

SERVING SAN JOSE STATE UNIVERSITY SINCE 1934

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THESPARTANDAILY.COM

MovieFest Grand Finale hits Bay Area

Six films from SJSU awarded honors

By **SARRAH S. NGUYEN**
Staff Writer

Robbie Benson, a freshman radio, television and film major, said his team got the concept for their short film, "Bobby's House," which won Best Picture at the Bay Area MovieFest Grand Finale, through experience.

"We were all home-schooled when we were younger," Benson said. "That was basically a memory of all our experiences."

Benson, his brother Jeff, Jon Magram, a junior animation/illustration major and friend Robert Krakower created a five-minute film about a boy named Adam and his awkward experiences at Bobby's house.

"Strange, we weren't expecting it at all," Magram said about winning.

Out of the 600 teams that participated in the Bay Area, 16 top short films from SJSU, U.C. Berkeley, U.C. Davis, Sonoma

See **FILMS**, page 2



Students held a candlelight vigil to honor Filipino World War II veterans on Thursday.

MICHELLE HORTON // Special to the Daily

Campus groups honor veterans

Recognized World War II Filipino veterans

By **TRUTH ESGUERRA**
Staff Writer



MICHELLE HORTON // Special to the Daily

Students marched from the Student Union Amphitheater to the Dr. Martin Luther King Jr. Library on Thursday.

"The people united will never be defeated," chanted marching participants of Thursday's annual candlelight vigil in San Jose, which honored Filipino veterans who served in World War II.

"We just want to let them know that they're recognized for what they fought for in their struggles," said Karen Tanquilut, a junior engineering major and a member of Akbayan Pilipino Club, a Filipino-American organization at SJSU. "We're still fighting for them to have their full equity and to have recognition."

The event was a collaboration of members from Akbayan, Alpha Kappa Omega, Kappa Psi Epsilon, Sons and Daughters of the Archipelago and Mabuhay Cultural Club of Independence High School, Tanquilut said.

"I feel empowered," said Phil Temple, a sophomore nursing major who participated in the event. "We got to get our voice heard."

Daniel Agcaoili, a sophomore biology major and member of Alpha Kappa Omega, participated in the event.

"It's always good getting in touch with your roots," he said. "It brings back the pride in your culture within yourself."

John Hom, a sophomore illustration major and also a member of Alpha Kappa Omega, said he felt great about the event.

"It makes me feel proud to be Filipino," Hom said. "I wanted to start yelling at the end."

The participants of the candlelight vigil started their march at the Student Union Amphitheater and ended it at the Dr. Martin Luther King Jr. Library, Tanquilut said.

As they marched the participants chanted

See **VIGIL**, page 3

AND THE WINNERS ARE ...

FILM AWARDS (SJSU)

Best Picture – "Bobby's House"

Audience Choice/Best Comedy – "Love Struck"

Best Soundtrack – "I Need You Back"

Best Use of Mobile – "Charly and Estella"

"GOLDEN TRIPOD AWARDS" (SJSU)

Best Costume/Makeup – "Love, Hope, Ninjas"

Most Awkward Moment – "Go Bathe"

Museum turns away students during free college night

Company didn't expect such large turnout

By **SARAH KYO**
Staff Writer

A free event attracted college students to The Tech Museum of Innovation for a world-renowned yet controversial exhibit on Wednesday evening.

The attraction may have been too strong, since according to museum officials, The Tech Museum reached its capacity in less than two hours. As a result, some people were turned away from entering the anatomical exhibit Body Worlds 2 and The Three Pound Gem.

Alex Miller, a sophomore aerospace engineering major, said he and a few friends arrived at The Tech Museum after 7 p.m. He said there were many people waiting in a "massive" line to obtain free tickets, but they found out that the exhibit was sold out.

"The room just emptied," Miller said. "It was just a huge exodus out of The Tech Museum."

Lisa Croel, marketing director of The Tech Museum, said 2,700 people attended the Body Worlds 2 exhibit during college night, which began at 5 p.m. and ended when the Museum closed at 9 p.m.

Peter Friess, the president of The Tech Museum, said there was a cut-off in the amount of people allowed into the exhibit because of security and safety reasons.

"We cannot let in more people than the fire and police allow us," Friess said.

