

SPARTAN DAILY



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Special visa gives foreign students time to find work

**Some use training opportunity
as grace period after graduation**

By Lalee Sadighi
Daily Staff Writer

Martin J. Lawler, an immigration attorney, was on campus Nov. 15 to discuss the different temporary work visas available for international students upon graduation from San Jose State University.

"You have to start thinking about your strategy very early on," Lawler said to the 125 international students who had gathered to attend the hour-long workshop. "Timing is crucial."

Central to this strategy is the Optional Practical Training.

After graduation, international students can remain legally in the U.S. for one extra year thanks to the training.

The training allows international students to work for a year in their field of studies after graduation, but after a year, unless their employers decide to hire them and apply for an H-1B visa, they must return to their countries of origin.

"It is important to file for your OPT at least one semester before graduation," Lawler said, "and if you plan on filing for an H-1B visa, you want to make sure that you time it well."

According to the Bureau of U.S. Citizenship and Immigration Services Web site, formerly known as Immigration and Naturalization Services, the H-1B, launched in 1990, is a non-immigrant visa category that allows American companies and universities to temporarily employ foreign workers who have the equivalent of a U.S. bachelor's degree.

Currently, the number of H-1B visas is limited to 65,000 per year, according to the Web site, with an additional 20,000 for those with U.S. graduate degrees and no limit for universities, non-profit and government research laboratories.

"The number of visas granted each year has changed over time," Lawler said, "but we are in a strange era that is short of H-1B visa numbers."

The numbers of H-1B visas granted each year were affected by Sept. 11, Lawler said.

"The political and economical factors at work since Sept. 11 have affected the number of visas granted to immigrants in general," Lawler said.

According to the U.S. State Department's Consular Affairs Bureau Web site, in 2002, the U.S. government gave 253,841 visas to foreign scholars, researchers and teachers, about 8,000 less than the number granted the year before and in 2004 the U.S. government limited H-1B visas issued each year to 65,000.

Throughout his speech, Lawler emphasized the importance to apply early for an H-1B visa as the 65,000 numbers get distributed on a first-come, first-served basis.

"The visas are made available at the beginning of each fiscal year, which is in October, but applications are accepted as early as April 1 and I suspect that this year by April 2, they will all be gone, so timing again is crucial," Lawler said.

Although applications can be received as early as April 1 and visa numbers distributed right away, the visas don't become effective until Oct. 1, Lawler said.

Assuming that a student graduates in May 2007 and finds employees willing to hire them under the Optional Practical Training and keep them after it ends, they will have missed the April 2007 application opening date and will have to wait for April 2008 to submit their visa requests.

But since the training is only valid a year, by the time they will receive their H-1B numbers, in October 2008, their one-year training would have already finished in June of the previous year, four months before his H-1B visa becomes effective, leaving them out of legal status for this time period.

"This loss of status will prevent you from getting your H-1B visa," said Lawler. "You must remain in good status the whole time of your application process."

The solution, Lawler said, is to ask for a 60-day time delay when applying for the training. Instead of starting it June 1, it would be postponed to Aug. 1, for example. There is also a 60-day grace period which, added to the other 60 days, will make up for the four-month gap.

"I always thought that if I found an employee willing to hire me after my OPT then I'd be set," said

see VISA, page 6

Buttery fumes may be harmful

Study says chemical hinders breathing

By Mary Beth Hislop
Daily Staff Writer

San Jose State University students who scrimp, skimp and save may sacrifice Friday nights out on the town for home movies and microwave popcorn. his could be a dangerous decision.

Last July, the Sacramento Bee reported that doctors working for the National Institute for Occupational

Safety and Health Administration had discovered a strong link between diacetyl and a lung ailment that was responsible for killing at least three workers and disabling dozens of others. They all worked in microwave popcorn factories.

Diacetyl is a flavoring used in artificial butters, candies and other foods. Like the popcorn plant workers, many

workers in other food manufacturing plants who are exposed to large quantities of diacetyl, have fallen ill.

The disease is bronchiolitis obliterans, an irreversible inflammation of the airways to the lungs — a person's breathing capacity is severely reduced, according to the Sacramento Bee article; several of the diagnosed workers were on lung transplant lists in July.

Though students may not be exposed to the massive amounts that factory workers are, several expressed

concerns about chemical safety.

Electrical engineering major Mrugesh Chandarana, 24, said he eats the microwave-variety popcorn at least four times a week.

"It's too bad. I really like the taste," Chandarana said. "But I'd stop eating it if it was bad for me."

Another student said he isn't a huge popcorn fan in the first place.

"I eat it every once in a while — ev-

see FUMES, page 4

O' Christmas tree

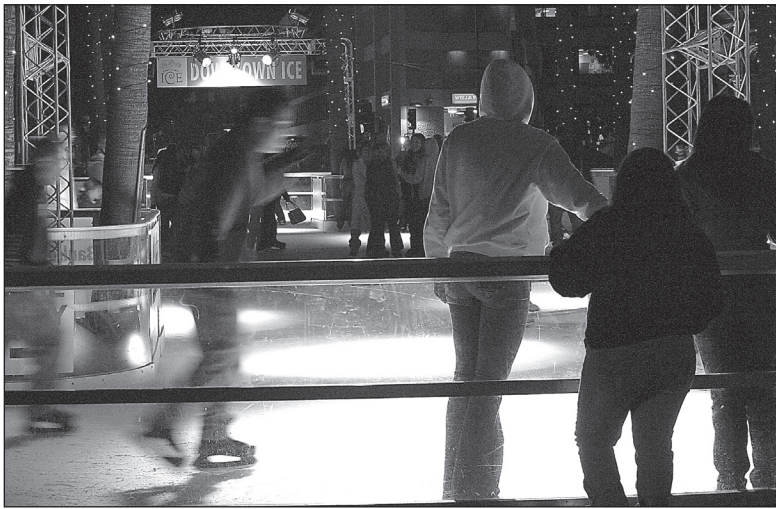


PHOTOS BY PEARLY CHAN/ DAILY STAFF

Downtown park transformed into holiday attraction



The two-acre Plaza de Cesar Chavez park in downtown San Jose, is transformed each year during Christmas into a holiday fantasy with more than 60 musical and animated exhibits and glittering lights, and a 60-foot city community giving tree.



