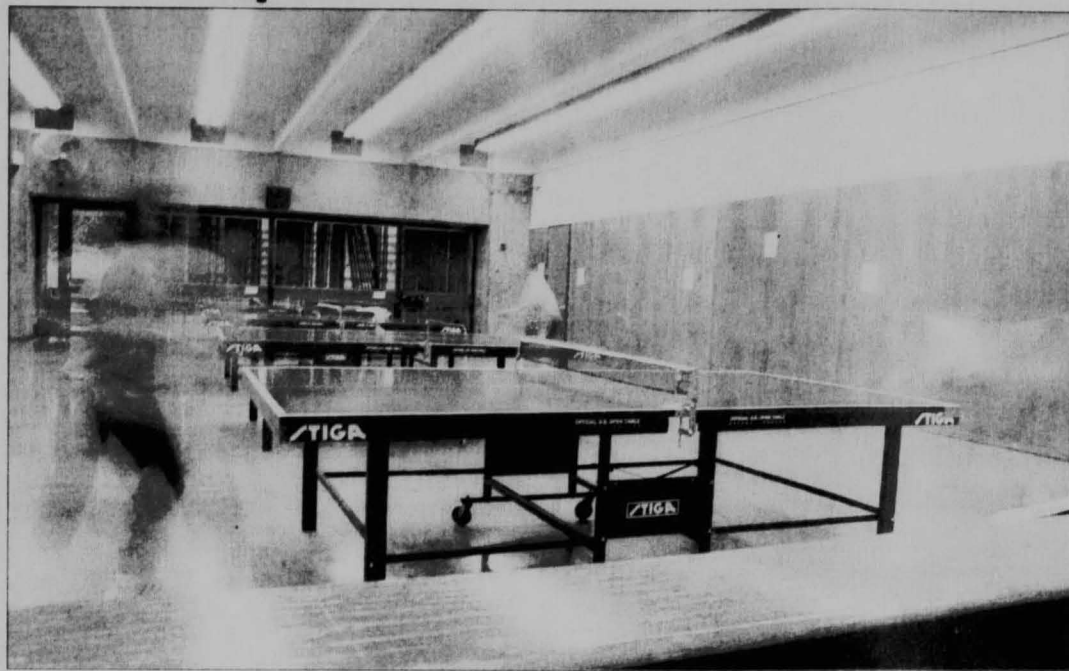
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People play table tennis in the Student Union on Monday afternoon.

Brian Connelly / Daily Staff

SJSU program trains Chinese gov't leaders in administration

By Sergey Loginov
Daily Staff Writer

This semester, a group of 28 government officials from the Hunan province in China have entered a six-month training program in business and public administration at San Jose State University, said an official in the U.S.-China Exchange Council.

Since 2000, the Chinese government has been focused on training its top- and middle-level executives and sending them to study in different developed countries, said Andy Ge, vice president of the council, which co-runs the program with SJSU.

Peter Sterlacci, director of International Leadership Programs for International and Extended Studies, said this is the third delegation from Hunan hosted by SJSU since 2003.

"Each week the group's curriculum is focused on a different theme, such as international business, public finance, public policy or e-government," Sterlacci said. "The students will have nine hours of lectures, as well as some hands-on experience with local government offices and industry in San Jose and throughout the Bay Area."

Sterlacci said among the possible candidates for on-site visits and internships are the state capitol, Adobe, Netscape and Sun Microsystems.

The newly arrived students picked SJSU because of the very high status of Silicon Valley in China and the successful experience received by the two previous groups from Hunan.

"They told us about what they learned here," said Li Xi,

executive in charge of international expedition of China Council for the Promotion of International Trade. "They saw advanced knowledge and management at work in San Jose."

Some of the Chinese official said they looked forward to the opportunity.

"I want to learn some advanced personnel management," said Chen Hua, director of the personnel department in the Wuling district of the city of Changde. "When we come back to China we can better serve the people."

Yao Ying Jie, director of department of supervision and a specialist in anti-corruption, said for him, it was interesting to learn how people of so many different cultures coexist together in the United States.

In its first San Jose class, the group had a lecture on the phenomenon of the American dream, Sterlacci said.