More than 200 real anatomical specimens are on display in the Body Worlds 2 exhibit, including 20 real human bodies, said Lisa Croel, marketing director of The Tech Museum. Dr. Gunther von Hagens, the creator of this traveling exhibit, used a process called plastination to remove bodily fluids and preserve each specimen with injections of materials such as silicon rubber.

Croel said due to the nature of the exhibit, which will be at the Museum until Jan. 26, a maximum of 600 people are allowed to see Body Worlds 2 at a time. She said Bay Area college students with a valid I.D. received a time-

By the numbers

- **2,700** people attended the exhibit on college night.
- **600:** The maximum number of people allowed to view Body Worlds 2 at a time.
- **\$18.50:** The ticket price for a college student with ID, who is not a member of the museum.
- **1,731** free tickets were given to students on college night in San Jose.
- **\$5:** The coupon amount given to students who were turned away from the exhibit on college night.

Sources: Lisa Croel, marketing director of The Tech Museum of Innovation; The Tech Museum Web site; Joe Gold, director of marketing operations for Body Worlds.

See **TECH**, page 2

ONLINE

INTERNATIONAL STUDENTS LOOK FOR WORK

In addition to adjusting to a new country and university, some international students add internships and part-time jobs to their schedule.

WWW.THEPARTANDAILY.COM

STUDENT LIFE

PUT DOWN THE BAGEL AND SHMEAR, NOW!

Students and professors explore the dreaded "freshman 15" and discuss ways you can avoid this ugly number.

PAGE 4

OPINION

SHOULD SAN JOSE LIBRARIES BAN PORN?

San Jose mayor supports legislation to censor porn to protect children's wandering eyes ... the editorial board weighs in.

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Domestic violence week begins today

Students share personal stories of former abuse

By **KRISTIN FURTADO**
Staff Writer

When Maria's boyfriend threatened to kill her by putting a knife to her neck, she didn't beg him to put it down.

"You know what? Do it. Go ahead. Do it," Maria told her boyfriend.

Fortunately, he didn't listen to her — he put the knife down.

Maria (not her real name) said she spent more than four years in an abusive relationship. So when SJSU peer health educator Gina Vittori

asked her volunteers what issues they thought were really important to students, Maria knew exactly what she wanted to bring to their attention: domestic violence awareness.

With help from the Women's Resource Center, Peer Health Education is sponsoring and coordinating Domestic Violence Awareness Week at SJSU, which will feature The Clothesline Project, a visual display bearing witness to violence against women, Vittori said.

Today marks the beginning of this week's event, which is being held in observance of domestic violence awareness month. It will be held Mon through Thurs. from 11 a.m. to 2 p.m. in the Art quad.

The clothesline, which was featured two years ago at SJSU, will display T-shirts made by survivors of domestic violence — as well as for wom-

en who may have died from domestic violence, Vittori said.

"It's a really powerful event and again, it gives a voice to people who've been affected by domestic violence or rape or incest or sexual abuse," she said, adding that materials will be available for students to make their own T-shirts.

Vittori said she hopes to educate students about healthy relationships. A dating bill of rights will be posted for students to look at and volunteers will also be handing out information on relationship equality, boundaries and respect.

According to the National Coalition Against Domestic Violence, one in every four women will experience domestic violence in their lifetime, with women ages 16 to 24 experiencing the high-

See **WEEK**, page 3

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 submission. Entries are printed in order in which they are received.

TODAY

Prevention Education and Delta Zeta Mocktails Present "October Harvest"

From 6 to 7:30 p.m. in the University Room in the Student Union. For more information, contact Dana Nevin at (510) 377-7568.

Golden State Warriors Internship

The Marketing Association welcomes all SJSU students to this internship presentation at 6 p.m. in the Almaden Room in the Student Union. This event is wheelchair accessible. Snacks will be provided.

Pride of the Pacific Islands: Dance Practice

From 8 to 10 p.m. in the Aerobics Room in the Event Center. For more information, contact Lisa Kho at (925) 639-6781.

Oct. 23

Pride of the Pacific Islands: General Meeting

From 5:30 to 7 p.m. in the Pacifica Room in the Student Union. For more information, contact Lisa Kho at (925) 639-6781.

Book Discussion - "Drinking Coffee Elsewhere"

From 3 to 4 p.m. in Clark Hall, Room 105H. Coffee will be served. For more information, contact Annette Nellen at anellen@sjsu.edu.

