U.S. profits from modern medical excess, page 2

Exclusively Online: Modest Mouse CD review

A behind the scenes look at the Sweet 16, page 5

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Aviation dept. subject of inquiry

KEVIN RAND

STAFF WRITER

The aviation program at San Jose State University continues to suffer from a substandard quality of education, according some students, alumni and former faculty members.

Ken Pierce, a senior majoring in aviation, said that when the aviation department merged with the technology department in 2001, the leadership of its then-appointed and current chair, Patricia Backer, damaged the program.

In response to allegations that Pierce brought to a California State University board of trustees meeting held on Jan. 24, Brad Davis, the assistant associate vice provost for faculty affairs, is now conducting an inquiry into the department, said SJSU Provost Carmen Sigler.

Davis said he could not comment on whether or not he is conducting the inquiry.

At the January meeting in Long Beach, Pierce raised concerns about Backer's alleged mismanagement of the department.

In his speech he said Backer "falsified student documents, verbally abused students and shredded student files"

Dan Casey, a 2004 graduate of the program, said he was disturbed when Backer gave her signature to allow him to take courses that overlapped in the schedule. He said that Backer changed the schedule of classes a week after the semester began, so he was forced to abide by the new curriculum if he wanted to stay on track for graduation.

"I was in a four-hour class and then there was a one-hour lecture," Casey said. "And during the lab I was authorized to leave to go to the one-hour lecture and then come back to the lab."

Backer said, "I don't remember his particular case, so I can't respond to his particular case. I also wouldn't discuss an individual student."

She said, though, that she would generally not allow a student to have a one-hour overlap in classes. But, she said, if the situation warranted it, she would permit a student to miss 10 or 15 minutes of a class to attend another.

Aviation program review in 2005

In February 2005, Dr. Tim Brady, the dean of Embry Riddle Aeronautical University in Daytona Beach, Fla., conducted a review of the SJSU aviation program in which he had numerous discussions with students and faculty, according to review documents.

In a telephone interview, Brady confirmed that he was contacted by SJSU to assess the direction of the aviation program and provide recommendations.

However, Brady said he could not confirm that the report obtained was the one that he wrote because he could not see the exact document in question while in his office in Florida.

The report outlined several problems that might have existed in the aviation program.

In it Brady stated, "Throughout all of the separate discussions with aviation faculty, department staff and current enrolled aviation student groups, there was consistent agreement that Dr.



PHOTOS BY DANIEL SATO/ SPECIAL TO THE DAILY

A street performer break-dances on Broadway in front of the Marquis Theatre, on Tuesday.

SJSU does New York



SJSU student Hanna-Piper Moore sleeps while Lonny Wong reads

MEGAN WOOD

STAFF WRITER

Spring break presented itself as the "opportunity of a lifetime" for some San Jose State University mass communications students, said Bob Rucker, an associate professor of journalism and mass communications.

Approximately 48 students made their way to New York during spring break to rub elbows with the head honchos at 21 nationally known media outlets including Rollin-

see BREAK, page 4

Fraternity marches through S.J.

ROSSA DOÑO

a book on the train.

STAFF WRITER

In memory of the struggle that César Chávez took on in the '60s, the members of Gamma Zeta Alpha re-enacted on March 22 the famous United Farm Workers march that Chávez lead from Delano, Calif. to in 1966, said Artemio Orozco, a junior majoring in history.

Beginning at Fourth Street with 15 marchers, much like the original strike, the numbers grew and 20 more people joined the protest along the way.

Those who participated shouted things like "Si se puede!" which means "Yes we can!" and "Que

see MARCH, page 3



PHOTO BY TIMOTHY CHAPARRO/ SPECIAL TO THE DAILY Members of the Gamma Zeta Alpha fraternity marched through downtown San Jose from Fourth Street to the SJSU Student Union Amphitheater to re-enact the famous United Farm Workers march that César Chávez lead from Delano, Calif. to Sacramento in 1966.

Union leaders say they will strike with CFA

MITCHELL ALAN PARKER

STAFF WRITER

Imagine a blackout encompasses San Jose State University, but there are no electricians to fix it. Imagine you go to eat in the Student Union, but no food has been delivered that day. Imagine showing up to class, but your professor isn't there.

This could be a reality on April 18 and 19 if union members refuse to cross picket lines.

The California Faculty Association union members will hold a two-day rolling strike if a fair wage contract isn't reached by Friday between it and California State University, said Elena Dorabji, a member of the CFA bargaining team and a lecturer of political science.

Furthermore, the presidents of some of the largest unions in the country, including John Sweeney, president of the AFL-CIO, have unanimously garnered strike sanctions in support of the CFA, said Jonathan Karpf, chair of the CFA strike organizing committee and a professor of anthropology.

According to Karpf, this means that if there is a strike, no union member will cross the unionized picket line surrounding the campus, no deliveries will be made by union members to SJSU, no electricians would be available, etc.