TOP: Christmas in the Park, a holiday display in downtown San Jose, features a community giving tree from Nov. 24, 2006 to Jan. 1, 2007. ABOVE: Ice skaters take a break by the side of the Downtown Ice rink on Saturday. This is the third year that the Circle of Palms is transformed into a skating rink for the holiday season.

Study debunks college weight gaining myth

**First year students should
not fear the 'freshman 15'**

By Kelli Downey
Daily Staff Writer

Freshmen at San Jose State University may have heard about and feared the weight gain known as the "freshman 15." Freshmen students can breathe a sigh of relief to know that a recent study indicates the average weight gain is between five to seven pounds.

Two recent studies by Brown University have disproved the famous 15-pound weight gain. The new results, which were based on data from 907 students at Purdue University and 382 at Brown, indicates sophomores gain weight as well.

"I've probably gained 8-10 pounds already since August," said Aaron Remulla, a freshman double majoring in computer engineering and business management.

Incoming freshmen are probably not accustomed to the freedom that comes with choosing their own class schedules. With varied schedules and long breaks, students can engage in snacking between classes and meals.

"I eat out a lot more than I used to because when you have breaks in between classes and have noth-

see WEIGHT, page 4

Killing colds begins with washing hands

By Sara Spivey
Daily Senior Staff Writer

The cold and flu season has come around again. It is the time of year when germs lurk on doorknobs, telephone receivers, keypads and other common objects, waiting to infect innocent victims.

Every year, nearly one billion people are infected with the common cold, but there are some simple preventative measures that people can take to reduce their risk of infection, said Patricia Benfield Jones, the San Jose State University Student Health Center pharmacy manager.

"If you don't touch your face or head from the neck up, ever, and then wash your hands real well before you do, you have a huge likelihood of never catching a cold," she said.

Benfield Jones also said people should be aware of how they sneeze.

"Here at the university, I see it all the time," she said. "If we sneeze, we sneeze into the air. It's better if we cover it with our arm (or) if we have a Kleenex,

see COLDS, page 4

CRUNCH TIME

College football should adopt a new format to determine No. 1

There was little doubt that Ohio State University was going to the Bowl Championship Series national championship game, but the big question circling across the college football scene had been who would face them. The question had been lingering since the Buckeyes beat then undefeated University of Michigan on Nov. 18. The teams were ranked No. 1 and No. 2 at the time, with Ohio State favored to win. It was the Wolverines' final game of the season and was waiting for the University of Southern California to play its final two games. USC was 9-1 when Michigan played its final game. If USC won the final two games, it would get the nod for the national championship game. If USC lost to either Notre Dame or UCLA, then Michigan would get the chance at a rematch. Or so the Wolverines thought. Little did people know that on Nov. 18, USC would not win its final game against UCLA and Florida would claim the Southeastern Conference title and finish the season 12-1. Little did people know, the decision would come down to a hundredth of point in the complex average formula that hinged on the voting of coaches and several computer polls. Now the Wolverines are rabid and crying foul

about the decision. It's hard to argue considering they had been the No. 2 team since USC fell to Oregon State on Oct. 28, including the two weeks that they had to wait for other teams to decide their fate. Florida was knocked out of the No. 2 slot a week earlier when the team fell to Auburn University. Basically, it is a huge mess where no one would be happy no matter who would be named No. 2 unless USC didn't lose to UCLA. And even then, losing to Oregon State is a bigger deal than losing to Ohio State — USC should have beaten the Beavers whereas Michigan had an uphill battle to down the Buckeyes. But the mess is just one symptom of a bigger problem. The BCS is screwy. Last year, by some miracle, USC and the University of Texas were the lone undefeated teams in the rankings and advanced to the national title game. Basically, since there were two undefeated teams, there is no math needed to determine who is worthy to play in the championship. No such luck this year.



CHEETO BARRERA

QUOTE OF THE DAY:

Our imagination is the only limit to what we can hope to have in the future
— Charles F. Kettering

Like in years past, there is bickering from teams who feel they were cheated. And there really is no easy resolution. There are two solutions that make sense, neither of which include keeping the BCS intact the way that it is. First, which some have suggested, is to have a tournament. The format could pit the top four or eight teams in a playoff-style tournament and the winner would be the national champion. Some would complain that this could potentially interfere with the bowl games that run from the end of December through the first week of January. On the other hand, some want to have a clear-cut national champion. Perhaps there needs to be a sacrifice made. The playoff format could also allow other teams to compete in the bowls by offering smaller-named teams a chance at bowl games that are normally monopolized by the same crop of teams. Teams in the playoffs, who normally receive large cash prizes for competing in bowl games, could receive an alternative reward through the playoffs that steadily increase the deeper they go. The only other alternative to the playoffs is doing away with the BCS all together.