Angel Island Immigration: Narrated Slide Show

From 6 to 7:30 p.m. in the Dr. Martin Luther King, Jr. Library, Room 225. William Wong, co-author of "Images of America: Angel Island," will present a narrated slide show featuring historical images of immigrants from 1910 to 1940 and from 1970 to the present. The photos represent the campaign to save Angel Island, an "Ellis Island of the West." For more information, contact Jennifer Davis at jennifer.davis@sjsu.edu.

Chamber Music Recital

From 12:30 to 1:15 p.m. in the Music Building Concert Hall. Showcase of a member of Mu Phi Epsilon, an international, professional coded music fraternity. For more information, contact Joan Stubbe at 924-4649.

Oct. 24

African-American Women and the Protestant Tradition - A Focused Look at "Drinking Coffee Elsewhere"

From 1:30 to 2:45 p.m. in the Boccardo Business Complex Room 204. Attend a special lecture by Professor Rycenga. For more information, contact Annette Nellen at anellen@sjsu.edu.

TECH // More than 1,700 students attended

Continued from page 1

stamped ticket for college night to enter the exhibit, as well as see the rest of The Tech Museum, for free.

"I read in the newspaper it was free for students until 9 p.m., and I wanted to talk to the manager and complain," said Juan Leandro del Viejo, an electrical and computer engineering graduate student.

Leandro del Viejo said he and at least 10 other residents from the International House arrived at The Tech Museum at 7:30 p.m. and could not enter the exhibit.

On the days leading up to college night and on the day of the event, the Spartan Daily featured an advertisement for Body Worlds 2. At the top of the advertisement are the words "Free College Night!" At the bottom are the words "Wednesday, October 17, 5 p.m. to 9 p.m.," along with the words "With Valid Student ID."

According to The Tech Museum's Web site for this exhibit, the

last available tickets are issued at 7:30 p.m., an hour and a half before the museum is closed. Croel said it takes about an hour and a half for people to experience the whole exhibit.

Croel said due to the large amount of people that showed up at the start of college night, the last tickets on Wednesday were issued at around 6:45 p.m.

Gabriel Chai, a senior business administration major, said he didn't expect tickets to run out when he arrived at 7:30 p.m. Chai said the advertisement didn't mention there were a limited amount of tickets.

"If they had mentioned it or pointed out in the advertisement, then if we're late, it's our fault," Chai said. "The problem is they haven't mentioned it."

Lilly Buchwitz, assistant professor of advertising, said although it would have been nice for The Tech Museum to allow more people into the exhibit for free, "they're not under an obligation to make it available to every single person."

Buchwitz said it might have been better if the advertisement indicated that it was first come, first served.

"They didn't do anything improper," Buchwitz said. "Could they have done better? Sure."

Joe Gold Entertainment, Inc.,

"If they had mentioned it or pointed out in the advertisement, then if we're late, it's our fault. The problem is they haven't mentioned it."

GABRIEL CHAI

Senior business administration major

a Massachusetts-based agency, handles the marketing of the North American exhibitions of Body Worlds. Joe Gold, the director of marketing operations for Body Worlds, said 1,731 free tickets were given to college students in San Jose.

Gold said his agency wanted something mentioned on the advertisement to indicate the limited amount of tickets. However, he said due to miscommunication along the way, "it was unintentionally omitted."

"It was regrettable," Gold said, "but it was a mistake."

Croel said people who were turned away received a coupon for \$5 off admission. According to The Tech Museum's Web site, \$18.50 is

the ticket price for a college student with ID who is not a member of the museum. However, the coupons were for \$5 off the \$22 price for an adult non-member, Croel said. All of the ticket prices include admission into the exhibit as well as The Tech Museum's other galleries.

Gold said a similar free college night for a Body Worlds exhibit took place in Boston a year and a half ago. He said 1,200 tickets were given out in Boston, and he wasn't aware of anyone being turned down. He also mentioned no other museums, besides The Tech Museum, have offered \$5 off discounts.

Croel said this was the first time that The Tech Museum had hosted a free admissions event. She said the museum was pleasantly surprised at the turnout, which exceeded expectations. She said the museum was "really sorry" about turning people away.

"I think we should have anticipated it would garner this level of interest," Croel said.

Although there aren't any plans to host this sort of event for the Body Worlds exhibit again, Croel said the museum may host free admissions events for other exhibits in the future.