"The group's training program falls into the whole effort of trying to internationalize SJSU," Sterlacci said. "And we not only teach them, we have an opportunity to learn from them too."

Sterlacci said one of the previous year's programs resulted in a new China-based program for SJSU hospitality management students.

"A group of about 20 students will be studying for three weeks at Yunnan Normal University this spring," Sterlacci said.

Jan English-Lueck, chair of the anthropology department, will be teaching a month-long course in anthropology to Chinese students at Yunnan Normal University, thanks to the support of its dean who studied at SJSU last year, Sterlacci said.

DEPRESSION - Counseling saw 1,600 clients in 2003-04

continued from page 1

"My colleagues are expressing the same thing around the country. The other directors are saying, 'yeah, we are just seeing a huge increase,'" she said.

In the 2003-04 school year, SJSU counseling services saw 1,600 clients for "a total of 7,110 appointments," according to its annual report. The report reports that Caucasian females in their senior year, living off-campus with a roommate, with no prior mental therapy history, are the predominant client profile. Seventy-five percent of visits to counseling services were psychologically oriented, according to the report.

According to the National Mental Health Association, "ten percent of college students have been diagnosed with depression and including 13 percent of college women."

Compared to men, women in general are twice as likely to suffer from depression, according to the report.

The association reports that nearly 19 million American adults are affected by depression.

The stress of entering college can contribute to the onset of depression, especially if someone is genetically susceptible to it, said Naomi Wagner, an SJSU psychology professor who specializes in clinical depression.

"One leaves behind familiar surroundings and support of family and friends, and embarks on a new path of life," she said. "The young student has also to establish social connections and to make new friends. Young students in this context may find themselves confused and lonely."

Sivertsen agreed and added that a "huge and impersonal" university setting such as SJSU can be intimidating and stressful, highlighting that many students are working long hours, taking many classes, and dealing with family responsibilities.

"Stress and depression can kind of come hand and glove

with each other. It takes a toll," she said.

An important part in studying depression, Sivertsen said, is realizing that it's a "multifaceted disorder," or in other words, accepting that there is no one single cause or effect. Situational circumstances such as losing a loved one, biological factors such as chemical imbalance, hereditary factors, medication side-effects and cognitive factors such as low

"Mental health is the stepchild of the whole medical field," Sivertsen said. "No one pays any attention to it."

James Radack, director of the College Student and Depression Initiative, a program of the National Mental Health Association, agrees that acceptance and realization are the biggest hurdles in treating mental health.

"More than any other health issue, (depression) is

are serious, this rise in campus mental disorders is not purely negative, Sivertsen said.

"The brighter side means more kids are going to school and the fact that they are coming into college counseling centers and getting treatment means that they are leaving universities in a better state than when they came," she said.

According to a 2002 article on Psychology Today's Web site, the increase in campus cases comes in part from greater college accessibility by the general population.

"The world isn't getting crazier," Pamela L. Graesser, director of counseling at Rivier College in New Hampshire, told Psychology Today. "College is just getting more like the real world around it."

In order to treat depression, Radack said. "We have to let people know they are not alone and with help, they can get better."

Specifically, he said, it is important for people with depression to realize it harms people from all walks of life.

Medication is often necessary for severe cases of depression, but to really work things out, the ultimate goal should be therapy, Sivertsen said. She encourages students to make an appointment with a campus counselor.

"This is a free service and it's here for every student," Sivertsen said. "We are a very diverse service and we can deal with any number of issues students may have. And it's completely confidential."

discriminated against and stigmatized," he said.

Acknowledging the importance of mental illness on campus at a recent press conference, SJSU interim President Don Kassing said the problem faced by counseling services is one of many "resource issues" SJSU is dealing with.

"I can't address a particular department's needs other than to acknowledge that it's there, it's important, and we want to work on it," Kassing said. "But to highlight it and focus on it isn't necessarily fair to the other needs of the university."

While all depression cases

"Mental health is the stepchild of the whole medical field. No one pays any attention to it."

Wiggy Sivertsen, counseling services

self-esteem can all contribute, according to the National Mental Health Association.

In addition, the effects of depression are extensive and unpredictable, according to the association.

