

SPARTAN DAILY

VOLUME 124, NUMBER 9

Serving San Jose State University since 1934

WEDNESDAY, FEBRUARY 9, 2005

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Students flock to yoga

By Angela Forte
Daily Staff Writer

Yoga, a challenge for the mind and body is an alternative exercise regime that is becoming more popular among San Jose State University students, said one professor.

"No question, yoga has increased in popularity over recent years," said Greg Payne, professor and chair of the department of kinesiology.

Payne said he hopes to add more yoga classes for students.

"We have increased the number of sections, and could probably add more if the state budget would allow," said Payne.

Payne said nine sections of Hatha yoga classes are offered, seven of which are dedicated to beginners and two focus on intermediate-skilled students, are offered by the department of human performance and are taught by lecturer Lars Caughlan and part-time faculty member Junko Linafelter.

According to "Hot Yoga: Energizing, Rejuvenating, Healing" by Marilyn Barnett, yoga is the science of self-discipline and was founded by Patanjali, an Indian sage who lived during 300 B.C.

According to Barnett, the term yoga derives from Sanskrit, a classical ancient Indian language that means "union."

According to Barnett, yoga practice is a path of self-exploration that unites the mind, body,



Students relax before the beginning of their Hatha yoga class.

Brian Connelly / Daily Staff

and spirit, enabling you to become your highest self.

Caughlan, author of "Yoga: The Spirit of Union," said the tree of yoga originates from the Stone Age. It is a 5,000-year-old tree comprised of five main branches that continues to grow, Caughlan said.

The first branch is Raja, or "royal union," which Caughlan describes as living in the castle of

a body and each individual is the ruler of his or her castle.

The sun and moon define Hatha, the second branch, Caughlan said. When this term is paired with yoga, it means the "union of the sun and moon that encompasses the physical power of the body," Caughlan said.

Jhana, the third branch, is the power of human intellect deciphering the differences between

knowledge and wisdom, Caughlan said.

Caughlan added that the fourth branch is Bhakti, a devotional union or one's quest for the religious experience and the final branch of yoga is Karma.

"One's present action is how karma will take them into the future," Caughlan said. "It is im-

see YOGA, page 4

Social Security plan draws criticism

Recent report claims current system would operate at a deficit in 2018

By Banks Albach
Daily Staff Writer

For some San Jose State University students, President Bush's State of the Union address may seem as distant as their own retirement. But within days of his address, the president was out on the campaign trail, visiting five states in less than a week, highlighting the need to make retirement accounts more "solvent" and "secure" for younger workers. In other words, he was building sup-

port for Social Security reform.

"This makes sense to me because it gives people an ownership," Bush said to a group of supporters in Omaha, Neb.

"We want people owning more things in America. This is your account. Government cannot take it away from you. It's a part of your legacy to your family."

Bush clearly defined his domestic goals in the Feb. 2 speech and Social Security reform is at the top of the list.

Because of this, no matter how distant it may seem, the debate around Social Security reform is

directly related to SJSU students because of what's at stake, said Professor Terry Christensen, of SJSU's political science department.

"There are serious concerns about what's actually going to be there under reform for today's generation," Christensen said. "One of the unfortunate things, no matter what our opinions are about the proposals, is that younger people, who will be most affected by this proposal will be least likely to participate. They are not as organized, they are not as likely to vote, they don't have as much time and they

are not as well informed about it as the people who are benefiting now from Social Security."

Created in 1935 by President Franklin Roosevelt, Social Security currently provides retirement benefits for more than 90 percent of retirees and disability and insurance benefits for 96 percent of the workforce, or 159 million workers, according to the Social Security Agency.

According to the agency, nearly two-thirds of retirees receive 50 percent or more of their income

see PLAN, page 3

Faculty join reform project

By Banks Albach
Daily Staff Writer

The Commonwealth Club of California has tapped two San Jose State University faculty members — Professor Terry Christensen of the political science department and Phil Trounstine, director of the Survey and Policy Research Institute — to participate in its Voices of Reform Project.

Christensen and Trounstine, who were both approached with the project a year ago, will join the project's diverse steering committee of nearly 40 individuals with experience in education, governance, policy analysis, law-making and business, said Zabrae Valentine, project director for Voices of Reform.

The project will hold panel discussions and community forums throughout the state addressing issues such as budget transparency, civic awareness and participation,

campaign finance and redistricting, Valentine said. The first panel discussion was held earlier this year in Los Angeles, Valentine said.

Valentine, a former aide to the previous Senate Minority Leader Tom Daschle, said the committee's diversity presents an opportunity for valuable communication between professionals.

"All of these people have experience in governance, but they don't get the chance to exchange ideas. This committee provides an opportunity for that," Valentine said. "Some of the members have party affiliation, but by and large, it's a non-political group and all of the members have one thing in common: They are personally committed to improving the quality of California State govern-

see REFORM, page 3



CHRISTENSEN



TROUNSTINE



Colin Underwood / Daily Staff

Sister Marcia Krause, left, and Tamra Giotta, a church member, prepare the Catholic Campus Ministry Chapel for Ash Wednesday Mass.

Ash Wednesday presents time of reflection for Christians

By Mayra Flores
Daily Staff Writer

The quiet counterpart to the boisterous Mardi Gras — Ash Wednesday — is a day of penitence and mortality.

It is the day that marks the beginning of Lent — a time of fasting and reflection — for 40 days until Easter, said Todd Perreira, assistant professor of religious studies at San Jose State University.

"It is a time of deep introspective and one's sense of discipleship — what it means to be a disciple of Christ," Perreira said.

The Rev. Michael Carson of Catholic Campus Ministry said Lent is an opportunity to work toward becoming better people.

"It is the beginning of our preparation for our salvation — re-

mind ourselves of our own death," Carson said.