Miller, who has attended a similar exhibit in Southern California, said although he was disappointed about not seeing the San Jose exhibit that evening, he was not surprised.

"I was almost half-expecting there to be some limit because I knew not everyone would be able to go," Miller said.

FILMS // Students given equipment to shoot films

Continued from page 1

State, Stanford and the University of the Pacific were shown Friday at the grand finale in the California Theatre located in downtown San Jose.

"The best (films) we've had in the entire year were from the Bay Area," said David Roemer, a creator of Campus MovieFest, at the finale.

SJSU won five of the six awards given at the end of the show including Audience Choice award, Best Soundtrack, Best Use of Mobile, Best Comedy and Best Picture.

The team that won Best Use of Mobile was recognized for their creative use of AT&T phones in their movie. The phones were provided to them by Campus MovieFest.

The teams that won these awards received prizes such as an iPod, Logic Studio software or a Sony camcorder.

SJSU also won two Golden Tripods for Best Costume Make-up and Most Awkward Moment.

Students who signed up for the contest had a time limit of one week to create a five-minute movie and were given all the equipment needed to create their project, including cell phones, laptops, cameras and editing software, said Sumit Mahawar, a senior business major, film minor and participant in the contest.

Mahawar decided to get involved in this year's MovieFest because he didn't want to miss a chance to participate before he graduated.

"It's almost like, 'why wouldn't I participate in this?'" Mahawar said. "They're giving you all the equipment you need to make the movie. They just want you to be creative and that's what I love doing."

Mahawar's short film, "Love Struck," won the Audience

Choice award and Best Comedy at the finale.

"It was great," Mahawar said. "I mean, I didn't walk in with any expectations and winning something is always nice."

Some students were at the finale to rewatch their favorite short film and show support for friends involved in the contest.

"I think they're really great," said Riyanto Diwisaksono, a junior biological engineering major about the student filmmakers. "I saw them last time at SJSU, I

"It's almost like, 'why wouldn't I participate in this?' ... They just want you to be creative and that's what I love doing."

SUMIT MAHAWAR

Senior business major/film minor and MovieFest participant

like the 'Mass Transit.'"

"It was really well put together," said Allison Hoffman, a senior theatre art major about the event. "The audience was great and the announcers were great."

Roemer, Dan Costa, Vijay Makkar and Ajay Pillarisetti started Campus MovieFest seven years ago as a dorm competition between the halls at Emory University in Atlanta, said Abe Mohammadiene, a MovieFest employee, who is also known as "all that is video" among his colleagues.

"David was an Apple campus rep," Mohammadiene said. "He had access to some of the equipment, and Dan Costa was an R.A. So it was their brainchild and Ajay and Vijay were friends that help the team."

AT&T, OurStage, Elfenworks, Apple and some schools funded the events, equipment and software.

Feds considering imposing national safety rules for leafy greens

SACRAMENTO (AP) — The U.S. Department of Agriculture is considering imposing a new set of national regulations to lower the risk of foodborne illness in salad greens.

The USDA's Agricultural Marketing Service says its new proposal for companies that process leafy greens is modeled on the voluntary food safety guidelines drawn up in California after last year's E. coli outbreak in fresh, bagged spinach.

The agency says under the new rules, companies would have to follow a set of guidelines for handling and processing salad products. But they still haven't decided if the rules would be mandatory.

One approach would let companies decide if they want to participate.

Many California farmers would prefer it if all leafy greens handlers had to comply with the same standards as they do.

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Your ticket to Body Worlds.

Turn this ticket into the Spartan Daily located on the 2nd floor of Dwight Bentel Hall, room 209, today for your chance to win tickets to The Body Worlds Exhibit. Winners will be announced tomorrow. One entry per person.

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VIGIL // Filipino club urging people to work together to pass legislation for veterans

Continued from page 1



PHOTOS BY MICHELLE HORTON // Special to the Daily

ABOVE: Students held a candlelight vigil to remember and honor Filipino-American World War II veterans in front of the Dr. Martin Luther King Jr. Library on Thursday.

LEFT: Valerie Redrico, a sophomore psychology major, participated in the candlelight vigil and rally to remember World War II Filipino veterans.

English and Tagalog phrases that addressed the issues regarding what he said is a lack of equality given to Filipino veterans.

Tarhata Rosal, a senior nursing major and head of the Sons and Daughters of the Archipelago, led the chants with a microphone.