Wagner of the psychology department said the depressed student may become irritable, aggressive, argumentative, overly sensitive, or ambivalent regarding personal appearance. Eventually, such depression can lead to substance abuse and sexual promiscuity, she said.

Sivertsen said she also worries about the allocation of SJSU resources for mental health treatment in tight fiscal times.

With only nine counselors — two educational and seven clinical — one part-time psychiatrist and one part-time psychiatric nurse for nearly 28,000 students, SJSU counseling services is operating at a ratio of one counselor per 3,094 students, a number far lower than the set standards of one counselor per 1,250 students, according to the annual report.

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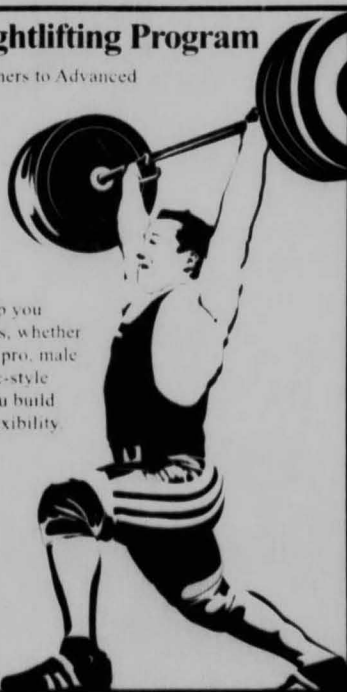
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Daniel A. Miranda / Daily File Photo

Spartan catcher Monique Kelly prepares to tag out University of Hawai'i outfielder Marie Jackson as she attempts to score.

Spartans focus on strong pitching

Team travels crosstown to face rival Santa Clara

By Ashley Little
Daily Staff Writer

After leading the Spartan softball team for three seasons, returning pitcher Carol Forbes is joined on the mound by newcomer Kat Castro.

SOFTBALL THE WINDUP NOTEBOOK

Castro's first college game was against UC Davis on Tuesday. She struck out three batters, allowed three hits and walked one in six innings.

Joining San Jose State University this season is a different experience for Castro — although she said she is comfortable with it. "It was very exciting and was something new," Castro said. "This is something I have always wanted."

Castro also said she is willing to take on the new challenge.

"It's great going into Division I ball," said Castro. "And being able to get on the mound to pitch with great defense behind you."

Castro said that the team makes her feel like part of a family.

"We are a team of 23, and we play as a team," said Castro. "We are confident with each other, and motivate each other for the next play."

After winning a doubleheader against UC Davis and losing against Cal Berkeley, the Spartans softball hopes to improve as the season progresses.

The Spartans have looked to Forbes as at their ace for the past three seasons.

Last season she had a 9-19 record, struck out 128 batters and

walked 29. She is second all-time in strikeouts for the softball team with 414.

Catcher Monique Kelley said she believes Forbes will do well this season.

"She has a good defense behind her," said Kelley. "She will be confident with the team as a whole."

It is not only exciting for Castro herself to join the team, but the other players are also happy with the new additions.

"We have good pitching," said catcher Adrienne Hull. "We have two new freshman pitchers, and they bring a lot to the game."

Against UC Davis, Forbes came in during the seventh inning and secured her first save of the season. The Spartans scored four runs in the eighth inning to make it 6-2.

During game two, the Spartans won 1-0 with the only run by junior second baseman and utility player Danielle Eakins.

She was brought in by senior outfielder Elisa Barrios who doubled out to center field.

Coming off two wins, the

Spartans played top-ranked Cal on Saturday and were dealt a 6-0 loss.

The team plays against Santa Clara University at 1 p.m. Wednesday in a doubleheader.

Women's basketball nabs second place in WAC

By Lauren Bosch
Daily Staff Writer

Success often comes from something as simple as a belief in ability, in teammates and in a coach. Without belief come challenges, frustration and sometimes failure.

WOMENS BASKETBALL FROM DOWNTOWN NOTEBOOK

For the San Jose State University women's basketball team this has been a hard lesson to learn, but it's leading to great success on the court.

The Spartans sits second place in Western Athletic Conference with a 56-54 win over the University of Hawai'i Saturday.

Senior Jessica Kellogg said the loss to Southern Methodist University pushed the team to step it's game up.