The western Catholic tradition of forming a cross on the forehead's of worshippers with the ashes of burnt palm-leaf crosses — made a year prior during Palm Sunday — is seen at San Jose State University, Perreira said.

The cross on the forehead is made of palm ash, Perreira said. The priest makes a cross on the members' forehead and makes an invocation.

Palm fronds used on Palm Sunday, the Sunday before Easter, are burned and the ashes saved for the following year, Carson said.

Khanhlinh Nguyen, a senior majoring in child development, said the ash is a symbol of the body becoming earth when an individual dies.

"It signifies dirt. When we die, our body turns to dirt. It reminds

us that one day we will die too. We won't live forever," Nguyen said.

During Lent, members of the church fast for 40 days, giving up something that is bad for them or taking up something that is positive, such as community service, said Kay Polintan, campus minister.

For Christians, "we are constantly being connected to each cycle — being connected to a larger community," Perreira said. "The Body of Christ is the people and this day is a way of bringing the people together."

This event can be witnessed in the streets around St. Joseph's Basilica on Wednesday as people pour out with gray crosses smudged on their foreheads. It can also be witnessed on campus at 5 p.m. at the Spartan Memorial

see ASH, page 3

EXPLETIVE DELETED

Spartan faithful oblivious to answered prayers

For three-and-a-half semesters, all I have ever heard about San Jose State University athletics is the disappointment it has caused the Spartan faithful.

I've heard people say fans would go support a SJSU team if it was a winner, or how frustrating it is to watch how other universities fill the stands for their football and basketball games.

What's most upsetting about these complaints is that this past month has offered the Spartan faithful an answer to these problems, but no one noticed.

The Spartan women's basketball team has gone off on a five-game tear during the past month, and has climbed up the Western Athletic Conference standings.

The second-place Spartans have given their fans a winner to rally around. However, most sports fans at SJSU have yet to watch a women's basketball game in the Event Center.

I understand the feeling of most Spartan fans when they say they would love to go to a sold-out basketball game here on campus, except no wants to come see

the home team lose by 20 points.

But come on, here is the answer to all of Spartan nation's prayers.

You have a winning team, playing the most popular sport in America, and there are more people going to JV basketball games in San Jose than are planning to see the second-best team in one of the largest Division-IA conferences.

If things keep going this way for the women's basketball team, they have a shot at going to the NCAA tournament.

SJSU has a team that could compete for the national championship, and no one cares.

On the other hand, if you're looking to be a part of a packed arena, you don't have to go any further than the corner of 10th and Alma streets.

Unfortunately, I only attended one of the many sold-out SJSU hockey club games at Logitech Ice

Center, but it had what Spartan fans had been asking for.

To all of those who say they long for a chance to cheer among a full venue, sorry to say that your chance just wrapped up its regular season.

As a sports fan in general, I wished for the same experience until I was able to live it.

For most Spartan followers, the only time they see the stands filled in while watching ESPN, but not for those of us who were lucky enough to be part of the hundreds of screaming fans that had to squeeze into the few seats around the rink.

The stands had overflowed to the point that people stood for the whole game as lines formed around the glass, in some places three and four rows deep.

When's the last time you heard about something like that happening at a football of basketball game?

It didn't matter to the fans whether the game was

standing-room-only because so many people supported the hockey team, or if they were there because they loved hockey and missed the San Jose Sharks.

I'm pretty sure the players didn't mind either. They performed in front of their large audience brilliantly.

After their successful season, the Spartans hopes to continue their winning ways in the postseason, and are prepared to do it in front of similar crowds.

Now, I know this season's women's basketball team isn't the only team in recent years to have a successful run go unnoticed, and that the hockey team isn't the only team in recent years to have great fan support.

However, those are the teams the Spartan faithful have to look forward to now, and as they know too well, they may not get another chance to back a winner or go to sold-out games for some time.



MARK CORNEJO

Mark Cornejo is the Spartan Daily online editor. "Expletive Deleted" appears every Wednesday.

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

Catholic Campus Ministry

Ash Wednesday Mass will take place at 8:15 a.m., 12:10 p.m. and 7 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 Father Mike Carson at 938-1610.

African Awareness Month Planning Committee

A poetry night will take place from 10 a.m. to noon in the Barrett Ballroom of the Student Union.

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

SJSpirit

Lenten blessing and imposition of ashes for Ash Wednesday will take place from 11 a.m. to 5 p.m. A worship service will take place at 5 p.m. in with the Catholic Campus Ministry. Candlelight worship will take place at 7 p.m. All events will take place in the Spartan Memorial. For more information, call Chaplain Roger at 605-1687.

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.

Asian American Christian Fellowship

A meeting will take place at 6:30 p.m. in the Pacifica room of the Student Union.

THURSDAY

African Awareness Month Planning Committee

An African Festival will take place from 11 a.m. to 3 p.m. in the Student Union Amphitheater.

Clube Lusitania

A meeting will take place from noon to 2 p.m. in the Costanoan room of the Student Union. For more information, call 509-7255.

School of Music

"The Listening Hour" concert series with solo and chamber music will take place from 12:30 p.m. to 1:15 p.m. in the Music building Concert Hall. It will feature baritone Christopher Nomura. For more information, call the music office at 924-4673.

University Scholar Series

A talk will take place from 12:30 p.m. to 1:30 p.m. at the Spartan Bookstore. It will feature Professor Gerald Cory Jr. of the College of Business giving a talk on "Let's Stop Teaching Greed!"

Academic Technology

"Into the Blogosphere!" will take place from 2:30 p.m. to 4 p.m. in room 225 and 227 in the Dr. Martin Luther King Jr. Joint Library. For more information, call 924-2303.