The results of a fact-finding report released March 25, offering suggestions to end a 22-month-long contract negotiation between the California Faculty Association union and the California State University, have spurred a 10-day extension on the debate for fair faculty wages, Dorabji said.

The report, which brought in a third-party mediator to settle the disputing sides, overwhelmingly supports the CFA's position held for the last several years, Karpf said.

"Some say it swayed more to what the faculty wanted," said CSU spokesman Paul Browning, "but we'll use it as a framework to craft a settlement."

This Friday will conclude the extension. If a settlement isn't reached, campuses throughout the 23-campus CSU system will hold two-day rolling strikes, protesting the lack of a wage increase for the 23,000 lecturers, librarians, counselors and coaches in the CSU system.

As of now, six campuses have scheduled their strike dates for the week of April 9 through 13. San Jose State University has scheduled its dates for April 18 and 19.

But CSU officials disagree with the CFA for making strike announcements during ongoing negotiations.

"We think it's counter-productive to talk about strike dates when we agreed to extend negotiating to April 6," CSU spokesman Browning said. "We're spending a lot of our time and energy on settling with the union right now."

However, Dorabji said that planning for a strike is just good

"It's much easier to call off a strike than to set one up at the last minute," she said.

International journalist speaks on Palestinian and Israeli conflict

CARLA MANCEBO

STAFF WRITER

International journalist and television news producer Khaled Abu Toameh spoke about his career and views on the Palestinian and Israeli conflict to a group of about 30 people on March 21 at the Dr. Martin Luther King Jr. Library.

"I like to get both sides," said Yohannes Liku, a sophomore majoring in international business. "I wanted to hear him because he has reported both on the Palestinian side and and Israeli side."

Abu Toameh, who is on a speaking tour through California, came to San Jose State University with the non-profit, international Israel advocacy group Stand With Us, said Vanina Sandel, the director of Jewish Student Life for Hillel of Silicon Valley. Abu Toameh, one of the 1.6 million Arabs living in Israel, has been reporting on issues in the West Bank and Gaza for the past 24 years. He works with various media outlets throughout the world including NBC News and the Israeli daily newspaper, the Jerusalem Post.

"I'm an Arab Muslim Palestinian Israeli suffering from crisis of identity like most of us over there," Abu Toameh said. "This is how I define myself."

In the early 1980s, multi-lingual Abu Toameh started his career as a journalist with a job at the newspaper for the Palestine Liberation Organization, or PLO.

"The reason I went to work with the PLO was not because I was a member, but because I always wanted to be a journalist," Abu Toameh said.

Vicki Harrison, coordinator of the Jewish studies program, said Abu Toameh's honest and blunt journalistic style has won her respect.

"He's very brave to speak what he understands is the truth even though it may not be popular," Harrison said.

Some of the other people who came to hear him speak appreciate his truthfulness about the failures of the U.S. government in the Middle East and the role of the Hamas in Palestine.

"He is a pretty critical speaker about both sides," John Martisius said, a senior majoring in kinesiology.

mouth piece of the government," Abu Toameh said. Still, Abu Toameh said he continues to report on

Abu Toameh was not hesitant to say how he felt to the listeners when he opened up the forum to questions.

"There is no peace process in Palestine and Israel," Abu Toameh said. "But I do agree Iran is a great threat to stability in this area."

Abu Toameh discussed the situation in Iraq and said that America should not run away. He proposed an idea that would bring together a summit made of up Arab leaders from Syria, Egypt, Jordon, Morocco and Saudi Arabia so they could establish a peace keeping force. This summit would call for America to pull out of Iraq and then bring in Arab troops because Abu Toameh said the conflict in Iraq is an internal Arab issue.

"I would like to see one of these so called insurgents attack a Syrian solider or an Egyptian solider," Abu Toameh said. "They would be wiped out."

Abu Toameh said Arab countries are not tolerant of freedom of the press and for independent journalists like him there is always a risk to report the truth.

"The role of the Palestinian and Arab media is still a

Still, Abu Toameh said he continues to report on issues despite how frightening it may be because he believes in what he is doing.

OPINION

In prosperity our friends know us; in adversity we know our friends. - John Churton Collins

YOU WRITE LIKE A GIRL:

It was only a week with him but he showed me the best time of my life

Over spring break I fell in love.

Empire smile, his accent is thick and boisterous and

He has a reputation for being rude, fast-talking and intimidating. I didn't mind, I found his demeanor alluring, comforting and charming.

He had me at "Hiya doll face."

We met on an airplane over a bag of animal crackers and a Diet Coke. It was 7 a.m. his time — I should have gotten some rest on the flight because for our week together I would rarely sleep.

Dropping my luggage off at the hotel, he stood across the street and greeted me with a bouquet of \$6 tulips.

He smelled like a sauerkraut-soaked hot dog and Marlboros.

I breathed in deep and took in his musk. I wanted to remember his scent, his touch — a man known intimately by eight million, and loved by countless

We had just met but we didn't care. He bought me drinks and stared me Square in the face when I asked for the Time.