"Leading the rally chants is always an invigorating experience," Rosal said. "We are not just voicing our opinions; we are screaming them in order to be heard."

"The rally chant is critical to help get our voices heard, especially for the minority population," she said.

After the march to the library, the participants watched individuals perform traditional Filipino dances, spoken-word poetry and the candlelight vigil, Tanquilut said.

She said the candlelight vigil is a time when participants of the event reflect on the veterans who fought in the war.

"It's nice to see people come out," said Audrey Ramirez, a senior child development major and vice president of Akbayan.

"Everyone is here, everyone is passionate, and everyone is fighting for the same thing," said Carina Mae Orozco, a junior marketing major.

Jovina Navarro, a Student Services professional and adviser of Akbayan, said that all sectors of the Filipino community, the professionals, the students,

the veterans and their families, must work together to get the H.R. 760: Filipino Veterans Equity Act of 2007 passed.

The bill would expand benefits for Filipino veterans who served during World War II.

According to Rescission Act in 1946, Filipino soldiers who fought alongside with American soldiers would not be considered active members of the U.S. military and would not receive full benefits.

Navarro said that out of the 290,000 Filipino veterans that were denied their benefits, less than 21,000 of those veterans are still alive.

Orozco said that the Filipino veterans love to see the students fighting alongside with them.

"We're being their voice so that they can be recognized as Filipino-American veterans," she said.

According to an e-mail by San Jose Councilwoman Nora Campos, the Filipino-American History Month Flag Raising Ceremony will take place at the San Jose City Hall plaza at noon today.

"I think it is important to recognize the many contributions that Filipino-Americans have made to our communities and to our country," Campos wrote.

Orozco said that actual veterans who fought in World War II would be raising the flag.

"It's never too late to learn about your culture, it's never too late to learn about your history," Orozco said.

WEEK // One student victim of abuse encourages others to speak out

Continued from page 1

est rates of intimate violence.

Women who are 20 to 24 years of age are at the greatest risk for domestic violence, and 21 percent of college students report they have experienced dating violence by a current partner.

"They're probably starting to have their first serious relationship," said Vittori, adding that the majority of college students are 18 to 24.

Sgt. John Laws, a University Police Department public information officer, encourages students to call 911 if they find themselves in a potentially violent relationship.

He said it's difficult to determine the number of domestic violence cases reported on campus because it often depends on the circumstances surrounding the event. For example, if a student in an abusive relationship calls the police and their abuser rips the phone out of the wall, that's categorized as a crime — not necessarily domestic violence.

"But the actual domestic violence that occurs here is pretty few and far between," Laws said.

Valerie Pohorsky, a senior photography major believes students may not take violence seriously when first starting a relationship.

"When it starts to happen, people kind of brush it off, 'Oh they were just drunk' or 'they were just really pissed off,'" Pohorsky said.

She said sometimes a friend may be aware of the problem, but may not be really sure how to help.

"I'd probably tell them to leave the relationship, but I really wouldn't have any clue as to what they could do," said Neil DeLeon, a freshman aerospace engineering major.

Pohorsky said she hopes this week's event makes students aware of what they can do to help a friend who might be too embarrassed or ashamed to get help themselves.

Maria, a senior nursing major, who is also a peer health volunteer, believes this week's event will shed light on an often silent problem as well as raise awareness among students about domestic violence.

"It's usually something that's either swept under the rug or that's not really talked about," Vittori said.

"I didn't talk to anybody about it," said Maria, who didn't tell family or friends what she was going through.

"I didn't know there were people out there who could help me," said Maria, who was unaware of the many organiza-

"Men are not always the suspect and women are not only the victims."

Sgt. JOHN LAWS
UPD Public Information Officer

tions and resources available for those affected by domestic violence.

Maria met her boyfriend when she was seventeen years old. She said he would push her, throw things at her — even spit at her.

But while the physical abuse was painful, Maria said, it was the emotional abuse that hurt the most. He told her she would never find anybody else who would ever love her, she said.

"He accused me a lot of cheating on him," she said.

So when her boyfriend threatened her with a knife, Maria was too fed up to care what he did anymore.

Vittori said many women find it difficult to leave an abusive relationship because they're caught in what she calls a cycle of violence. After a violent episode, the abuser is very apologetic and promises never to do it again, she said.