Chinese Mandarin Bible Fellowship

A meeting will take place from 3 p.m. to 4:30 p.m. in the Pacifica room of the Student Union.

Society of Latino Engineers and Scientists

A meeting will take place at 6 p.m. in the Costanoan room of the Student Union.

Black Alliance of Scientists and Engineers

A meeting will take place at 7 p.m. in the Guadalupe room of the Student Union. For more information, call 644-0572.

Asian Baptist Student Koinonia

A Bible study will take place at 7 p.m. in room 390 of the Dr. Martin Luther King Jr. Joint Library. For more information, call Chantra at 472-2465.

Campus Crusade for Christ

"Nightlife," a time for worship, prayer, fellowship and hearing the word will take place at 8 p.m. at the Spartan Memorial. For more information, call Mark Depoid 421-9281.

EDITORIAL

Press freedom under the First Amendment needed in democracy

The Spartan Daily is proud to call itself a First Amendment newspaper.

The First Amendment of the U.S. Constitution states, "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances."

At the Daily, we treasure our right to publish stories free of censorship in a diverse and tolerant environment that does not threaten us with violent backlash.

What has startled us is that more than a third of U.S. high school students believe that newspapers should have "government approval" before they publish, according to a survey commissioned by the John S. and James L. Knight Foundation.

The 36 percent of 112,003 students nationwide believe that the government should censor newspapers, or have "prior restraint" over First Amendment-protected stories before they run.

Prior restraint has been knocked down for being unconstitutional in court with a few exceptions, such as when the protected speech restrained presents "clear and present danger" to the United States.

When asked if the press has too much freedom, 32 percent of the high school students felt that the press had "too much freedom." Another 37 percent said the press had "about the right amount of freedom," 10 percent felt the press had "too little" freedom and another 21 percent marked "don't know."

The survey found that high school students were not aware of their First Amendment rights. After having the First Amendment read to them, 35 percent thought it went too far in the rights guaranteed. Seventy-five percent mistakenly believed that defacing or burning an American flag in protest was unconstitutional.

This lack of knowledge is disturbing. If more than one in five U.S. high school students

don't know how they feel about press freedom, that's a dangerous trend.

While college papers are protected under the First Amendment, many high school papers are subject to regulation by administrators.

High school publications are not likely to run stories that threaten national security. Yet 40 percent of high school newspapers have shut down in the last five years. Of those schools, 68 percent have no media.

This chilling effect shows no signs of slowing down either. Now some college papers are feeling the heat too.

A local example is Evergreen Valley College. Its monthly newspaper, The Flyer, was cancelled after only two students enrolled to be staff members this semester.

While two staffers make putting out a four-to-six-page paper difficult, the paper could have ran content from freelance writers to continue publication.

There are not many other media outlets at Evergreen, and another voice has been lost.

Press freedom is an important aspect of American democracy as a means to expose wrongdoing and as a watchdog over those in power.

The works of Upton Sinclair and Ida Tarbell, investigative journalists, uncovered widespread corruption in the various social and economic systems of the United States. Had they not done so, the economic and social landscape of our country might be markedly different than what it is now.

If Robert Upshur Woodward and Carl Bernstein hadn't broken the Watergate story in the 1970s, former President Richard M. Nixon would have continued to abuse his executive powers.

Newspapers, especially at universities, provide outlets for voices that may otherwise fall on deaf ears. Further government regulation would only silence these voices even more and perhaps propel this country toward the chilling vision of the future George Orwell prophesied in his novel "1984."

Letter: Student involvement needed for school

Dear editor,

San Jose State University has embarked on an important journey through a strategic planning process. This planning will allow the university to set long-term goals to make this campus stronger academically, financially and professionally.

For the strategic planning process to be effective, students

should be involved in the process. There will be many opportunities for students to engage in activities.

The first of these activities is a shared values forum that will be held on Monday from noon to 1 p.m. or 5 p.m. to 6 p.m. You will be able to share with the university the educational values you believe as a student at SJSU. Determining values for the university will help signify the ideals that you hold

for your campus experience. This is important because it allows the university to focus on students and their needs.

I encourage all of you to participate in this effort that will make a positive difference for our campus.

Rachel Greathouse
President and CEO
Associated Students

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ADVISERS — Richard Craig and Mack Lundstrom, News; Dennis Dunleavy, Photojournalism; Tim Burke, Production Chief; Tim Hendrick, Advertising

STAFF WRITERS — Banks Albach, Shannon Barry, Jean Blomo, Lauren Bosch, Erin Caballero, Peter Clark, Mayra Flores, Angela Forte, Christine Glarrow, Rachel Hill, Sarah Holcomb, Ashley Johnson, Vaishali Kirpekar, Ashley Little, Sergey Loginov, Marsea Nelson, Traci Newell, Joe Shreve, Aimee Threet

SENIOR STAFF WRITERS — Kenneth Seli, Amber Sheldon, Sara Spivey

STAFF PHOTOGRAPHERS — Zach Beecher, Brian Connelly, Shaminder Dulai, Jennifer Seigal, Lorry Thomas, Colin Underwood, Neal Waters

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ADVERTISING — Tina Fontenot, Sofia Hendrix, Jacob Ivester, Annie Kim, Serenity Polizzi, Jermaine Robinson, Aaron Ruthnick, Binh Tran, Stefanie Vasilev, Jamie Yoshioka

ARTISTS — Alan Bayudan, Illustrator; Brian Perez and Nick Scott, Cartoonists

THE SPARTAN DAILY | ONE WASHINGTON SQUARE | SAN JOSE, CA 95192
(408) 924-3281 | SPARTANDAILY@CASA.SJSU.EDU, SPARTANDAILYADS@CASA.SJSU.EDU

NEWS ROOM: 408.924.3281

FAX: 408.924.3282

ADVERTISING: 408.924.3270

SPARTAN DAILY (USPS#509-480) is published every school day for (full academic year) \$40 and (semester) \$25. Periodicals postage paid at San Jose. Mail subscriptions accepted on a remainder of semester basis. Spartan Daily, San Jose State University, One Washington Square, San Jose, CA 95192-0149

POSTMASTER: Send address changes to the Spartan Daily, San Jose State University, One Washington Square, San Jose, CA 95192-0149

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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@cas.sjsu.edu or mailed to the Spartan Daily Opinion Editor, School of Journalism and Mass Communications, San Jose State University, One Washington Square, San Jose, CA 95192-0149.