"This is the city that never sleeps sweetheart."

A very old friend of his, Captain Giovanni de Ver-He is tall, dark and handsome. Hidden behind his razano, was his first roommate many years ago in a Brownstone overlooking the harbor.

> He is Italian, French, Dutch, English, Puerto Rican and African sprinkled atop Algonquian-speaking Native Americans — his family tree still grows, burrowed in Bryant, Central and Columbus.

A veteran of wars, he drips with American history. Wrought from his very bones and fervor, his stories were remarkable, even revolution-He liked to name drop, Carnegie,

Twain, Rockefeller, Trump — but I just found his boastful swagger a sign of cool confidence.

I began to wonder if my parents and friends would love him as much

LINDSAY BRYANT

He boasted the beautiful women he's had — models, actresses, moguls and queens.

They had their way with him with a wallet in one hand and Fifth just a few drinks away from true love.

He shook his head, smiled and mouthed "Madison" as he brought his glass of scotch to his mouth.

off the glass table at Waldorf's, "Forget about it," he said.

He called me Babe and told me about his love for I didn't want to probe, instead he showed me.

A little more Metro than the men I usually date, he is passionate about Rembrandt, Picasso, Van Gogh and Cézanne.

He loves ballet, opera, musicals, theatre and mentioned his affection for all mediums in between.

His adoration for education had me swept up in amazement of his degrees from universities like Columbia, Fordham, Bowling Green and a teaching stint

But like any testosterone-blessed body his loyalty dwelled deep in athletic competition. He reminisced about his favorite player, Robinson, and spoke quietly about a time when the Knickerbockers were well re-

I passed St. Patrick's Cathedral, gazing up, my neck strained as my equilibrium teetered.

He knew of all the Saints: Paul, John, Thomas — in the Upper and Lower echelon and lamented about the

magnificence of the architecture that surrounded us. A breeze pushed my hair back off my shoulders as

The twilight of the neon-lit billboards reflected we rounded the corner and his jubilance for the sites

Six years ago he suffered a deep, tragic loss, he said.

I walked along the barbed wire fence, construction noises making it difficult to hear the voice inside my

My head pounded and tears streamed down my cheeks as I saw a place in my imagination, which felt wholly incomparable.

Across from the gaping empty lot a fire station, emblazoned with a bronze mural to salute six men, first on the scene that morning of Sept. 11.

He put his arm around me and told me about the thousands who left the Earth that day and the millions who, in one horrible instance, became a neighbor and a prayer and a voice of remembrance.

We only knew each other for a week, but I loved

Lindsay Bryant is the Spartan Daily sports editor. "You Write Like A Girl" appears every Tuesday.

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

SJSU Catholic Campus Ministry

The SJSU Catholic Campus Ministry will be holding a "Hour of Power — Rosary Prayer Night," at 8 p.m. in the SJSU Catholic Campus Ministry Center. For more information, contact Kay Polintan at (408) 938-1610.

The Listening Hour Concert Series

Join the School of Music and Dance for "Student Showcase Hour" from 12:30 to 1:15 p.m. in the Music building Concert Hall. For more information, contact Joan Stubbe at (408) 924-4673.

Tuesday Night Lecture Series

The School of Art and Design is holding its Tuesday night lecture series with Bob Freimark from 5 to 6 p.m. in the Art building, room 133. For more information, contact Jo Farb Hernandez at (408) 924-4328.

Student Galleries Art Reception

Join the School of Art and Design for the Student Galleries Art Reception from 6 to 8 p.m. in the Art building and Industrial Studies building. For more information, call (408) 924-4330.

Wednesday

Women's Weekly Discussion Group

Join Counseling Services for their Women's Weekly Discussion Group from 1 to 2:20 p.m. in the Administration building, room 201. For more information, contact Beverly Floresca at (408) 924-5910.

OTIP

The Queers Thoughtfully Interrupting Prejudice will be holding its general meeting from 5:30 to 6:30 p.m. in the Student Union Almaden room. For more information, e-mail mastavic@mastavic.com.

Conversation and Book Signing With Kiran Desai The Center for Literary Arts is having a

conversation followed by book signing with award winning author Kiran Desai. The event will take place at 12 p.m. in the Engineering building, room 189. For more information, contact Mitch Berman at (408) 924-4489.

Grad Fair

The Alumni Association and Spartan Shops is educating graduating seniors about valuable resources and services available to new graduates in the first floor of the Student Union. For more information, contact Rebecca Bender at rb111784@yahoo.com.

Thursday

Acts 2 Christian Fellowship Acts 2 Christian Fellowship has weekly Bible Studies at 7:30 p.m. in the Student Union Guadalupe room. For more information, contact Justin Foon at (415) 786-9873.

Microsoft Vista And Office 2007 Campus Launch

An interactive demo of Microsoft's new Vista and Office products will be on display in the Dr. Martin Luther King Jr. Library, room 225 and 229 from 6:30 to 8 p.m. For more information, please contact Helen Do at helen_do@sbcglobal.net.