"We have also had incidents where the victim has recanted and ultimately married her abuser," Laws said.

"There's sort of that period where things kind of settle down, things go back to normal, if you will. And then it kind of starts over again. But each time it starts again, it gets worse," she said, adding that it could ultimately end up in one person being killed.

For her part, Maria said many women actually start to believe what their abuser tells them.

"You believe it's your fault and you deserve it. If only you could do something better. If only you wouldn't get him mad," she said.

Some might ask why didn't Maria just leave the relationship.

"When I was in the relationship, I didn't know any better. I didn't know it was supposed to be different. I didn't know it could be better," she said.

Maria, who grew up watching her mother stay in violent relationships, said her own abusive relationship seemed normal. It wasn't until she went to school and got a job at a local hospital that she started to realize her relationship was anything but normal.

"And I started to think, 'Oh my God, life wasn't supposed to be like this,'" she said.

An incident involving their one-year-old daughter at the time, became the last straw. This time, when her boyfriend came back with tears and apologies, she didn't take him back, and luckily for Maria that marked the end of her four-year relationship.

Maria has shared her experiences by speaking to students at her local community college, where she participated in the Clothesline Project as a student there. Her shirt will be on display today in the Art quad.

"I keep it with me. It reminds me of where I was and how far I've come," she said.

While Vittori said the Clothesline Project has traditionally been just for women, she said the event is open to all students.

"If a man comes by our table and wants

to paint a T-shirt, then that's great," she said.

"Men are not always the suspect and women are not only the victims," Laws said, adding that he's seen both cases on campus.

But Maria doesn't want people feeling sorry for her. She hopes that by sharing her experience, she can encourage others to speak out about what they've gone through or ask for help.

"My goal is to encourage other people to talk about their experiences," she said.

"It's not just poor people," said Maria, who believes one of the biggest stigmas against victims of domestic violence is that it only happens to certain people.

"It's not just minorities. It affects anybody," she said.

Domestic Violence Facts

- Women who are 20 to 24 years of age are at the greatest risk for domestic violence.
- 21 percent of college students report they have experienced dating violence by a current partner.
- One in every four women will experience domestic violence in their lifetime.
- Women ages 16 to 24 experiencing the highest rates of intimate violence.
- Call 911 right away if you or someone you know is in a potentially violent relationship.

Source: National Coalition Against Domestic Violence

Check out new multimedia online at www.thespartandaily.com.

Skateboarders speak out on the convenience of skateboarding on campus, being polite to pedestrians, little chance of board theft and not worrying about UPD.



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UPCOMING EVENTS SHOW Domestic Violence Awareness Week OCT. 22-25, 11 A.M. TO 2 P.M., ART QUAD ACROSS FROM SPARTAN BOOKSTORE, FREE

Weighing in on the 'freshman 15'

By KRISTIN FURTADO Staff Writer

For many freshmen, college is an exciting new venture. It's an opportunity to meet new people, adopt liberal ideologies and above all else, experience freedom: freedom to eat whatever your heart desires.

It's called the "freshman 15," and if you're not careful, you could find yourself relating to this oft-quoted campus demographic.

"They typically do not gain 15 pounds," said Marjorie Freedman, assistant professor of nutrition and food science. Research, she said, shows that students gain more like two to five pounds.

But for students who think weight gain starts — and stops — at the freshmen level, they may be sorely disappointed.

"It goes beyond the freshman year," Freedman said, adding that over the course of four years, two-to-five pounds really starts to add up.

Michael Love, a sophomore radio, television, and film major, said he thinks freedom is the number one reason students start to gain weight in college. Add stress, alcohol consumption and frequent all-nighters, Love said, and you've got yourself a little conundrum when it comes to maintaining weight.

"The most common reason is it's very typical for any individuals to gain weight during times of extreme change," said campus dietitian Jennifer Waldrop. She added that access to food in an all-you-can-eat setting — and at all hours

— creates an environment conducive for gaining weight.

"Right now, I'm subsisting on pickled green beans and hot sauce," Love said, having retired from the dining commons.

Waldrop, who offers free one-on-one nutrition consultations for students, said that one of main reasons students come to see her is to lose weight. But they often come with wildly unrealistic expectations, she said.

"Students come in sometimes believing that they can lose really large amounts of weight in a short period of time," she said. "Often that's not healthy or true."