This will completely do away with the fighting over who should be in the title game. Of course this would deny the country its desire to have an outright champion, but then, no longer would anyone be cheated. With the BCS gone, we can go back to the days of the polls, such as the Associated Press poll, to determine which school is top in the nation. One of the big problems with this year's BCS selection was the fact that a good number of people didn't want to see an Ohio State-Michigan rematch. I can't say they are completely wrong in that decision, though Wolverine fans would highly disagree. The question then becomes, if Michigan beats Ohio State, who is the national champion? They would have a 1-1 head-to-head record and nothing would be answered. By eliminating the BCS altogether, there will no longer be this scenario. The NCAA needs to figure out what they are going to do, and do it soon. The BCS is a failure and needs to be fixed.

Cheeto Barrera is the Spartan Daily executive editor. This is the final appearance of "Crunch Time."

SPARTA GUIDE

Write letters to the editor and submit Sparta Guide information online. Visit our Web site at www.thespartandaily.com. You may also submit information in writing to DBH 209.

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. Space restrictions may require editing of submissions. Entries are printed in the order in which they are received.

TODAY

Artique Craft Fair

The 12th annual artique craft fair with handmade crafts made by campus staff on display and sale from 9 a.m. to 4 p.m. at the Student Union's main floor. For more information, e-mail John Hawk at hawk@jupiter.sjsu.edu.

Concert Series

A part of the listening hour celebration titled "Student Showcase: What it takes to be a good sight-reader," with solo and chamber music from 12:30 to 1:15 p.m. in the Music building Concert Hall. For more information, contact Joan Stubbe at (408) 924-4649.

School of Art and Design

A part of the Tuesday night lecture series the annual student video festival from 5 to 6 p.m. in the Art building room 133. For more information, contact the Jo Farb Hernandez at (408) 924-4328.

School of Art and Design

Student Galleries Art Exhibitions in Galleries 2, 3, 5, 8, Herbert Sanders and Black Gallery reception from 6 to 8 p.m. in the Art building and Industrial Studies building. For more information, contact the gallery office at (408) 924-4330.

Counseling Services

Personal counselor Ellen Lin will hold drop-in hours from 3 to 5:30 p.m. in the Mosaic Cross Cultural Center of the Student Union. For more information, e-mail Annalyn Cruz at annalyn.cruz@sjsu.edu.

QTIP

Queers Thoughtfully Interrupting Prejudice will hold a general meeting from 5:30 to 6:30 p.m. in the Montalvo room of the Student Union. For more information, contact Derrick Quema at (510) 691-1989 or e-mail qtip_sjsu@yahoo.com.

WEDNESDAY

Associated Students

The Associated Students Board of Directors encourages students and staff to attend meetings at 3 p.m. in the Ohlone room of the Student Union. For more information, contact Jessica Hernandez at (408) 924-6410 or e-mail jhernandez@as.sjsu.edu.

HR 101 Workplace Safety and Ergonomics

A course providing an overview of preventative ergonomics and safety measures for employees who work in an office setting from 10:30 to 11:30 a.m. in Clark Hall room 547. For more information, contact Lindsay Hamm at (408) 924-2141.

Catholic Mass

All are welcomed to the table for an inclusive feminist Catholic Mass led by Roman Catholic woman priest Victoria Rue at 5:15 p.m. in the Spartan Memorial. For more information, e-mail Victoria Rue at victoria@victoriarue.com.

THURSDAY

Concert Series

A part of the listening hour celebration titled "Faculty Hour," with a celebration to composer Robert Schumann and theorist/composer Jonathan D. Kramer from 12:30 to 1:15 p.m. in the Music building Concert Hall. For more information, contact Joan Stubbe at (408) 924-4649.

Poet Laureate Al Young

A lecture and reading by California Poet Laureate Al Young from 7 to 9 p.m. at the Dr. Martin Luther King Jr. Library room 550. For more information, contact Danelle Moon at (408) 808-2062 or special.collections@sjsu.edu.

Educated Person Dialogue

A brown bag discussion on the Vision 2010 planning panel on integrative learning from noon to 1 p.m. in the Instructional Resource Center room 101. For more information, contact Annette Nellen at (408) 924-3508 or e-mail at anellen@sjsu.edu.

SJSU Jazz Orchestra

The SJSU Jazz Orchestra's second concert featuring Grammy-nominated trumpeter Wayne Bergeron from 7:30 to 9 p.m. in the Music building Concert Hall. For more information, contact Aaron Lington at (408) 924-4636 or e-mail aaron.lington@sjsu.edu.

Counseling Services

Counseling Services will host a body affirmative group from 4 to 5:20 p.m. in the Administration building room 201. For more information, contact Ellen Lin or Wei-Chien Lee at (408) 924-5910.

GUEST COLUMN

Genetically engineered products could lead to risk for consumers

Imagine a grape that could resist frost, a plant that wouldn't need light to photosynthesize or a rice crop that would meet all our nutritional needs.

These are some of the very attractive promises of the blooming biotechnology industry.

Genetic engineering could make all these wonders possible, thus ending the most pressing human problems of malnutrition or soil pollution. Viewed from this angle, genetically engineered food seems like a dream come true and the cure to human misery.

Why then does genetically modified food have so many detractors in the United States and abroad?

Why does Jose Bové, a famous French corn producer keep on making the French headlines for burning fields of genetically modified crops in France?

The truth is that genetically modified foods are not produced for philanthropic reasons like the giant biotechnology corporation Monsanto — one of the biggest, most powerful, most ambitious and controversial biotechnology companies on the planet — wants us to believe.

Genetic engineering is a process whereby genes from one organism are moved into the genome of another organism.

In the case of genetically engineered foods, genes from bacteria or other plants or organisms are moved into other crop varieties. This provides herbicide-tolerance and/or insect resistance to existing domesticated plants.

But in many cases, biotechnology breaks down natural species boundaries. The genes inserted cannot be removed and thus spread into the environment during the pollination process.