Campus Crusade For Christ

Students from all walks of life find fellowship, cutting edge music, dynamic Biblical instruction and a closer walk with Jesus in the Spartan Memorial at 8 p.m. For more information, contact Natalie Hill at (559) 230-7659.

S7SU Catholic Campus Ministry

The SJSU Catholic Campus Ministry will be holding the Alpha Omega Student Fellowship at 8 p.m. in the SJSU Catholic Campus Ministry D Lounge. For more information, contact Kay Polintan at (408) 938-1610.

GUEST COLUMN:

Any pill to make you feel a lot better

So, I'm watching the good ol' television the other the idea of medicine for sleep, for erectile dysfunction day when suddenly, out of nowhere, a commercial I did see! Here's what I heard (roughly paraphrased of

I'm pretty sure I am going to die. Like, tomorrow. That is unless I visit my doctor and tell him my symptoms pronto. I will also be sure to alert him to any history of liver or heart problems I might have, because I wouldn't want the medication I'm about to

be slamming 24/7 to interfere with any pre-existing condition. You see, I have restless leg syndrome. Yep. I have an uncontrollable urge to move my legs at night. It disturbs my sleep.

Fortunately for me there's an answer. Pills!

NICK VERONIN

"What?" I practically shouted the first word that jumped into my

head. Then I proceeded to weave one of my characteristically sardonic interior monologues: Yeah ... I'm pretty sure you are going to die.

Like, in two minutes, when your heart stops beating due to a terrific spike in blood pressure perpetu-

ated by another one of these terrifying, televised onslaughts of pharmaceutical propaganda. Can't sleep? Take this! Too fat? Never fear! You only have to eat one capsule a day and your hunger will

practically disappear! You'll be sawing logs in no time! Sigh ... When I traveled to Kenya with my mother over

the winter break I met a man named James. James spends weeks at a time away from his family to work for my aunt and uncle, with whom my mother and I stayed during our visit. James works as a personal assistant at their residence

in the upscale Runda neighborhood, just far enough away from the rumble and the smog of downtown Nairobi, where animal- and- human-drawn carts are nearly as ubiquitous in the busy streets as sport utility vehicles with gleaming oversized rims are on the main drag of San Jose's ritzy Santana Row.

My aunt, a former U.N. employee who has worked in Africa for over a decade, currently holds a position at an AIDS outreach organization called World Vision.

When I watched James drive away with the two family dogs to take them to get their shots from the local Runda veterinarian — shots that he would likely have found pricy even for his own kin - I had a sinking sensation.

"A crisis of conscience" one might call it. Thinking back on those events now, I am somewhat outraged at or restless legs.

For three weeks in Kenya we traveled from isolated bubble to isolated bubble. While there was an abundance of food at every lodge we stayed, the desperate and hungry eyes we encountered in between game parks reminded me of what was happening out there in the real Kenya.

"Please sir. You buy. I make good price."

Thin Kenyan's — mostly Maasai, a local tribal people — converged on our vehicles, reaching their long arms in the windows, holding beautiful wooden crafts and colorful fabrics. One young boy seemed to only know one English phrase: "Give me money."

And I felt angry and guilty and blessed all at once. I still feel angry that I see TV ads for a nasal spray hocked by a bumblebee with a cheesy French accent. I'm guessing nasal allergies and restless legs wouldn't break the top 10 concerns of an average Kenyan citizen.

According to my aunt, most Kenyans can expect to get malaria several times in their life span. Some of them make it through. Some of them don't. It's just that simple.

I still feel guilty when I buy bottled water when potable water comes out of the tap at San Jose State University. Kenyans will walk a mile or more every day, sometimes multiple times a day to get their hands on this staple — a staple we wrap in plastic (petroleum), float across the ocean in giant gas-guzzling boats and sell for a dollar or more per bottle everywhere.

And I still feel blessed, though it is a sort of mixed up and confused blessing, that I frequently eat to the point of bursting.

Surely the United States and the West cannot shoulder all the blame for every humanitarian crisis the world over. Surely I am a spoiled, left-leaning college student. But it seems that we could apply our resources in a more efficient manner.

We can start by drinking water out of refillable containers instead of spending over two dollars for a bottle of artesian water that consumes far too many valuable resources on it's long and pointless journey from the source to our well-fed lips.

We can start by sucking it up the next time we have a headache or our legs are jolty. If you can't sleep, try cutting caffeine from your diet. Modern medicine has brought us great things. These things should not be exploited or turned into a commercial enterprise.

Nick Veronin 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

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Aviation- Some students claim faculty lack aviation background

Continued from page 1

Backer's leadership has been ineffective and has damaged the aviation program."

He also recommended that the university "select an academic leader for the aviation program who has aviation experience."

He said, "that the department suffers greatly from the lack of qualified aviation faculty who have professional pilot backgrounds."