Waldrop said she works with students to set realistic goals — focusing less on weight and more on creating healthier habits.

Freedman said she thinks gaining weight during the freshman year comes down to whether students are eating more or exercising less.

A few years ago, a study by the SJSU nutrition department looked at weight gain in freshmen and concluded that students who gained the most weight were the least physically active, Freedman said.

"A lot of times it's hard to actually get out there and have the self-motivation, because here you're on your own about everything," said Veronica Vidrio, a freshman music education major.

Last year, Freedman also did a survey of 1500 upperclassmen, where she found more male students on campus are overweight than females.

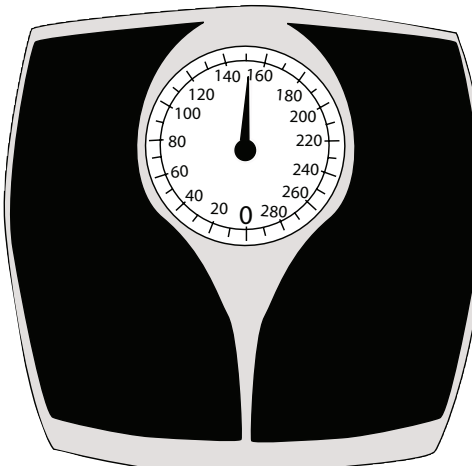
"It showed about a third of our students are overweight or obese," she said.

She said she thinks being away from home combined with increased food availability are some of the main reasons behind a student's weight gain.

"I think there are some healthy foods on campus, but I would like to see more," she said.

For freshmen, the dining commons is often the main source of food, and some students find the food options limited there.

"It's the same thing everyday," said Vidrio, who wants more variety offered at the dining commons.



GRAPHIC BY NICK VERONIN // SPARTAN DAILY

"You have all that food in front of you," she said, adding that at home, you're basically limited to what's in one's fridge.

But Freedman doesn't think the dining commons should shoulder all the blame for poor choices students are making in terms of what they eat.

"I personally think the food in the dining commons is good," Freedman said. "I've eaten there, and I have no problem eating healthy foods there."

Since SJSU is often labeled a commuter campus, do students who live on campus tend to gain more than those who don't?

Freedman will be trying to answer this exact question in a study she's doing later on this year. The study will compare the weight gain of freshmen who live on campus to those who don't.

Freedman said increased alcohol consumption is another culprit when it comes to student weight gain.

"There's a lot of hidden calories that people don't pay attention to, and alcohol is one of them," Freedman said, adding that the averaged mixed drink can have anywhere from 100 to 200 calories.

"Also you're in college so you're going out more, so that means more late-night bingeing," said Munique Martinez, a freshman nursing major. "It all adds up."

Freedman said the mass consumption of "so-called" energy drinks among college students is another big problem when it comes to students gaining weight.

For college students, trying to maintain energy levels for that all-nighter is important, but Waldrop said students should be choosing foods rich in whole grains such as granola bars to stabilize your energy. Popular drinks such as Red Bull,

Rockstar and Monster can have hundreds of empty calories, Freedman said.

Freedman said students no longer want a boring cup of black coffee.

"They want to have a frappuccino," she said.

Skipping meals, Waldrop said, which is also common among college students, increases your chances of gaining weight.

Waldrop is also the coordinator of the Nutritional Education Action Team, a student organization that holds presentations and various campus events promoting healthy lifestyles on campus.

The team, which won Student Organization of the Year for 2007, also holds free nutritional counseling in the sport club as well as "Wellness Wednesdays," where presentations are given by students one Wednesday per month in the aerobics rooms of the sport club.

So how critical are the college years for forming good or bad habits?

"Right now, I end up drinking a pot of coffee, eating dinner and staying up really late, and then waking up early," Love said.

"At any point in your life change is possible," Waldrop said. "But there's certainly something about the college years that tends to have just a lasting effect."

"My habits are pretty bad right now, but I think it's just kind of normal to have bad habits in college," Love said.

He added that he'll probably carry "remnants" of these habits throughout his life.

CONCERTS WEEK OF 10/22

Tuesday:

Yellowcard The Warfield, San Francisco 7 p.m.

Wednesday:

Blonde Redhead The Warfield, San Francisco 8 p.m.

"Disney's Highschool Musical: The Ice Tour" HP Pavilion, San Jose 7:30 p.m. *runs through Sunday

Thursday:

Fiona Apple The Warfield, San Francisco 8 p.m.