Because genetically modified crops are implanted in nature after being created, there is no way of stopping their spread and their invasion of fields where non-genetically modified organisms are grown.

Monsanto and other biotechnology companies are left free to alter natural species and spread them in our environment.

So far biotechnologists have engineered numerous new creations, such as potatoes with bacteria genes, super-pigs with human growth genes that grow so big that they cannot stay up on their legs, fish with cattle growth genes three to five times bigger than their non-genetically modified counter parts, tomatoes with flounder genes, and thousands of other plants, animals and insects.

At an alarming rate, these creations are now being patented and released into the environment.

Once released, these organisms are uncontrollable and many fear that it will hurt environmental biodiversity and that natural species will disappear.

Steve Jones, a leading British geneticist who wrote extensively about genetically modified organisms wrote that, "Evolution is all about assembling the improbable by tiny steps; and not until the unlikely has been reached do we notice just what it can do"

The biotech industry is a crude science, still in its infancy and we are unable to anticipate its consequences.

We are manipulating the very basic elements that govern life on Earth, yet our knowledge of how genes evolve is still very incomplete.

Jones wrote that it is impossible to predict what evolution will do, and he draws a parallel between genetically modified foods and antibiotics.

He explained that because of the massive use of penicillin since the 1940s, bacteria are now resistant to penicillin.

"We are doing more or less the same with genetically manipulated plants. Those genes are going to get out into other plants and we have no idea what is going to happen," said Jones in a recent BBC interview.

With so many unknowns, why is biotechnology the darling of investment bankers and universities? The answer is simple: money.

Biotechnology sounds as if it can make dreams come true, so it easily gets the grants from investors.

But because investors want a quick return on their venture, there is a powerful incentive to get the products marketed very quickly before what they could do to an ecosystem is clearly understood.

Consumers don't quite suspect the current prevalence of genetically modified food in supermarkets. Currently, up to 45 percent of U.S. corn is genetically engineered, as is 85 percent of soybeans and an estimated 70-75 percent of processed foods on supermarket shelves.

According to Jones, "The real danger of genetically engineered organisms is genetic pollution. What would happen if a gene that conferred resistance against insects escaped? Suddenly we have no insects. With no insects you have no ecology, no ecosystem, no pollinators, no flowers, God knows what."

The use of genetic engineering organisms in agriculture could lead to uncontrolled biological pollution, threatening numerous plants and animal species with extinction, yet despite these wide-ranging risks, Congress has yet to pass a single law to manage them responsibly.

Lalee Sadighi is a Spartan Daily staff writer. Guest columns appear every Tuesday and Wednesday.

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

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COACH PROFILE

SJSU volleyball's winningest coach finishes 14th season

By Kelli Downey

Daily Staff Writer

The San Jose State University volleyball season ended with a 19-12 overall record, giving a few more wins to head coach Craig Choate's belt.

Choate currently has the most wins in school history.

Amy Villa, the associate sports information director, said Choate has 244 wins and 191 losses in his 14 years as a coach at SJSU.

"I think that is an amazing accomplishment," said senior libero Jessie Shull. "People will remember him and know him as a great coach."

Choate said although it is nice to have the most wins, he does not necessarily pay attention to it.

"I do not give it any thought whatsoever," Choate said. "I think it is fun, don't get me wrong."

Choate, who has 22 years of coaching experience at Division level I, has known he wanted to be a coach since he was in the seventh grade.

Choate began his interest in volleyball by trying out for the club team at Brigham Young University, where he ended up playing on the team for four years. He started his coaching career as an assistant at BYU.

Junior outside hitter Keri Anglin explained how Choate differs

from other coaches in terms of his attitude towards the team.

Anglin said Choate makes practice hard while making jokes and having a good time.

"He makes volleyball fun," Anglin said. "He likes to interact with us off the court too."



CRAIG CHOATE

Choate is a lenient and flexible coach, Shull said. He helps the players figure out how they can improve on their own, versus telling them what they need to do.

"I think he is an incredibly effective coach," Shull said.

Choate said there is always pressure as a coach, aside from having the most wins. Each year there is more pressure than the previous year to do better. The challenge Choate faces is to try and do better each and every year.

"This year the team did a really nice job," Choate said. "I think next year the team will be very good. We have quite a few (players) returning, so that is always a good thing. I think if we are healthier next year, we will be even better."

Choate explained that the volleyball team previously had a good four-year streak from 1999 to 2002

and had the team not been so injured this season, it could have been the beginning of another great winning streak, he said.

"We will get a run like that going again," Choate said. "I expect us to make another 20 (win) run and I believe we can do it."

Shull said she believes SJSU is not a big-name school in general but Choate is helping to improve that through his recruiting.

"He has done the most for our team that is humanly possible," Shull said. "I for one am completely grateful for what he has done for our team."

Choate explained that winning is just as important as having team unity, high morale, determination and strength among other various values. The job of a coach is built on the win-loss ratio, but Choate values more than just the wins.

"In our profession, wins are everything," Choate said. "There is no in between. It is about winning."

Reflecting upon the wins Choate accumulated throughout his career at SJSU, he explained that coaching does not determine if a team wins or loses. Choate said it is up to the players to earn the win.

"Coaches do not actually make players better," Choate said. "It is the coaches' job to get the players mentally and physically ready."

Stars outshine Sharks 1-0

Associated Press

DALLAS, TEXAS — Marty Turco bailed out the short-handed Dallas Stars with a stellar display of goal tending.

Turco stopped 25 shots for his 26th career shutout and Mike Modano scored a power-play goal before leaving with an injury on Monday night in the Stars' 1-0 victory that ended San Jose's season-high five-game winning streak.