Brady's recommendation in the report stated that the department should "use only faculty who have appropriate aviation qualifications to teach aviations related courses."

Brady also said he could not comment about any particulars of the report because the review was conducted for university purposes.

Backer said that she would not comment on the report because she had not seen it.

She was given the opportunity to read the report and chose not to.

Aviation students and faculty

Some current aviation students echoed Brady's alleged findings that the aviation program suffers under Backer's leadership because her background is only in technology.

"She does not have the right attitude nor the experience to be running an aviation department," said Justin Greenway, a junior majoring in aviation.

Backer said that she has been heading the aviation and technology department for six years and that her lack of background in aviation is not a problem.

Robert Griggs, a junior majoring in aviation, said that it seems there is a paucity of qualified aviation professors for the program.

some professors who are basically thrown into a class that they don't really know much about. And sometimes the students have to help them out and tell them what the class is about."

Mohan Kim, a technology professor who this semester teaches Propulsion Theory, said he never studied aviation but he thinks that is "not a big issue."

"Sometimes students question me about teaching the course," he said. "Maybe somebody can be more qualified than me. I have my shortcomings, of course."

"It is a sad story that there are some students that want to spend extra energy doing this instead of studying," Kim said.

He also said that if the department had more funding it could be managed better.

"I don't think actually Pat (Backer) is the best administrator, but who could do a better job than her?" he said. "Of course everybody has some weaknesses.

"But I'm 120 percent sure that I doubt anybody can come here in this situation and do a better job."

Professor Glynn Falcon, a parttime aviation instructor at SJSU, said that he thinks Backer has been trying to improve the aviation program for the last two years.

He said he applauded Backer's hiring of a full-time faculty member, Triant Flouris, who has extensive knowledge in aviation. Flouris is now the director of aviation at SJSU.

"In a pure world, I believe somebody should be heading the aviation department who has an aviation background," Falcon said. "Because you can have some real communication gaps. So yeah, I think the

He said, "Honestly, there are best of all worlds it would be like to get someone like Dr. Flouris in there 'Mr. Aviation,' in effect, and let him run the department."

In an e-mail, Flouris said the department is working hard to provide a quality aviation program for the students.

But he said, "It is often more difficult for non-traditional programs like ours to be 'understood' in terms of their focus than some of the traditional majors and programs."

Falcon added that there has also been some unhappiness within the department about "some certain staff being not rehired over the years."

One former faculty, Professor Scott Yelich, said he stopped teaching under Backer in 2005.

He did not renew his teaching contract with the university after the fifth year of his six-year track toward achieving tenure.

"I had a lot of changes in classes those last five years," Yelich said. "I was continually jerked from one class to another. And that was part of the strategy, to keep people off balance.

"This chair was changing peoples' schedules all the time. She was catering to her choice of parttimers to make life tough for full-

timers — to push people around." Backer declined to comment about any individual faculty mem-

SJSU administration and the Brady report

The department of aviation and technology is in the college of engineering, which is headed by Dean Belle Wei.

In an e-mail, Wei said she is precluded from discussing any personnel matters because of "university policy and relevant law."

Brady's report suggested that Wei's leadership of the College of Engineering is problematic for the aviation program, a program that is not traditionally studied under a College of Engineering.

According to the report: "The dean of the College of Engineering is focused on the needs of engineering students and has little appreciation of aviation students.

"She complained aviation students cost more to educate than engineering students because she can raise funds to support engineering students but not aviation students."

Wei said it is unfortunate that Brady felt that way about her and that she "cares about all students in the COE (College of Engineering)."

She said, "Whenever the COE has success in fundraising, all COE students benefit."

University Provost Carmen Sigler said in an e-mail that "while (Brady's report) provided useful information, the university was not obligated to accept or reject any of his recommendations."

SJSU President Kassing said a lot of the concerns that students have raised could or will be resolved by the end of the semester.

"I don't know if we'll ever completely satisfy Ken's concerns, but we will work hard to try to get a level of satisfaction in the program," he said in reference to the speech Pierce gave at the meeting in Long Beach.

Justin Greenway, an aviation student, said, "We are regressing in a way here. Aviation and technology should no longer be merged."

"It should be the department of technology and the department of aviation," he said.

March- Participants hoped to re-enact Latino history

Continued from page 1

viva César Chávez!"

Most of the marchers held red posters with the black letters "UFW" and a black Aztec eagle below it. The letters stand for the United Farm Workers and the black Aztec eagle is the symbol that Chávez chose to give pride and signify dignity to the farm workers, according to the Web site ufw.org.

Timothy Chaparro, a senior majoring in graphic design, and a brother of Gamma Zeta Alpha said that one of the fraternity's goals is to promote Latino culture.

"This is a historical event for all Latinos and farm workers as well," Chaparro said. "We don't really take political sides, so we're not doing this march to boycott any type of event or farm workers union or anything like that. We're just re-enacting what happened as part of our history."