"The SMU game was our lowest point," Kellogg said. "We should have won by 15 points but we didn't come out to play. I think it was the disappointment in her face that was hard. (Head coach Janice Richard) believes in us."

The Spartans are now riding a five-game winning streak.

Kellogg said the Spartans are counting on one another for their current success.

The leadership of seniors Kellogg, Erica McGlaston and

Lamisha Augustine has been a huge part of the team's success, Richard said.

The addition of freshman Amber Jackson and her ability to score consistently has also helped, however teams in the WAC have adjusted, and are now double and triple-teaming her, Richard said.

"Teams in the WAC won't keep focusing on (Jackson), but that has been the focus so far this season," said Richard. "It seems to these teams that if you stop (Jackson), you stop San Jose State. The rest of the team is fighting that and saying that if you double and triple (Jackson), we're going to make you pay."

Augustine, a recent "WAC Player of the Week," put up three consecutive 20-plus point games. Jackson, was the leading WAC scorer for weeks, and this weekend she posted her eighth double-double of the season against Hawai'i. McGlaston who is leading the WAC in assists.

Kellogg said it was important to keep the momentum going.

"We have to defend whatever we've started," said Kellogg. "We won four games in a row — we beat some teams at home that we weren't supposed to beat. We can do it, but it's about what we bring every night. We have to."

The Spartans will face SMU later this week at home on Thursday, a game that could again prove to be a turning point for the team, Augustine said.

"Nobody played with any heart or intensity against SMU and we didn't want the rest of the season to come out like that," Augustine said.

Valentine's Notes (in the Spartan Daily)

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Bush denies steroid abuse claims amongst Rangers

WASHINGTON (AP) — President Bush was not aware of any steroid use by Texas Rangers players while he was a team executive, the White House said Monday.

In his upcoming book, Jose Canseco said he introduced Rafael Palmeiro, Ivan Rodriguez and Juan Gonzalez to steroids after being traded to Texas in 1992, the New York Daily News reported. Canseco said Bush, the Rangers' managing partner at the time, must have known about the drugs.

White House press secretary Scott McClellan said he spoke to Bush about alleged steroid use.

"If there was, he was not aware of it at the time," McClellan said.

"He has recognized, for some time now, that steroids is a growing problem in professional sports, particularly Major League Baseball," he said. "That's why the president has made addressing the issue a priority in his administration."

Canseco's book, "Juiced: Wild Times, Rampant 'Roids, Smash Hits, and How Baseball Got Big," is scheduled for release by Regan

Books on Feb. 21. A company spokesman has said the date might be moved up.

Palmeiro, now playing for Baltimore, disputed Canseco's claim.

"I categorically deny any assertion made by Jose Canseco that I used steroids," Palmeiro said in a statement. "At no point in my career have I ever used steroids, let alone any substance banned by Major League Baseball."

"As I have never had a personal relationship with Canseco, any suggestion that he taught me anything, about steroid use or otherwise, is ludicrous. We were teammates and that was the extent of our relationship. I am saddened that he felt it necessary to attempt to tarnish my image and that of the game I love."

Gonzalez's agent, Alan Nero, said, "Our immediate reaction is we feel sorry for Jose, that he felt he had to do this for whatever reason. And we feel badly for everyone he implicated in this."

"We have not seen the book, and will wait until we see it to comment further," Nero said.

STUDY - Some face culture shock

continued from page 1

with their family and their friends and most people can't relate."

Jimmy Crutison, a senior majoring in African American studies, returned about a month ago from a year of studying at the University of Ghana, Legon in West Africa.

"I think most people see it as a trip," Crutison said. "When in fact I lived there, so I had to immerse myself in the culture."

Crutison said he is not in a rush to re-immers back into American culture.

"I'm kind of sitting back and watching and trying to figure out if this is really a place where I want to live," Crutison said.

"So I don't know if I've really jumped back in the culture," he said. "Although I see it's evident that other people are trying to pull me in."

Crutison said his friends want him to go out drinking at clubs with them, but he is reluctant.

"I believe they would say that I've changed, but I think I've evolved," he said.

Yates said she found that talking with the other students from the Bath program helped her adjust.