"We hadn't been playing well and we had a depleted corps, so this was a big confidence builder for all of us," Turco said. "It's all about the wins and giving the team a chance. (The Sharks) are a good team. We couldn't totally shut them down, but we did a good job of limiting their chances."

With 1:47 left and the Sharks with the extra attacker after pulling goalie Evgeni Nabokov, Turco made a glove save on a close-in shot by Joe Pavelski to preserve his second shutout of the season.

Turco was called for a tripping

penalty when he used his stick to take down San Jose's Steve Bernier in front of the net with 47 seconds left, but the Sharks were unable muster a decent scoring chance on the ensuing power play.

Turco also had a pad save on a shot by Jonathan Cheechoo that seemed ticketed for the lower right corner of the net with 6:38 remaining. Officials checked replay and ruled that the puck stayed under Turco's pad and never crossed the goal line.

Turco came up with a tough stick save on Patrick Marleau with 11 minutes left, and made a sliding stop on Marleau's point-blank attempt with 9:20 left.

"Marty's been there for us all season," Stars defenseman Philippe Boucher said. "He's an outstanding goalie and he proved it again tonight."

The Stars finished the game minus six injured regulars, including Modano, who exited for the locker room in the second

period with an unspecified lower body injury and did not return.

Stars coach Dave Tippett said Modano will be evaluated on Tuesday.

Rookies Loui Eriksson, Niklas Grossman and Joel Lundqvist got extensive ice time for the Stars.

Nabokov made 12 saves for the Sharks, who wrapped up a 3-1 road trip.

Modano capitalized on the game's first power play with a one-timer from the right circle at 7:46 of the opening period.

The goal was Modano's 10th of the season and 495th of his career.

San Jose turned up the pressure in the final two periods with a 19-8 shots advantage and four power plays, but the Sharks were unable to solve Turco.

"Marty Turco had a great night, five or six huge saves," San Jose coach Ron Wilson said. "We just couldn't finish and a lot of it had to do with him."

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FUMES- EPA studies popcorn emissions

Continued from page 1

ery six months,” said occupational therapy major, Nathan Harris, 24. “I didn’t know it had all that in it.”

Assistant Professor of Chemistry, Dr. Daryl Eggers, said that diacetyl’s molecular properties of four carbon, six hydrogen and two oxygen atoms should render it fairly safe.

“There is no obvious reason why this molecule should be harmful to humans,” Eggers said. “Presumably, the lungs are affected because the workers are breathing too much of the chemical and the cells that make up the lung tissue have no means of removing or breaking down diacetyl into a smaller molecule.”

Eggers said that whether it’s smoke or smog particles, “any molecule that accumulates in the lungs will be inflammatory or harmful in some way.”

The results of a 2002 New England Journal of Medicine study of 117 popcorn factory workers

concluded that those workers had a 3.3 times-higher chance of an airway obstruction. Those who had never smoked had 10.8 times the rate, in comparison with national data.

According to a Cox News Service article published in July, since the 2002 publication of the National Institute’s report on diacetyl, the Occupational Safety and Health Administration has set guidelines for factory workers who work with diacetyl, such as mandatory respirators and adequate ventilation.

However, several consumers are not satisfied with the agency’s response to the diacetyl nightmare and offered their views at <http://spewingforth.blogspot.com>.

“The fact that a chemical can cause serious harm at a high dose over a relatively short period of time does not mean that it can’t cause serious harm at low doses over a longer period of time,” wrote one unidentified blogger.

Eighteen-year-old Helen Bui, who has yet to declare her major, said she only eats microwave

popcorn once a month.

“Maybe if I ate it everyday, I’d be concerned,” Bui said.

Although the Food and Drug Administration usually test artificial flavorings based on ingestion safety and not inhalation testing, it did conduct inhalation research in 2003.

In that study, the Cox article said that the Environmental Protection Agency had tested the emissions from popping and opening a bag of microwave popcorn. The research was completed in 2003 and in July of this year, EPA spokesperson Suzanne Ackerman said the publication would probably be published this fall.

The study has not yet been published. Ackerman did not return phone calls or e-mail responses to inquiries about the research.

Criminal justice major Brent Dumlao, 21, wonders when that research about microwave popcorn will be forthcoming.

“My baby sister eats it all the time,” Dumlao said, whose sister is 12.



ILLUSTRATION BY SHAMINDER DULAI AND ZACH BEECHER/ DAILY STAFF

WEIGHT- Late-night snacking does not cause gain

Continued from page 1

ing to do, you get hungry and want to eat something,” Remulla said. “I would have to say that I’ve been eating at random times, and eating a lot more fast food for sure.”

Students living both on and off campus are able to choose from various food chains. Going to college can be an entirely new experience for freshmen, especially when it comes to the variety of available food.

“In high school I had less options of what or where to eat,” said An Dao, an undeclared freshman. “In college, we are able to choose what and when to eat.”

The variety of food on campus allows students to make unhealthy choices. Students can find healthy food on campus versus relying on the typical junk food found in the vending machines.

“I usually eat from the salad bar and fruit bar in the Student Union, or I will buy a protein bar or shake from the Spartan Bookstore,” Dao said.

Late-night snacks that college students are notorious for will not alter weight gain, said Jennifer Waldrop, a Student Health Center dietitian.

“Your body continues to be active even while you sleep,” Waldrop said. “Weight gain is the result of taking in more calories than your

body burns — it does not matter at what time the calories are eaten or if the calories come from carbohydrates, fats, or protein.”

In addition to selecting healthy foods to eat, students can prevent and fight off weight gain by being physically active. Students are required to take two kinesiology classes, which are SJSU’s version of P.E. courses, prior to graduation.