Henry Catalan, a senior majoring in business, led the marchers across campus.

"It was exciting," he said. "I was in the front so it was good to have the energy behind me, screaming with me and it felt good."

"We wanted to promote his life. There is César Chávez Day, but not many know about his life and what he did and what an outstanding person he was — a leader in the community," Cata-

Jean Saldana, a sophomore

majoring in sociology, joined the crowd as they were turning off Paseo de César Chávez.

"I liked it. It brought back memories," Saldana said, "when I was nine or 10 my mom actually took me on a few marches, a few strikes in Sacramento and in L.A. and we would stand in front of corporate offices for hours and we would send in like two or three negotiators.

"They would come out and tell us what the negotiation was and then they'd be sent back in and we'd wait outside for hours striking."

When the marchers arrived at the Student Union Amphitheatre, Jose Tejeda, Reginaldo Villarreal and Timothy Chaparro gave brief speeches about Chávez's life and accomplish-

"In 1962 César founded the National Farm Workers Association, later to become the United Farm Workers — the UFW. He was joined by Dolores Huerta and the union was born," Tejeda said in his speech.

Catalan explained that the original march was about the injustices that the farm workers had to face each day.

"The farm workers had bad working conditions, no bathroom breaks, there were lots of pesticides in strawberry picking and grape picking," he said.

"They also boycotted grapes at the time — it was 1966 and that's when they took off from Delano. They started in the hundreds and ended in the thousands."

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Break- New York trip gave students opportunity to network

Continued from page 1

Stone, Maxim, CNN, McCann ing Stone. Advertising, Deutsch and The Associated Press.

she enjoyed visiting magazines like Women's Day, Vanity Fair and Roll-

"I learned that in order to get a job in this industry, you have to have Nicole Lieurance, a junior ma- a lot of internships and you really joring in magazine journalism, said have to network to have a foot in and am waiting to hear back from

the door," Lieurance said.

Many of the students returned to SISU with business cards and phone numbers for future job pros-

"I've already e-mailed people

them," said Mohammed Salih, a broadcast journalism major, "hopefully this will lead to jobs and internships for the future."

The students left San Jose for New York on March 25 for a vacation that both students and chaperones agreed networking played a crucial role.

"We really wanted students to learn how each of the different kinds of media work together," said Professor Scott Fosdick, a chaperone on the trip. "I even had a couple journalism students get really interested in PR, and might

even be considering changing their major — and as sad as I would be to see them go, I think it's important for students to learn the skills of everything."

The whirlwind trip was jam packed with visits to major media outlets, most visited 2-3 a day said

"We definitely had a schedule, but it was fun to rush around New York and see all these places that a lot of people dream of working at," Lieurance said.

Fosdick said he hoped that, if anything, students would come away from the trip with confidence knowing that New York isn't the scary place that they've conceived

"They're real people, and I think that's good for students to see," Fosdick said.

Salih expressed relief when a representative at CNN reassured him that he would not have to hide or work on his accent to be successful at broadcast journal-

"She told me that as long as spoke clearly, that my diversity would be appreciated and I would not have to change the way I speak," Salih said.

While days were scheduled to capacity with a strict itinerary of places to see and people to meet, the evenings were open for students' entertainment according to the schedule of events. Some students, like Lieurance, inadvertently networked on their off hours as well.

"I went swing dancing one night and met some people and got business cards ... that was a fun night," Lieurance said.

The group returned home exhausted but exhilarated on Saturday evening, most with pocketfuls of business cards and big plans in their heads. Lieurance, Salih and Thrasher all agreed that their business cards would not go to waste.

Some members of the group scheduled interviews on their own accord. Two students came home with promising job opportunities, said Hannah-Piper Moore a junior majoring in advertising and personal relations.

"I'm definitely going to be bugging some of my contacts for internships for the summer or next year," Lieurance said. "With other's I'll write them and thank them for seeing me and try to stay in contact as much as possible."



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MAJOR AUTHORS SERIES

APRIL 3, 2007

FIRST PERSON PERSPECTIVE:

Sweet 16, Elite Eight rattle HP Pavilion

KRIS ANDERSON

EXECUTIVE EDITOR

If it were the Super Bowl, March 22 at the HP Pavilion would have been the AFC Championship game.

It were the NBA Finals, last week in San Jose would have been the Western Conference Finals. It it were the end of the world, last week would have been the day before Armageddon.

Confused yet? Good.

The point here is to try to express, using words, the magnitude of an event hosted by San Jose State University.

SJSU was the host school for the NCAA men's basketball West Regional. It was a glimpse into the elite province of Div. 1-A NCAA sports.

And yours truly was there for every sweaty second — if it were the NBA Finals, I would be a cooler version of Stephen A. Smith.

Anyhow, in the grand, conglomerate mishmash of media outlets that descended upon The Shark Tank Thursday, March 22, I was a small fish in a very big pond.

member of the "media" gives me some sort of super-powers, such as being able to go into the locker rooms at halftime, or sit next to Jim Belushi.