"Having those people that were going through the same thing was a lot of help," Yates said. "My friends that stayed here just don't understand the experience. They don't understand the emotion. So it's hard for them to relate."

For students who did not study with others from SJSU, Rudel said the Global Student Network can help them with the transition. The network connects students who have studied abroad with exchange students studying at SJSU, as well as applicants who will study abroad

in the future.

"(Global Student Network) helps the applicants because they hear firsthand stories, but the returning students get to share those experiences that a lot of their family and friends aren't as interested in hearing about," Rudel said.

A student does not have to spend months in a different country to experience reverse culture shock.

Kim Eichorn, a recent public relations graduate, spent three weeks in June studying in Thailand with other SJSU marketing, advertising, and public relations students.

Eichorn had previously spent a semester studying in England in the Spring 2003 semester.

She said she was able to apply some of what she had learned in England to her experience in Thailand.

"I think it did prepare me in the sense of being comfortable in accepting other cultures," Eichorn said. "Going to Thailand was just another step-up because I didn't speak the language."

Though Eichorn was with a group of Americans during her time in Thailand, she said coming back to the United States was still jarring.

"The quality of life is so much different there," Eichorn said. "(Returning) did make me think about a lot of things."

Even with the challenge of reverse culture shock, Rudel said he hopes students are not discouraged from studying abroad.

"Everyone experiences culture shock and there is going to be the same with your return," Rudel said. "But I think students definitely return from their study abroad experience much more mature and motivated."

MentorNet kicks off 'Drive for 500' to engage women in science, engineering

By Jean Blomo
Daily Staff Writer

Although half of San Jose State University students are women, only about 20 percent of students within the College of Engineering are women.

The number of female students and faculty members in engineering is growing, however, it has a long way to go.

Belle Wei is one of 15 female deans of engineering schools according to the American Society for Engineering Education.

Jennie Livingston, a junior majoring in mechanical engineering, said Wei serves as a positive role model for her, adding that she sometimes finds it intimidating to be a minority in her classes.

"In my class of 30, there's about three or four girls," Livingston said.

Kenneth Tseng, a senior majoring in electrical engineering, said that encouraging women to join the field must start early.

"We should go out to K-12 schools and try to promote women in engineering," he said. "Maybe they'll have more interest when they're older if we encourage it when they're young."

Livingston said she got start in the engineering field early.

"I learned (computer assisted drafting), a drafting program, in high school," she said. "Later, I was working for a civil engineer."

Livingston said she expected to be one of few women in engineering, and would like to be able to study with other females who think like her.

Several societies, clubs and organizations help support women in engineering.

MentorNet provides an online resource to women.

According to its Web site, MentorNet is "a non-profit e-mentoring network that addresses the retention and success of those interested in engineering, science and mathematics, particularly, but not exclusively women."

Unlike other organizations, MentorNet pairs female engineers new to the field with professional engineers, according to the Web site.

trying to promote real-world education to engineering students.

The Silicon Valley Leaders Symposium, held every Thursday, features professionals in the engineering field, including women, he said.

Hambaba said the increase in the number of female faculty members is encouraging to female students.

"They see (female instructors) as role models," Hambaba said. "Yes, you can be an engineer; yes, you can be a professor; yes, you can be successful."

Jen-Hsun Huang, CEO of Nvidia, a semiconductor company, recently spoke at the symposium.

"Getting the creativity and perspective from women is great," Huang said. "Look at the products we are creating — they are lifestyle products. We need to get women's input for this technology in order to be successful."

Nvidia works closely with the Society of Women Engineers, a national organization, to expose female students to the field of engineering, said Maya Marcus, human resources coordinator for Nvidia.

Along with the Society of Women Engineers, there are also societies that cater to Hispanic and African American Women engineers, Marcus said.

"We go to (Society of Women Engineers) national conventions and focus on having speakers present to students," Marcus said.

The Society of Women Engineers' national magazine profiled Wei in fall 2004, recognizing her for making "developing and maintaining partnerships with the high-tech industry in Silicon Valley" a "chief priority."

In the article, Wei said, "Don't be naive about obstacles and barriers, but focus on the goals and coming up with solutions. Don't limit yourself; everything is possible."