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

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

REFORM - New members bring various perspectives

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ment." For Christensen, co-author of two books on California politics, joining this project is an extension of his profession and passion, which will bring a practical approach to understanding California politics.

"I think I can help with the political realities," he said. "It's easy to talk in idealist terms about reform, it's something else to talk about what's practical and what can be done."

Christensen also said he feels he speaks for certain constituencies that otherwise might not have a voice, including the California State University system.

"I am in a faculty union. Being from a CSU, knowing the place of this institution, we understand how politics affects, very directly, those of us in the CSU," Christensen said.

Trounstone, a former political editor for the San Jose Mercury News and communications director under former Gov. Gray Davis, said he brings a unique perspective on California politics to the committee.

He said he has specific issues he wants the committee to address such as budgetary reform, extend-

ing or dismantling term limits and, most importantly, civic education and awareness.

"There are significant ways in which voter participation can be expanded and encouraged. It needs to be curriculum. I think that children need to be taught at a much earlier age about the importance of voting," Trounstone said.

Christensen said he agrees with ending term limits and more budget transparency, but adds voter registration to the list for increasing civic participation.

"In most other countries, when you become 18 you automatically become a registered voter," Christensen said.

"If I had my druthers, we would just do automatic and same-day voter registration."

Christensen and Valentine agreed that Gov. Arnold Schwarzenegger rode a reform ticket to office, but has done little reform so far.

They said the fact he is talking about reform, and recently introduced an itemized list of reform priorities, gives them some hope for the project.

"The fact the governor is even talking about reform presents us with a tremendous opportunity that we should make the most of — especially in a non-election year,"

Valentine said. Valentine said he sees increasing civic awareness and participation in governance as one of the main goals of the project, regardless of party affiliation and ideology.

"Having a government that works the way we want it to can't happen without our involvement — there's no such thing as autopilot in a healthy democracy," Valentine said.

The project's status will be posted on the Voices of Reform Web site, published in the club's magazine, The Commonwealth, and passed on to the project steering committee, Valentine said.

Based on this information, the committee will work with California policy makers to implement possible reforms in the future. The next Voices of Reform panel discussion will be held in Sacramento on Feb. 23, Valentine said.

The Commonwealth Club of California is a public affairs forum located in San Francisco. From its inception in 1903, the club has focused on issues like child labor, American Indian rights, reforming California banking laws and air pollution, Valentine said.

The Voices for Reform project is funded by a grant from the James Irvine Foundation.

Go long ...



Shaminder Dulai / Daily Staff

Kendra Adama passes the ball after a goal during a water polo scrimmage at the San Jose State University Aquatic Center.

PLAN - Privatization plan would divert payroll tax

continued from page 1

from Social Security, of which 22 percent rely solely on Social Security.

In addition, retired workers and dependents account for 69 percent of benefits paid, while disabled and deceased workers account for 17 percent and 14 percent respectively of benefits paid, according to the agency.

The Bush administration, along with the American Enterprise Institute and Cato Institute, claim in a recent report that Social Security, which has run a surplus for two decades, will begin running a deficit in 2018.

The demand for retirement benefits will chip away at the current surplus as a result, breaking it in 2042, the Bush administration claims citing a report from the Social Security Agency.

The Bush Administration proposes diverting a portion of the taxes into private retirement accounts as a solution.

On the other side, defenders of the Social Security system, including a vast majority of Democrats in Congress, feel the crisis is over-exaggerated. They also complain about a possible cut in benefits for future retirees and transition costs, estimated as high as \$2 to \$3 trillion, according to the Center for American Progress.

Citing a report from the Congressional Budget Office, which claims the surplus can pay current benefits until 2052 instead of 2042, supporters of Social Security claim the system only needs minor adjustments.

One professor said he is perplexed by Bush's plan of action.

"I am beguiled as to why Bush is pushing this," said Professor Stewart Karlinsky, graduate tax director for SJSU's College of Business. "Why is he spending his political capital on this rather than other issues? Bush is using a potential problem that is 30 to 40 years down the road that is fixable with marginal changes, for a change now that will not change the system, but create a trillion dollar hole."

Karlinsky said a small increase in the payroll tax, or raising the

Social Security tax cap, which is currently set at \$90,000, could tweak the system. Associate professor of political science Ken Nuger agrees.

"I would like someone to estimate how much more revenue the system would get if we increased the cap to \$125,000 or \$150,000, and whether that kind of money at the front end would help," Nuger said.

"What if another Enron happens? What's the backup?" Stewart Karlinsky, professor

For Megan Brill, a senior majoring in history major, the situation falls into demographics. "The economy has changed and people have changed. I think Social Security needs to be updated," said Brill, who is also the chair for the College Republicans. "A couple of decades from now, when the baby boomers retire, it is not going to hold up. I think some reform needs to be done."

David Taylor, a graduate student in computer engineering, said he questions the motivations

behind reforming Social Security, he likes the higher rate of return of 401(k)s.

Before revamping Social Security, Taylor said, the government should not only make 401(k)s available to all workers, it should analyze its fiscal responsibility.