Peggy Plato, a kinesiology assis-

“Weight gain is the result of taking in more calories than your body burns — it does not matter at what time the calories are eaten or if the calories come from carbohydrates, fats, or protein.”

—Jennifer Waldrop, Student Health Center dietitian

tant professor, said she is delighted that students have to take the classes and she hopes they will pursue more.

“We have a wonderful array of classes,” Plato said.

Plato said the more physical activity students take part in, the better benefits they will obtain.

Plato said students can do a few things, not out of the ordinary, on campus to build into their daily activities. Plato recommends students utilize the stairs, which could

be at the parking garages or at the library.

But some students have different takes on the potential benefit two kinesiology classes will generate.

“I think two P.E. classes can improve a person’s lifestyle depending on what the p.e. class is,” Dao said. “Some P.E. classes will be more beneficial to one’s health than others. For example, a weight training class will most likely bring upon a healthier lifestyle rather than an archery class.”

Some students, such as Tai Hernandez, a freshman majoring in business management, thinks people need to engage in more than just two classes to obtain a healthy fitness level.

“I think two P.E. classes is sufficient enough as far as G.E. requirements go, unless you want to be a P.E. major,” Hernandez said. “However, I would advise someone to take extracurricular activities to exercise their bodies and don’t rely on P.E. classes to maintain a healthy lifestyle.”

Not all students fear the famous weight gain, such as Paul Cabanban, a freshman majoring in nursing.

“I want to gain weight because it’s getting cold,” Cabanban said.

COLDS- Pharmacist warns about drug interactions

Continued from page 1

we throw it away and wash our hands.”

Benfield Jones spoke about illness prevention during the cold and flu season and alternative therapies to a room of approximately 20 SJSU students and employees during the inaugural health and wellness lecture on Monday.

“It was a lot of good information,” said Lauren Andersen, human resources and project coordinator for university computing and telecommunications. “It’s cold season — it’s good to learn new things.”

Benfield Jones said although preventative measures are important, they do not guarantee a person will never get sick.

“If you’re a 100 percent healthy person and you’re exposed to the cold virus and it’s able to become active — yes, you’ll get the cold,” Benfield Jones said.

When that happens, especially if someone comes down with the flu virus, they should be careful about going to school or work, she said.

“Someone comes in sick and you feel really bad for them, but

the whole time you’re thinking, ‘Why didn’t you stay home?’” Benfield Jones said. “I’m sorry for you, but don’t breathe on me, don’t touch my food, don’t look at me.”

Benfield Jones stressed the importance of flu shots for illness prevention, and said she recommends them for all adults and children six months and older. Children under age nine are given the shots in a series of two, she said.

“It’s important that you talk to your pharmacists about herbal medicines interacting with prescribed medicines.”
—Patricia Benfield Jones, Student Health Center pharmacist

“Right now we’re in the midst of providing the vaccine in the health clinic, it’s a good time to get it,” she said.

The Student Health Center is only providing the vaccines to students, but she said it is widely available through insurance companies, at pharmacies and stands in local shopping centers.

Benfield Jones also spoke to the group about combining alternative therapies with traditional medicines.

Alyshia Sjahrial, a project coordinator for university computing and telecommunications, said she came to the lecture to learn more about over the counter medications.

“In the last 10 to 20 years there has been an unprecedented

amount of ... development,” she said. “We need to be more educated about over the counter medicine.”

Benfield Jones suggested that if people have any questions about alternative therapies they should use their pharmacist as a resource.

“It’s important that you talk to your pharmacists about herbal medicines interacting with prescribed medicines,” she said. “You have to use your judgment and have someone look at it. I can look at it and look up the maximum doses that are safe and who made it.”

Benfield Jones spoke about specific products that she recommends, such as Mucinex, Sudafed, echinacea and zinc supplements that may help to shorten a cold or make a person with a cold more comfortable.

However, there are also supplements that she would not recommend, such as Airborne, a flavored effervescent herbal product that contains an unsafe amount of some ingredients.

“I thought it was the greatest product until I started studying (it),” she said. “Somewhere I realized that, my gosh, the vitamin A in the Airborne. If you take the doses of Airborne that they suggest, you’re taking an overdose of vitamin A and this is not good. I’m not going to suggest it.”

Benfield Jones said the long-term effects of high doses of vitamin A have not been determined, but that a study found that people who drank a lot and smoked a lot and took vitamin A had a higher risk of lung cancer.

“Never take high doses of anything,” she said.

Suzanne Sundholm, an SJSU risk services analyst and event coordinator who organized Monday’s talk, said she plans to have several more lectures to explore different topics as part of the “new twist” on human resources at SJSU.

She said that human resources is looking to take care of the “whole” employee by looking at “things that keep you healthier and functioning, and also help you outside of work.”

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‘Desperately close to a coffin of hope/
I’d cheat destiny just to be near you’
— Anna Nalick, ‘Wreck of the Day’

City Restaurant serves up a taste of Saigon

By Adam Browne
Daily Staff Writer

City Restaurant, a small establishment formerly known as City Restaurant, Bakery and Cafe, is a Vietnamese store on East Santa Clara Street that serves breakfast, lunch and dinner.

RESTAURANT REVIEW

I had been to the restaurant about 12 years ago, when it served pastries, rolls, doughnuts and sandwiches. Since then, they reduced their bakery menu and expanded into a full restaurant.

I returned to the orange painted and red trimmed building to get a late lunch at 3 p.m., when there wasn't a crowd. I had the combination stir-fried noodle dish, which was \$8.50, and a Chai tea latte for \$3.25.

The noodles were cooked with a light seasoning and pepper and a lot of salt and it came with several types of fish diced up in it, mostly shrimp and squid, with a generous portion of cabbage.