"Maybe they'll have more interest when they get older if we encourage it when they're young."

**Kenneth Tseng,
student**

MentorNet is currently organizing a "Drive for 500" event geared toward encouraging mentors to join the network, according to the Web site.

Carol Muller, founder of MentorNet, said "mentoring provides 'real world info' and access to networks (especially those often unavailable to women in male-dominated fields)."

Ahmed Mambaba, associate dean of the College of Engineering, said SJSU is also

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Certain advertisements in these columns may refer the reader to specific telephone numbers or addresses for additional information. Classified readers should be reminded that, when making these further contacts, they should require complete information before sending money for goods or services. In addition, readers should carefully investigate all firms offering employment listings or coupons for discount vacations or merchandise.

02/08/05

RECEPTIONIST, P/T phones, Lt. clerical work, 10 min. from SJSU. T & TH 12:30-5:30. F 9:00-2:00. Call Heather (408) 995-6425

RECEPTIONIST/OPTOMETRY ASSISTANT: P/T, excellent people skills a must. Good career starter. Will train. No exp. nec. (408) 956-0731

THE OLD SPAGHETTI FACTORY We are currently hiring for P/T positions. We offer a great working environment with day & evening shifts for responsible and energetic people. Apply in person 2:00 to 4:00pm Mon or Tues. We are located in San Pedro Square

LOS ALTOS GRILL LOS ALTOS VILLAGE 233 3RD STREET LOS ALTOS, CA Now Accepting applications for SERVERS-BARTENDERS-FRONT DOOR APPLY IN PERSON 233 3rd Street@San Antonio Monday-Friday 2:00pm-4:00pm or by appt. 650.948.3524

LEE'S SANDWICHES-NOW HIRING! All positions available 260 E. Santa Clara St. @Sixth St. Next to New Civic Center/ City Hall. Call 687-1015 or visit www.leeSandwiches.com

FOR SALE **BLACK 96 FORD EXPLORER** 2 DR AM/FM/cassette. \$3000 or best offer. (925) 628-7767

EMPLOYMENT EDUCATION/RECREATION CHILDCARE

DAYCARE TEACHERS: K-8th school seeks responsible individuals for extended daycare. P/T in the afternoon. No ECE units required. Previous experience with children preferred. Call 244-1968 X16

FACILITATE YOUTH PROGRAMS Activities, Lessons, Learning for girl participants. Work with other community orgs. Set-up & deliver programs at assigned locations. 5-10 hrs/wk. \$10.00/hr. HS diploma or equiv. w/some experience. Understand girl/gender issues. First Aid/CPR Cert. (have ECE or can obtain). Basic math. Minimum 21 yrs old to operate company vehicles. Bilingual is a plus. Avail. Immediately. Send cover letter & res. to: HR, Girl Scouts of Santa Clara Co., 1310 S. Bascom Ave. San Jose, CA 95128. FAX 408 287-8025. Email: hr@girlscoutsofsc.org. No phone calls, please. AA/EEO

CAMP COUNSELORS needed for weekend residential camping program for children & adults with disabilities. If you are interested in a challenging & rewarding experience, call Tamisha@408-243-7861

SWIM TEACHERS—Year round program, indoor pool. Experience with children a must. Teaching experience not required. AM/PM/WE shifts available. Email resume to sdavis@avac.us

ACTION DAY NURSERY/ PRIMARY PLUS seeking Infant, Toddler & Preschool Teachers & Aides. Substitute positions, some with flexible schedules, are also available. ECE units are required for teacher positions but not req. for Aide positions. Excellent opportunity for Child Development majors. Call Cathy for an interview @ 244-1968x16 or fax res. to 248-7433

RECREATION JOBS AT THE LOS GATOS-SARATOGA REC DEPT. Positions Open Now For Leaders, Afterschool Elem. Sch. Age Child Care Recreation/Enrichment Programs. P/T, M-F 2-6 15pm Pay Range: \$7.83-\$11.32/hr starting depending on exp. No ECE units req. Call Cathy 408-354-8700X245