Driving to the Pavilion from the Seventh Street garage took 30 minutes because of traffic. Not car traffic. UCLA foot traffic.

It might have well been a Bruin home game just by looking at the amount of blue and gold invading sidewalks hot dog stands.

Past the drunken attempts at UCLA's famed eight-clap cheer, and after a snooty parking attendant who didn't realize that *I* was a *real* member of the media refused to void the \$15 parking fee, I drove past row upon row of news vans and news anchors with sweaty foreheads.

I too joined their glossy-faced ranks, when I sprinted to the media entrance, ready to make my Clark Kent to Superman transformation from reporter to superhero facilitated by the acquisition of my press

While it was nice to hold a socalled golden ticket, I knew it became serious when Tim Kawaka-

I'd like to think that being a mi of the San Jose Mercury News checked-in in front of me, and Rick Bucher, ESPN analyst, checked-in behind me.

Despite my overwhelming desire to slug him in the jaw for not giving my beloved Golden State Warriors, of the NBA, a fighting chance this year, I refrained, choosing rather to stand in awe of a professional at the top of his game.

That theme continued throughout the breadth of the tournament. Just as much as the on-court action exemplified players playing at nearly the peak of their athletic careers, I was surrounded by profes-

sionals living at the peak of theirs. This isn't just a game to the players. It's definitely not a game to the coaches. Nor is it a game to those charged with retelling the sub-currents and subplots of the "game" they all play.

it was the equivalent of the NFL and NBA Conferences Championships, or the day before Armageddon for some, it was like golf for me. I got a mulligan for possibly the most important career choice I could ever make.

For me, it was a game. While

Florida repeats NCAA title

KRIS ANDERSON

EXECUTIVE EDITOR

Watching the NCAA men's basketball National Championship on CBS Monday, it is glaringly apparent "The" Ohio State University should never schedule the University of Florida in any athletic endeavor, ever.

Monday night marked the second time in less than four months the Gators downed the Buckeyes in a National Championship.

The Gators had four doubledigit scorers in the contest, with Florida power forward Al Horford pulling a double-double with 18 points and 12 rebounds.

And while Ohio State freshman goliath Greg Oden held his own, scoring 25 and grabbing 12 rebounds, the future NBA lottery pick couldn't carry the Buckeyes alone.

Freshman Ohio State guard Mike Conley Jr. scored 20 in the game, bringing his and Oden's combined points to 45. But the rest of the Ohio State team that entered the game scored only 30 put together.

Although Florida's tally of two consecutive National Championships, their road to the title game seemed to

The only elite team, arguably, that Florida faced was UCLA, who the Gators dispatched by 10 points.

The game was a bit of a snoozer, and Florida managed to stifle UCLA's All-American hero from the West Regional at the HP Pavilion.

This Bruin savior, 6-foot-5-inch junior guard Arron Afflalo, dominated the West Regional last Saturday, scoring 41 points over two wins against the University of Pittsburgh on March 22, and the University of Kansas on March 24.

Afflalo may not be a giant by basketball standards, but in the final minutes against the Kansas Jayhawks last Saturday, he was larger than life.

Afflalo hit all eight of his final shots en route to a 68-55 drubbing of the No. 1 seeded Jayhawks, sending the Bruins to their second straight Final Four.

"I'm going to miss, I'm going to make," Afflalo said of his perfect shooting down the stretch. "But as long as I'm there to be effective for my team and put winning first, I really don't worry about it too much."

Afflalo topped all scorers with 24 points in the Bruin victory over Kan-

sas and said he wasn't "aware" of how well he shot at the end of the game.

"To tell you the truth, I don't really think about it," Afflalo said of his game-high tally. "I'm just playing to win."

Afflalo said after UCLA's victory in the Elite Eight that it would be nice to face the Florida squad that sent UCLA home in second place last season, but for him, he just wanted to beat anybody standing in the way of a National Championship.

Unfortunately for UCLA, Afflalo's exellent play screeched to a halt in its Final Four game against Florida, when foul trouble forced him to the bench for most of the game.

Ohio State on the other hand reached the championship game through a bit tougher path in the South Region.

Ohio State scraped by the University of Tennessee by one, when Oden sent a potential game-winning layup into the stands as time ran out.

In the Final Four, Oden, who stands at 7-feet, faced off against Georgetown University's 7-foot-2inch center Roy Hibbert. The Buckeyes led most of the way and pulled away with a seven point victory.

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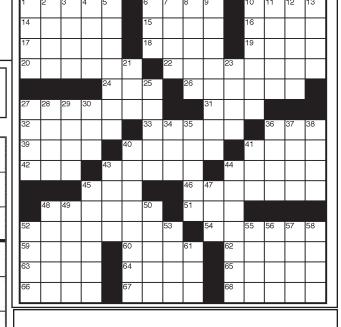
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—Anna Faris, 'Just Friends,' 2005

Student goes to extreme measures to put on 'freshman 15'

KIMBERLY LIEN

at fast food restaurants.