The meal was satisfactory, but the Chai iced tea latte was mostly milk and very little tea.

I went back to the restaurant a week later for lunch, at around 1 p.m., when the lunch crowd was already seated and it was contrastingly very busy. I decided to order a take-out chicken and vegetables over rice, which ran \$7, and an orange juice, \$3.

The meal was tastier than the previous one. I found the blend of lightly seasoned chicken, cabbage, and carrot bits tasty. The orange juice was fresh squeezed and very good.

Twelve years ago, they had a less refined

look to the place, and it seemed smaller. The décor wasn't as ornate. The new eye candy used a lot of rich red, gold, and mahogany brown, with some black and jade for effect. The look set a very foreign mood, like I was in another country.

Having been to a dozen Vietnamese restaurants, this had to be one of the classier ones.

Tina Pham, the owner, said that she took over ownership three years ago, but that the establishment was there for 20 years.

“We serve Vietnamese food, including rice dishes, noodle dishes, salads and sandwiches,” Pham said.

She said the people come in for the Saigon crepes, duck dishes and salads.

The highest priced items are the \$25 hot pots, such as the special combination hot pot. These are large items for two.

Appetizers such as the egg rolls run about \$4.

The chef's specials run from \$7 for the Saigon crepe to \$19 for the barbecued lamb.

The rice dishes are only available before 5 p.m. They run from \$6.50 for pork chop over fried rice, to \$8.50 for the shrimp fried rice.

The noodle dishes are in the same range as the rice dishes, including the combination stir-fried noodle, \$8.50.



PEARLY CHAN/ DAILY STAFF

The Vietnamese salads run from \$8 to \$10, including the mango salad for \$8 and the Thai style calamari salad for \$10.

Seafood items run \$9 to \$12, such as the prawn lover's special for \$12.

Drinks run about \$3.

The food is good and the prices are not all that high for downtown San Jose.

I would recommend it for those living in the area.

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Cobra Starship, Jack's Mannequin, Panic! At The Disco HP Pavilion At San Jose	Jonathan Richman, Liz Ross Great American Music Hall
Gogol Bordello, Primus San Jose Civic Auditorium	I Hate Kate, The Briggs, The Living End Slim's
Saturday:	Silversun Pickups , Simon Dawes, Wolfmother The Fillmore
Jon Nakamatsu The California Theatre	Thursday:
Firescape The Cave	Annuaals, Pleaseeasaur Bottom Of The Hill
Sunday:	Jane Olivor Plush Room at York Hotel
Sista Monica Center for Spiritual Enlightenment	Army Of Freshmen, The Aquabats, The Lashes Slim's
Jon Nakamatsu The California Theatre	Trey Anastasio Warfield Theatre
SAN FRANCISCO:	Friday:
Today:	“LIVE 105's Not So Silent Night” featuring Modest Mouse, The Killers, The Raconteurs, The Shins and more Bill Graham Civic Auditorium
Aimee Mann, Grant Lee Phillips. John C. Reilly, Paul F Thompkins Bimbo's 365 Club	Papa Mali Trio, Pimps of Joytime Boom Boom Room
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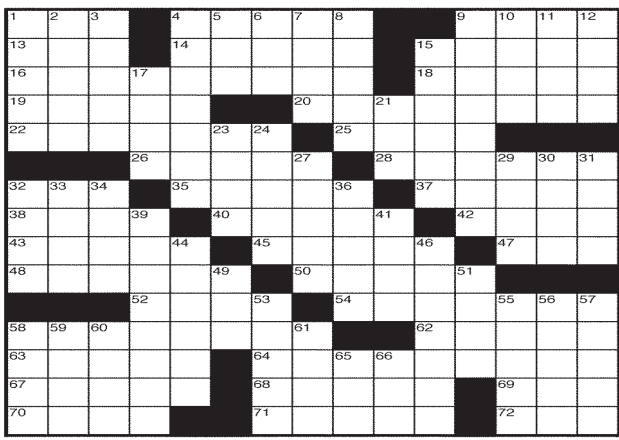
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26 Fills the hull
28 Put up shingles
32 LP speed
35 Pace
37 Tex-Mex dip
38 Clapton of "Layla"
40 Change form, in sci-fi
42 Edges a doily
43 Home for Hadrian
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47 Oompah—
48 Kiss
50 Skiing mecca
52 Rise abruptly
54 Place to laze
58 Beneath the waves
62 Prairie roamer
63 Spy mission
64 Fake sugar
67 Oedipus' father
68 Vacuum tube
69 Right, to a mule
70 Barbecue need
71 Fulfills a desire completely
72 Winding curve

PREVIOUS PUZZLE SOLVED

ACROSS
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62 Prairie roamer
63 Spy mission
64 Fake sugar
67 Oedipus' father
68 Vacuum tube
69 Right, to a mule
70 Barbecue need
71 Fulfills a desire completely
72 Winding curve

DOWN
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2 Burr or Spelling
3 Bear's noise
4 Mimic
5 Diamond
6 Ms. MacGraw
7 Cleave
8 Inert gas
9 Camel's hair garment (2 wds.)
10 State definitely
11 Fork feature
12 River source
15 Subways
17 More than a snack
21 Kind of pool
23 Footnote word
24 Floor models
27 No-fat Jack
29 Beat, as wings
30 Is, in Segovia
31 Mad rush
32 Gives it the gas
33 Ever so proper
34 Venus de —
36 Host with a book club
39 Final sale

12.05.06



VISA- Difficult to obtain for some

Continued from page 1

Lars Janson, an international student from Sweden majoring in graphic design. “This I thought would be the hardest, but now I realize that even then I am not guaranteed a visa and this is really scary.”

Janson was very pessimistic about his chances to stay in the United States after graduation.