\$8.00/HOUR Register FREE for jobs near Campus or Home student-sitters.com

P/T NANNY & PARENT HELPER Delightful, energetic children ages 3 & 5. Hours somewhat flexible. Lt. cooking. Current CDL, First Aid, CPR & References Required. Willow Glen location. Call 297-7002

SHARED HOUSING **ROOM FOR RENT:** Mabury/White. \$500 + 1/4 util. Lg rm. Quiet neighborhood. 347-1906

RM FOR RENT in beautiful 4 BDRM house \$480/mo. Small Dep. 5 mi. from SJSU. Share BA with 1 person. 254-2131

ROOM & BOARD: Delta Gamma Sorority 8th & Reed \$510. Great Food/Fun Environment. (408) 286-0868

RENTAL HOUSING

MOVE IN SPECIAL! Greentree Apts at Tully & McLaughlin. Rents start from \$865. Newer Large Units. Park like grounds. Patio Gated Parking. W&D Close to Library, Shopping & HY101/280 995 Tully Rd. 294-6200

TIRED OF SHARING A BATHROOM?? Come see our huge 2 bedroom 2 full bath over 1000 sq foot apartment. Walking distance to SJSU. Newly remodeled. Laundry facilities. Parking. Security Gate. Easy Access to Bay Area freeways. Substantially larger than others! \$1195.00/mo 408-947-0803

2 BDRM 1 BA APARTMENT 5 min. walk to SJSU. 7th @ Reed. Cable included. Carport. Prking. \$900/mo 408 268-0439

ANNOUNCEMENTS CLUB/GREEK/ORG

LOOKING FOR PARKING??? Park at the International House! Located 1 block from campus @ 360 S. 11th St. \$190/semester. For more info, call Soimaa@408.924-6570

\$600 GROUP FUNDRAISER SCHEDULING BONUS

4 hours of your group's time PLUS our free (yes, free) fundraising solutions EQUALS \$1000-\$2000 in earnings for your group. Call TODAY for a \$600 bonus when you schedule your non-sales fundraiser with CampusFundraiser. Contact CampusFundraiser @ (888) 923-3238, or visit www.campusfundraiser.com

ANNOUNCEMENTS

SPERM DONORS NEEDED The Palo Alto, CA branch of the California Cryobank is seeking men of all ethnicities for our sperm donor programs. If you are currently attending college or hold a BA degree you can earn up to \$900/mo. receive a free comprehensive health screening & help infertile couples. For more information or to apply online please visit www.cryobankdonors.com

PREGNANT? NEED HELP? Call BIRTHRIGHT 408 241-8444 or 800-550-4900 Free/Confidential

VOLUNTEERS

HAVE A SENIOR MOMENT Volunteers needed to visit lonely seniors living in long-term care facilities. For training schedule call (408) 325-5134

SERVICES

EDITING Term papers, Thesis. \$1.00/page. Contact: Bobd9150@hotmail.com

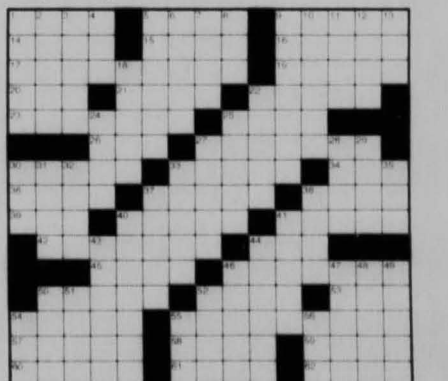
PROFESSIONAL EDITING For your paper or dissertation. Experienced. Efficient. Exact. Familiar with APA & Chicago Styles. ESL is a specialty. Grace @ 831-252-1108 or Evagrace@aol.com

SMILE CHOICE DENTAL PLAN (includes cosmetic) \$69.00/year. Save 30%-60%. For info call 1-800-655-3225 or www.studentdental.com or www.goldenwedental.com