STAFF WRITER

The "freshman 15." It refers to the 15 pounds first-time college students infamously gain as a result of eating at the dining commons and

In his first year at San Jose State University, Alvin Tan lost 15 pounds.

"They said you're supposed to gain 15 pounds freshman year," Tan said, "but I lost 15 pounds. I think I went down to 110, 115."

Tan, a computer engineering major,

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lived in the dorms in his first year of college, and grew tired of the limited food choices that were available to him.

"I got sick of Sbarro," Tan said, "and I hated dorm food."

Now, as a senior, Tan lives in an off-campus apartment. The way he eats now is a complete turnaround from the way — and the why — he used to eat when he first started living on his own.

Tan has been trying to gain weight — or "bulk up," as he describes it — for the past month.

He has gained a total of 17 pounds, for no other reason than his own per-

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sonal wish to become bigger.

Initially, Tan's process of gaining weight involved: tuna, water and a blender.

In order to have time to prepare and eat his daily breakfast of two blended cans of tuna, Tan would wake up at 7:45 a.m., blend the tuna and then down it with a glass of orange juice and water.

The water helps him drink it down, and the orange juice helps with the taste, Tan said.

"It stays on your breath too," Tan said. "It stinks."

The apartment chef

His roommate, Brandon Lim, has seen the way Tan eats. Lim has also tried to dissuade him from doing so.

"I try to make him eat it the way I eat it," said Lim, a senior in advertising. "That's just gross."

Lim makes most of his own meals in the apartment he shares with Tan. He eats healthy to compensate for his other unhealthy habits.

"I eat healthy," Lim said. "I know that I'm not being healthy by having bad sleeping hours."

Lim learned to cook by watching his mother and grandmother make meals at home. His meals are usually quick and simple.

"I use a lot of the toaster oven," Lim said. "It's quicker, easier and fast. I make quesadillas, sandwiches, steak, pasta, chicken. I try to eat a lot of turkey."

Sometimes, he will try branching out, but it doesn't always pay off in the end.

"Usually, when I try to get too creative," Lim said, "like when I make eggs, I throw in a lot of seasonings. It ends up not tasting too good, but I just eat it."

Although cooking for yourself allows you to control certain aspects of your diet — such as sodium and protein intake — it can also be costly and time-consuming, said San Jose State University lecturer Laurie Steinberg.

Steinberg is a registered dietician and nutrition and food science lecturer. She has a private practice in Portola Valley, where she sees patients who are referred to her by doctors.

Lim spends \$70 a week on personal expenses, with most of it going to groceries. Just as most of Lim's financial budget goes to buying food, his time budget also centers around eating.

"It usually takes me an hour to cook," Lim said, "and an hour to

eat, then you have to do the dishes."

When Lim can't find the time to cook for himself, he tends to go for an unhealthy alternative.

"Last week," Lim said, "all I ate was pizza."

Protein shakes

Since his shipment of protein powder came in, Tan no longer has to wake up 30 minutes before class to blend tuna. Now he just makes a protein shake and drinks it on his way to campus.

"In losing weight or gaining weight," Steinberg said, "you want to go slow."

Steinberg said the 17 pounds Tan has gained over the last month might be attributed to an increase in liquid weight.

"It sounds less than ideal," Steinberg said. "To gain that fast, I would imagine it wouldn't keep

STEPHANIA BEDNAR/ STAFF PHOTOGRAPHE

SJSU senior Alvin Tan prepares instant oatmeal before heading off to class.

up. But, I've never heard anybody do it that way before."

When Tan would drink his tuna for breakfast, he would push his stomach to the limit.

"I try to eat until I'm about to vomit," Tan said.

Tan tries to eat one gram of protein per pound of his body weight. He currently consumes 140 grams of protein a day.

The two cans of tuna provided him with 26 grams of his daily protein intake.

According to Steinberg, the average person can calculate the amount of protein they need each day by using a simple formula. For every kilogram of body weight, a person should consume .8 grams of protein.

"Let's say someone's more athletic and needs a little more protein than the average person," Steinberg said, "then let's say they need 1 gram a day. (Tan) would need to consume 63.6 grams of protein a day."

Protein powders are an artificial method of adding protein to a diet, Steinberg said.

"I'm not a big fan of protein powders," Steinberg said. "It's artificial. How do our bodies really know what to do with that? Most dieticians are not in favor of protein powders."

Healthy choices

Whether it's getting rid of the "freshman 15" or trying to "bulk up," Steinberg advises students to make educated choices in their eating habits.

"Sometimes, I think that (the students) think they're making good choices," Steinberg said.

Eating convenience foods such as instant noodles and frozen dinners can add a lot of extra sodium, fat and calories to a diet, Steinberg said.

Following a meal plan — like the one found at mypyramid.org — can help a student with limited choices and maintain a healthy lifestyle.

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