“Until I moved to the U.S. three years ago, I

always took my right to work for granted,” said Janson. “Now I really know that it’s a privilege and it’s a hard one to get; chances of me obtaining an H-1B seem very low right now.”

Other students were very uplifted by the workshop, like Alina Zhuchkova from Russia, who will obtain her MBA in December.

“I thought this was very helpful. I have learned a lot about the application process and now I am sure to do it the right way,” she said.

U.N. ambassador turns in resignation

By Ben Feller
Associated Press

WASHINGTON — Lacking the votes to keep his job, embattled U.N. Ambassador John Bolton said Monday he would resign, a defeat for a chagrined President Bush who had clung to hopes of Senate confirmation.

Bolton got the position in August 2005, appointed by Bush when Congress was in recess. With that temporary

assignment about to expire, and his long fight for confirmation going nowhere, Bolton made it official.

He handed in a resignation letter that did not mention the political fight behind it. It said simply: “I have concluded that my service in your administration should end when the current recess appointment expires.”

“I accepted. I’m not happy about it,” Bush said Monday afternoon in the Oval Office, with Bolton at his side. Bush did not name a replacement, and officials offered no timetable for an announcement.

Bolton, whom they viewed as a brusque, ill-suited diplomat. Some Republicans helped scuttle his nomination, including moderate Republican Sen. Lincoln Chafee of Rhode Island.

The president had stinging words for them.

“They chose to obstruct his confirmation, even though he enjoys majority support in the Senate, and even though their tactics will disrupt our diplomatic work at a sensitive and important time,” Bush said in a statement. “This stubborn obstructionism ill serves our country.”

Democrats, though, said Bolton’s resignation signaled a fresh start.

“Hopefully this change marks a shift from the failed go-it-alone strategies that have left America less safe,” said the incoming Senate majority leader, Democrat Harry Reid of Nevada.


“With the Middle East on the verge of chaos and the nuclear threats from Iran and North Korea increasing, we need a United Nations ambassador who has the full support of Congress and can help rally the international community to tackle the serious threats we face,” said Sen. John Kerry, D-Mass.

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ART	103	092	Art History-Renaissance to Pres	09:00	12:25	F7	3.00	39713
ASTRO	105	010	Introduction to Astronomy	09:00	12:25	S202	3.00	39752
BIOL	103	061	Human Heredity	09:00	12:25	S123	3.00	39753
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COMS	112	020	Oral Communication	09:00	12:25	D107	3.00	39715
COMS	113	020	Oral Communication	01:00	04:25	D107	3.00	39716
COMS	114	020	Oral Communication	06:00	09:25	D107	3.00	39717
ECON	105	010A	Prin. of Macroeconomic Theory	09:00	12:25	B201	3.00	39718
ECON	105	010B	Intro to Microeconomic Theory	02:00	05:25	B201	3.00	39719
ENGL	118	001B	English Composition	09:00	12:25	B205	3.00	39721
ENGL	119	001B	English Composition-IO				3.00	39722
ENGL	101	010	Great Works of Literature	09:00	12:25	B104	3.00	39720
ENGL	102	087	Prep for WST	06:00	09:25	B206	3.00	39772
ETH	104	027	Intro to Race & Ethnicity	01:00	04:25	B208	3.00	39723
FCS	104	019	Nutrition	09:00	12:25	B106	3.00	39724
FCS	106	070	Child Develoent	01:00	04:25	B206	3.00	39725
GUIDE	101	010	Transfer Success	01:15	02:20	B203	1.00	39750

Subj	Sect	Crse No	Short Title	Start	End	Room	Units	Reg ID
HIST	103	001	Survey of American History	01:00	04:25	B209	3.00	39726
HIST	109	017A	History of the United States	09:00	12:25	B204	3.00	39727
HIST	110	017B	History of the United States	06:00	09:25	B209	3.00	39728
HUMNT	105	001	Intro to Visual and Perf Arts	01:00	04:25	B207	3.00	39729
MATH	101	011R	Review of Introductory Algebra	09:00	12:25	GE121	3.00	39755
MATH	105	061	Finite Mathematics	09:00	12:25	B202	3.00	39757
MATH	113	063	Elementary Statistics	09:00	12:25	B208	3.00	39758
MATH	114	063	Elementary Statistics	06:00	09:25	S123	3.00	39760
METEO	102	010	Weather and Climate	09:00	12:25	S122	3.00	39761
PED	101	011	Baseball Fundamentals	01:30	04:55	CAGE	1.00	39730
PED	106	039	Hatha Yoga	09:00	12:25	211D	1.00	39731
PED	108	055	Aerobics with Music	09:00	12:25	MULTI	1.00	39732
PED	117	056	Weight Training	09:00	12:25	308	1.00	39733
PHIL	103	010	Intro Phil: Metaphys/Epst/Eth	09:00	12:25	B207	3.00	39737
PHIL	108	060	Logic and Critical Thinking	01:00	04:25	B202	3.00	39738
POLSC	105	001	Politics and Govt in America	05:00	08:25	B204	3.00	39739
PSYCH	107	010	General Psychology	09:00	12:25	GE119	3.00	39740
PSYCH	108	010	General Psychology	06:00	09:25	B102	3.00	39741
PSYCH	105	092	Develoental Psychology	01:00	04:25	GE121	3.00	39742
PSYCH	103	100	Human Sexuality	06:00	09:25	B106	3.00	39743
SL	107	001A	Intro to American Sign Lang	09:00	12:25	B203	3.00	39744
SOC	104	010	Introduction to Sociology	01:00	04:25	B204	3.00	39746
SSCI	103	030	Mexican American Culture	09:00	12:25	B206	3.00	39747