TODAY'S CROSSWORD PUZZLE

ACROSS
1. Tie down
5. You said it!
9. Vikings
14. Like gossip
15. Winged Victory
16. Licorice flavoring
17. Flowered
19. Linguine sauce
20. Leaf vein
21. Dappled
22. Lipper regions
23. Fly the coop
25. Prepare eggs
26. Whack
27. Visible at night
30. The "I" in I-stap
33. Wildlife sweaters
34. Pigeon talk
36. Impressed, plus
37. Bedding plant
38. Dopey
39. Proof reader
40. Like the beach
41. Studio feature
42. Dredges a channel
44. Antine
45. To Stockholm
46. Royal hues
50. Boston hockey player
52. Rhine port
53. Common creeper
54. "Forget" a letter
55. Delivery (2 wds.)
57. Minstrils
58. Formerly
59. Start of a famous boast
60. Minimum
61. Gaze
62. Film timer

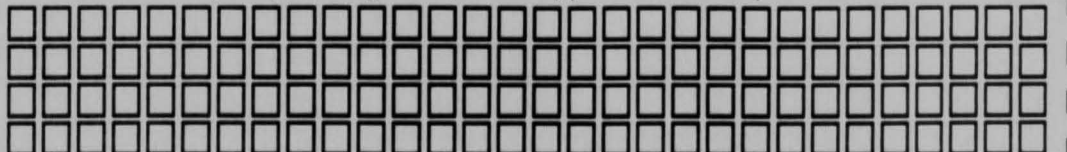
PREVIOUS PUZZLE SOLVED
1. Ailsa
2. Grant territory
3. Pram pusher
4. For — a jolly good fellow
5. Put on
6. Played charades
7. Made do with
8. Beauty of fairs
9. Fast food freebies
10. Politician JFK
11. Hilltop
12. Former JFK arrivals
13. Help-wanted abbr.
18. Go rancid
22. Like a chimney
24. African lake
25. Dismembering
27. Patches
28. Freezes over
29. Painted inwair
30. Online info
31. Had bills
32. Grant territory
33. Pram pusher
35. Poppet's sweetie
37. Joyous outburst
38. Speak hoarsely
40. Most agile
41. Deserves
43. Recital pieces
44. Divide
46. Puerto Rican port
47. Breathes
48. Happening
49. Lettarian neighbor
50. In a funk
51. Gam or Rudner
52. — of one's existence
54. House wing
55. Spring
56. Cavalr, actually



Spartan Daily Classified Local Rates For National and Agency rates call 408.924.3277

Clearly Print Your Ad Here ~ 3-Line Minimum

A line is 30 spaces, including letters, numbers, punctuation and spaces between words.



Ad rates: 3-line minimum
Local rates apply to SJSU students, staff, faculty & Santa Clara County residents.
• Rate increases \$2 for each additional line per ad.
• Rate increases \$2 for each additional day.
Frequency Discounts
20+ consecutive issues: 10% off
40+ consecutive issues: 20% off
50+ consecutive issues: 25% off
First line in bold for no extra charge up to 25 spaces.
Additional words may be set in bold type at a per ad charge of \$3 per word.
SJSU STUDENT RATE: 25% OFF. This rate applies to private party ads only, no discount for other persons or businesses. Ads must be placed in person in DBH 209 from 10am to 3pm. **STUDENT ID REQUIRED**

Name: _____
Address _____
City & State _____ ZIP _____
Phone _____
Send check or money order to (Sorry, no credit cards) to:
Spartan Daily Classifieds, San Jose State University
San Jose, California 95192-0149
• Classified desk is located in Dwight Bentel Hall, Rm 209.
• Deadline: 10:00 a.m. two weekdays before publication
• All ads are prepaid. • No refunds on cancelled checks.
• Rates for consecutive publication dates only.
Questions? CALL 408.924.3277

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 Lost and found Rental housing
 Announcements Shared housing
 Campus Clubs Real Estate
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 Events Health/Beauty
 Volunteers Sports/Thrills
 For Sale Insurance
 Electronics Entertainment
 Wanted Travel
 Employment Tutoring

can five students
change the tax strategy
of an entire nation?
they already have.*

xTAX 2004


Last fall, over 800 students from 25 colleges and universities were given a difficult task: determine if Internet retail sales should be taxed. Their ideas were evaluated by a panel of PricewaterhouseCoopers professionals, who named the top team at each campus.

Join us in congratulating all the students who participated and the top team from San Jose State University:

Anisa Tozin
Jinheung Kim
Julieta Johnson
Laura Owen
Sheetal Gosai

pwc.com/xTREME

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