"I think the problem with Social Security is more of a problem of not being able to balance the budget," Taylor said. "Take all of the other money we have spent for other programs, like the military, and we could solve that problem."

Private retirement accounts tend to have a higher rate of return, which can yield nearly 4 percent in the most conservative accounts, compared to Social Security's 2 percent, according to the Cato Institute.

Karlinsky said he worries about the worst-case scenarios should Social Security disappear.

"What if another Enron happens? What's the backup? What's the safety net?" he said. "In effect you could have another welfare class in the 80-plus age group. You could have a 90-year-old on welfare."

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ASH - Ministers place ash on people's foreheads

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Chapel, Carson said.

"I knew that we had it on campus, but I haven't gone to any here," said Victoria Camacho, a senior majoring in marketing.

Mass has been celebrated on

Ash Wednesday on campus since 1986, Polintan said.

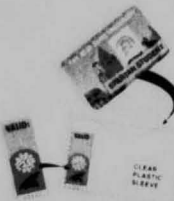
"People go to church and receive ashes," Bowman said, who will also be ushering at the Grace Cathedral in San Francisco today.

Nguyen said the day is a reminder of God's promise of eternal life.

"Ash Wednesday is remembering that God died for us and that one day, we will be ash ourselves and that this is not a life, our life is later on," Nguyen said.

Other ceremonies will be held at the Catholic Campus Ministry Center on 10th Street at 8:15 a.m., noon and 7 p.m.

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



With AS Eco Pass, SJSU students & employees can enjoy unlimited rides on all VTA buses & Light Rail

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San Francisco - San Jose - Gilroy Baby Bullet Express Service to/from San Francisco in less than an hour. Free shuttle offers connection between Caltrain and SJSU.

Carpool & Vanpool



Join a carpool or a SJSU Vanpool. Access carpool lanes while reducing commute costs.

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Park your bike free at any of the five on campus enclosure. Guaranteed and secure bike parking.

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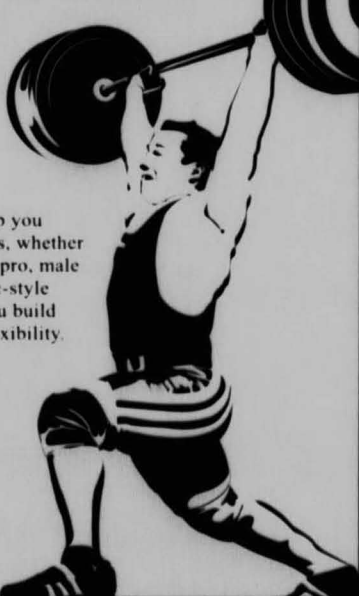
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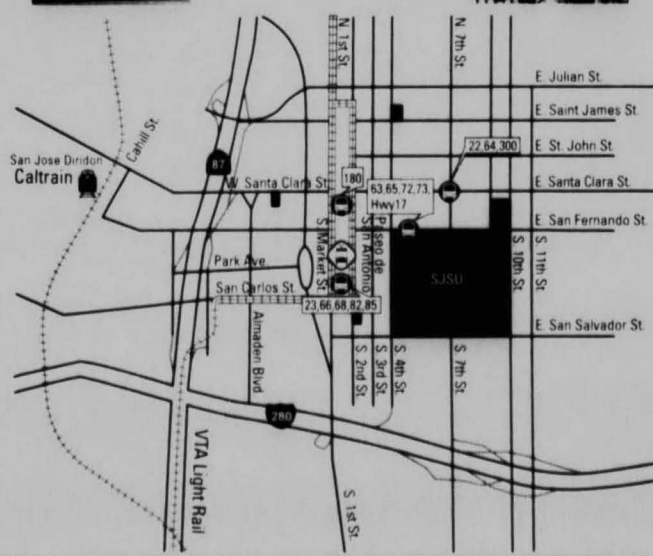
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Brian Connelly / Daily Staff

Students stretch their legs during a Hatha yoga class. The class focuses on uniting the mind with the body.

YOGA - Styles focus on finding harmony for body, mind

continued from page 1

portant to learn from mistakes and change the future."

According to "Yoga for Dummies" by Georg Feuerstein, said the yoga tree has three additional branches — Guru, Mantra and Tantra.

In Guru, the student is dedicated to his or her enlightened or almost enlightened teacher, Feuerstein said.

Sound is the focal point in Mantra as students are given a mantra and are asked to repeat until the mind is focused and the body harmonized, Feuerstein said.

Hatha is a term most commonly used with yoga, said Ken Bond, owner and senior instructor of Willow Glen Yoga.

Bond said, "Hatha yoga is the physical practice of it. Within tradition, if it moves, it's Hatha."

Feuerstein said popular styles of Hatha yoga include Ashtanga, also known as Power yoga as well as Bikram yoga.

However, Linafelter said she doesn't focus on any particular style in either her beginner or intermediate classes because she believes no superior style exists.

"Each style has its own characteristic," she said. "Those who want to lose weight will do Power yoga or Bikram yoga."

Amy Vandiver, a junior majoring in geology, said she is pleased with Linafelter's instruction.

"She focuses on breathing techniques and gentle stretches that are all related to the elongating of the spine and finding strength through poses," she said.

Students interested in one of these styles or just in need of a change of scenery can endeavor off campus to a local studio.

According to a written statement, Willow Glen Yoga offers varying levels of Vinyasa, a style that focuses on breath and continuous flowing movements with advanced classes based on the Ashtanga style.

For students, drop-in classes are \$10 and new students can attend three classes for \$20.

Bond said students come to the studio for individual needs, such as injuries, a need for community or in search for a date.

"It doesn't matter why you come," Bond said. "It gets you

prompted him to endure a six-month yoga program under Gosh's supervision, Barnett said. This led him to create a series of 26 Hatha yoga postures, Barnett said.

Michele Vennard, owner and director of Bikram Yoga of San Jose, said the 26 postures are completed twice in a 104 degree heated room within a 90-minute period.

"It is a method made available here in the western world to maintain the body," Vennard said. "The heat allows students to stretch deeply. This opens up the pores, flushing out toxins, sending in nutrients and increasing blood flows. The body has lots for natural imbalances, this helps to harmonize the body," Vennard said.

For first time students, classes are \$10. For every time after that, drop-in classes are \$15.

Vennard said student response has been incredible.

"I have 4,000 members, 550 a week come in. I have huge testimonials," Vennard said.

"One client was on thyroid medication and now taking less. The class has also helped clients with asthma and knee surgeries."

Bond said those who are confused about what style of yoga is right for them should understand they will benefit physically, mentally, emotionally and spiritually with either one.

"Yoga is not about reaching a goal," Bond said.

"If you can get your ankle behind your head, it doesn't mean you burn a purer flame than someone else," said Bond.

Students who are having troubles enrolling in a Caughlan or Linafelter class can take Ashtanga and Vini yoga classes at the sport center located in the Event Center on campus.

Suicide bomber kills 21, insurgents ambush official

BAGHDAD, Iraq (AP) — A man walked into a crowd of Iraqi army recruits in central Baghdad on Tuesday and blew himself up, killing at least 21 and wounding at least 27 people.

With that attack, the death toll has reached 168 in Iraq since the Jan. 30 parliamentary elections and Iraqi security forces have born the brunt of that violence. Of 153 Iraqis reported killed in the past nine days, 106 were soldiers, police officers or army and police recruits, according to figures released by the U.S. military and Iraqi authorities. In addition, 15 U.S. soldiers were killed.

The violence suggests that the election, despite a larger-than-expected turnout, has not slowed a grinding insurgency that has killed tens of thousands of Iraqis and 1,445 Americans since the start of the Iraq war. Attacks appear to have increased in cities such as Baghdad and Mosul, where security was particularly high for the elections but since has leveled off.

Insurgents were "no doubt waiting for a relaxing of security restrictions after the elections" and "are probably feeling some of the saved-up animosity that couldn't work its way out during the election period," according to U.S. Army Capt. Patrick M. Roddy Jr., who until last week served as liaison between the U.S. military and the government of Ninevah province, where Mosul is located.

Roddy said that "another large spike in violence" is likely when the election results are announced, including the targeting of newly elected officials. Those results may

be announced by Thursday, Iraqi election officials have said.

In addition to Tuesday's bombing, at least five Iraqis were killed in separate violence in the capital. They included three Iraqi police officers who were killed during clashes in Baghdad's western Ghazaliyah neighborhood, according to the Associated Press.

Assailants also ambushed a sports utility vehicle carrying a politician, Mithal Alusi, who ran in the Jan. 30 elections. Alusi was not injured but two of his sons — one reportedly in his twenties and the other 30 — were killed. Alusi was a prominent official within the Iraqi National Congress, the party headed by Ahmad Chalabi, until Chalabi expelled him for visiting Israel last year.

The pan-Arab television network Al-Arabiya showed footage of Alusi standing in a daze before his sons, both cloaked in black body bags.

Two American soldiers were seen offering their condolences to Alusi and trying to console him, shaking his hand and kissing him on both cheeks, an Arab custom.

An Iraqi chef who worked for U.S. troops at Baghdad International Airport was killed Monday by gunmen, according to the Associated Press, quoting hospital sources.

And the U.S. military, elaborating on reports that U.S. soldiers in Baghdad had rescued four kidnapped Egyptian employees of an Iraqi cell phone company, said soldiers had stopped a suspicious vehicle and found two of the men in the trunk.

Soldiers then arrested suspects at the scene, the military said.

Al-Qaida in Iraq, the organization headed by Jordanian militant Abu Musab al-Zarqawi, took credit for Tuesday's bombing in a statement on an Islamic Web site.

The group, which also took credit for the Mosul bombing and another in Baqubah on Monday that killed 15, vowed further attacks on "apostates and their masters."

The solidification of the Iraqi security forces is regarded as the linchpin of the U.S. military's strategy to ultimately withdraw from Iraq.

The Bush administration has said there are 136,000 such forces who are "trained and equipped," but military officials acknowledged that only a fraction are developed enough to provide adequate security against the insurgency.

The insurgents have repeatedly targeted not only soldiers and police but also the recruits who continue to line up for jobs by the thousands, in part because of the country's chronic unemployment.

Tuesday's bombing occurred around 10:30 a.m. at an army recruiting center at the old Al-Muthana airfield in the heart of the capital.

According to witnesses, a man walked into a crowd of approximately 100 recruits gathered in front of the front gates and detonated a bomb.

Iraqi soldiers were shooting indiscriminately at the site for hours after the bombing. The area where the bombing occurred was littered with shell casings and debris.

"Yoga is not about reaching a goal."

**Ken Bond,
yoga instructor**

back to yourself. It opens up your body, mind and heart and when you open up your heart, life seems less scary," Bond said.

For students in need of repetition and a thorough sweat, Bikram Yoga of San Jose offers 31 weekly classes.

According to Barnett, Bikram yoga was created by Bikram Choudry who was taught under Bishnu Gosh, the founder of Gosh College of Physical Education in Calcutta, India.

At a young age, Choudry experienced injuries related to cycling, running and weight lifting, which

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(in the Spartan Daily)

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Circle One: Check
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Additional Art (Included)
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Dull CD leaves nothing to believe

By Shannon Barry
Daily Staff Writer



Photo courtesy of Warner Bros. Records

Missy Higgins' "All for Believing" EP is a good first listen but if you're looking for an album that will change your

REVIEW

life, this isn't it. In fact, it is nothing more than a melting pot of '90s-infused chick rock. Higgins evokes Sheryl Crow and Alanis Morissette with a dash of Macy Gray.

This Australian-based artist may provide the lyrics, vocals and piano talent, with a little help along the way, but Higgins' efforts — noteworthy as they are — fail to progress as a whole.

The first track, "All for Believing," begins with whimsical lyrics such as "I need to know just how you feel, to comfort you / I need to find the key let me in, into your heart to find your soul."

Unfortunately, the piano accompaniment does nothing more than mimic the dramatics of repetitive and prolonged phrases.

The pace picks up in the second track "Ten Days" which features bass strings accompanied by guitar and piano, emanating a heartfelt poem with lyrics such as "But time has changed nothing at all — you're still the only one that feels like home / I've tried cutting the ropes and I let you go but you're still the only one that feels like home."

Of the few memorable songs showcased here, the third track "Scar" does something most of the songs do not by immediately getting to the emotional energy of the song. The piano tonality is memorable and original, folksy and charismatic. While this song is defined by a cookie-cutter formula, it manages to break boundaries and leave a lasting

impact.

The main shortcoming of Higgins' album is the repetition as an emphasis of her lyrics, eventually growing redundant and bland.

Like any successful album, the goal is to tell a story. While Higgins' develops the setting, climax and resolution, by the fourth track the album plummets to an unsound and dreadfully dull resolution.

The lyrics — soulful and filled of ongoing daydreams — fail to comment on any other aspect of this girl's life besides the heart-drenched one that she drowns us in.

It is refreshing to have such definitive vocal range and heartfelt lyrics showcased here, but Higgins' manages to pound those piano chords of love for eighteen minutes too long.

In the end, the pacing of her music feels precarious and superficial.

Higgins' ethereal vocals may embrace the listeners, but before long her unoriginal, underdeveloped concept will fail to impress, leaving this story forgotten and dusty on the shelf for the months that follow.

Roper rocks small Christian crowd

By Marsea Nelson
Daily Staff Writer

The back room of a church is not exactly where a college student might expect to be on a Saturday night.

The all-ages venue on Lucretia

REVIEW

Avenue known as "The Cave" hosted the Denver-based Christian pop-punk band, Roper, and three opening bands. About 70 people showed up, the majority of them in their teens minus a few adults who were presumably parents of members of the bands that opened.

All five members of Roper previously belonged to other bands before forming Roper. Lead singer, Reese Roper, sang for the somewhat successful band Five Iron Frenzy.

"I'd like to get to the point where there's an identity other than 'We're Reese's new band,'" lead guitarist Jonathan Byrnside said.

Roper was three shows away from wrapping up its second tour, promoting their debut compact disc released on 5 Minute Walk Records. Despite being well-produced, the album's name, "Brace Yourself for the Mediocre," is more accurate than ironic.

But one thing that can undoubtedly be said for Roper, Christian rock or not, is that they don't take themselves too seriously.

"Roper is the dumbest name you could name this band," rhythm guitarist Stephen Till said.

"Because it's the lead singer's last name," Byrnside added.

The lyrics of Roper's songs are similarly lighthearted. "Put your dentures in, sweet-talker / I just painted flames on my walker," are lyrics from the song "Vendetta"

about elderly love. Although the majority of Roper's lyrics are not overtly Christian, the band's faith does sneak into some of the songs, including "Day of Pigs" in which Roper sings, "Some pep rally where we scream His name / Like God was losing in a football game."

When Roper finally took the stage at 9:45 p.m., the majority of the crowd gathered around the stage though some observed from fold out chairs in the back of the room.

The band dove into the song

"Hello Lamewads" and remained energetic for the entire set despite a lackluster crowd. A few people in the audience sang along and one fan was pumping his fist in

the air, but other than that, crowd members did little more than bob their heads to the fast-paced beat. Several attempts by band members to start unified clapping quickly dissipated.

Till said he wasn't surprised by the lack of energy from the crowd. "It's California," he said.

"There's just so many shows to come to that the kids get really jaded," Byrnside said.

"When we play the podunk towns where 500 kids come out



Neal Waters / Daily Staff

Christian rock band Roper performs for San Jose teens at The Cave, a church-organized venue in South San Jose. Roper is currently on a national tour promoting its latest album "Brace Yourself for the Mediocre."

because there's nothing else to do, (such as) Coos Bay, Oregon, kids go nuts."

During the set, the singer's personality was almost more entertaining than the actual songs.

He performed like he was in front of a stadium crowd instead of an intimate gathering of half-comatose high school students.

A nice addition to the instrumental blend was the monosynth that Roper played.

When he wasn't playing this mini-keyboard he performed energetic dances including a spastic hoola, impressively high leg kicks, and moves that resembled those of Carlton from "The Fresh Prince of Bel-Air."

Lead singer Roper experienced some technical problems with the microphone but handled them like a pro, warning the crowd, "When you guys are in a band, don't ever

lick the microphone."

The band played 14 songs including covers of "Welcome to the Jungle" by Guns N' Roses and an accelerated version of "The Promise" by When in Rome.

Toward the end of the show Roper told the crowd, "OK, so we have two songs left and they're not very good, so if you wanna go home now, that's cool."

After the set, the singer led the crowd in a group prayer.

Despite Roper's entertaining live show and humorous lyrics, their Christian ties may limit their fan base. The band members, however, aren't worried about this.

"I think God can work through that," Byrnside said. "He'll make whatever He wants to happen, happen."

The band will have to wait and see if God has stadium tours in mind for Roper.

'Crumbs' puts spins on classics

By Traci Newell
Daily Staff Writer

Myriad struggles and experiences intersect in an African American family household during their first year in Brooklyn in the early 1950s.

"Crumbs from the Table of Joy," a play by Lynn Nottage, premiered Saturday at the Lorraine

REVIEW

Hansberry Theatre in San Francisco.

The play featured a colorful cast of characters, all who were facing different but similar social plights of the 1950s.

The play begins with the Crump family, having recently lost their mother, moving to Brooklyn from the country life in the South. The father, Godfrey Crump, deals with his grief by blindly following Father Divine, and allowing his Christian, folk, and New Folk teachings to dictate his household.

Through out the play we come to know Godfrey, his two teenage daughters, their charismatic communist aunt, and Godfrey's soon to be Anglo-German wife.

This play seems very familiar because the characters seem to be from other plays. Lily Ann Green, the charismatic aunt with her alcoholism and outspoken ways, is very comparable to Blanche Dubois from Tennessee Williams' "A Streetcar Named Desire."

Even the set looked similar to other plays, such as the living room in Williams' "The Glass Menagerie", or the kitchen from "A Streetcar Named Desire." This may be because Nottage was trying to emulate the African

American classics that came before her.

The New York Post dubbed the play a pairing of playwrights Lorraine Hansberry and Tennessee Williams.

It seems the play tries to imitate classics that precede it. Since it puts its own unique spin on it, the audience member may feel a little lost, or disappointed that it isn't the classic it mimics.

The story is extremely complex, dealing with issues from the 1950s such as the African

This play is a wonderful look into this period of time that has such a rich history that is painted so well through all of the hardships these characters face.

American struggle of living in a predominately white society, communism, the Red Scare, religion, and the importance of a nuclear family.

The artistic director Stanley E. Williams said one of the main things this play should bring to the audience is to manifest the importance of transition.

"And with the transition," Williams said, "keep an open mind and embrace change."

The change that Williams refers to is the personal journey the

characters all take in this play.

Nottage, in an interview with The Oregon Shakespeare Festival, said the female lead Ernestine takes bits, crumbs from each person she encounters. She learns valuable lessons from everyone that in turn helps shape the woman she becomes.

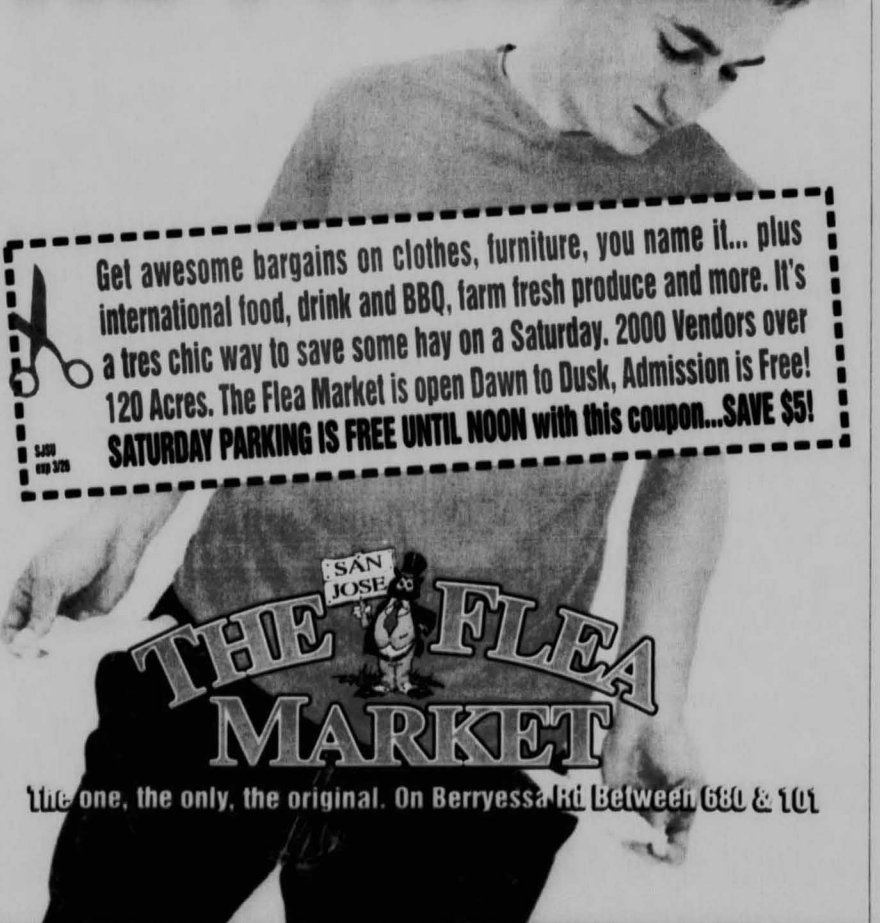
The wide-eyed China Raven Crawford gave a wonderful performance as the 17-year-old Ernestine Crump. Throughout the play she is at a crossroads, just about to graduate high school and face the real world. She observes her father, sister and aunt's life to ultimately make life decisions for herself. Her monologue at the end was extremely touching and gave a good sense of conclusion.

Another notable performance was Cathleen Ridley's portrayal of Lily Ann Green, Ernestine's aunt. She played the role of an outspoken woman with such blunt personality. Lily was dubbed, by society, a communist. She was a strong woman and fought for everything she believed in — she was not the typical 1950s woman. Ridley played Lily with such magnetism that really displayed to the audience the difficulty of being left of center in the 1950s.

This play is a wonderful look into this period of time that has such a rich history that is painted so well through all of the hardships these characters face. The cast of five actors really brought the characters to life in their own unique ways.

The Lorraine Hansberry Theatre, located at 620 Sutter St. in San Francisco, is running the play through Feb. 27. Performances are Thursday through Saturday evenings at 8 p.m. and on Sunday afternoons at 2 p.m.

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