Friday:

Snoop Dogg Cow Palace, San Francisco 7 p.m.

Saturday:

21st Annual Bridge School Benefit Shoreline Amphitheatre, Mountain View 5 p.m. *runs through Sunday

Cassette

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TODAY'S CROSSWORD PUZZLE

Crossword puzzle grid with clues for Across and Down. Includes 'PREVIOUS PUZZLE SOLVED' and '10-1-07 © 2007 United Feature Syndicate, Inc.'

SUDOKU

Sudoku puzzle grid with difficulty level 1 (of 5) and a 3x3 grid of numbers.

PREVIOUS SOLUTION 3x3 grid of numbers and HOW TO PLAY instructions.

CLASSIFIED AD RATE INFORMATION Each line averages 25 spaces. Each letter, number, punctuation mark, and space is formatted into an ad line. The first line will be set in bold type and upper case for no extra charge up to 20 spaces. A minimum of three lines is required. Deadline is 10:00 am, 2-weekdays prior to publication. MINIMUM THREE LINE CLASSIFIED AD: DAYS: 1 2 3 4 RATE: \$10.00 \$15.00 \$20.00 \$25.00 \$2.50 EACH ADDITIONAL LINE AFTER THE THIRD LINE. \$3.00 EACH ADDITIONAL DAY. * RATES ARE CONSECUTIVE DAYS ONLY. *ALL ADS ARE PREPAID. * NO REFUNDS ON CANCELLED ADS. FREQUENCY DISCOUNT: 40+ consecutive issues: 10% discount SJSU STUDENT RATE: 10% discount. Ads must be placed in person in DBH 209 from 10 AM or 3PM. STUDENT ID REQUIRED. Rate applies to student's individual ads only. Not intended for businesses and/or other persons. Frequency discount does not apply.

Letter to the editor

To the editor,
 Re: "G.E. classes evaluated for effectiveness" (Oct. 17, page one). Like astrology, the general education assessment process used by BOGS (Board of General Studies) involves creating charts and performing calculations. But I doubt that it involves any scientific assessment of students "mastery" of SLOs (student learning objectives).
 Why am I skeptical? According to the report on G.E. assessment provided in making SJSU a WASC-accredited university, in the Area S course RTVF 110 (with sections of 100 students), 95 percent of students "mastered" all four Area S learning objectives. Who said 95 of 100 students had "mastered," for example, the ability "to describe historical, social, political, and economic processes producing diversity, equality and structured inequalities in the U.S.?" The course instructor said so; and there was no independent confirmation of this or other G.E. instructors' claims.

If this is not enough cause for skepticism, then perhaps students should know about the "improvements" BOGS helps make in G.E. courses. This past year, one department (Humanities) was asked to improve and resubmit several courses for continuing certification. The improvements concerned the nature of assessment data, the information on greensheets about G.E. requirements and university policies, and making greensheets identify which assignments were "linked" to which SLOs. BOGS requesting improvements in anything other than greensheets is so rare that it has earned the nickname "Board of Green Sheets."

Personally, I think most G.E. classes at SJSU are effective at giving students a general education. But let's not assume the BOGS version of astrological pseudoscience offers "proof" of this.

Chris Jochim
 Professor and Chair
 Humanities Department

Web site comments

About "Fees should pay for security cameras" Oct. 16, page five.
 More than the car, which of course triggers even more depression for students that are adjusting to their new environment (sad, homesick and so on...) — it is frightening to think that walking away from or to your car, in the very early morning hours after 4:00 a.m. and late evening hours. That you are being watched and attacked by someone you do not expect to be on these premises.

Not to mention that they now even dress like security or police and still attack you. There must be cameras, extra lights and extra Police Emergency Help Posts everywhere in the Parking Garages! This is particularly written for students who have sports training at 5 a.m. and have to leave at 4:30 a.m. to take their cars and drive to their training venue. We want to be safe too, our life depends on the SJSU safety options.
 -M.Leenheer

Second-hand porn:
 bad for your child's health

When the doors to the Dr. Martin Luther King Jr. Library first opened in 2003, they were swung wide for everyone.

This has ultimately included a few patrons who have abused the access to the Internet by committing lewd acts while viewing sexually explicit Web sites.

The joint library — a marriage of a public and university library — now poses some problems that the city of San Jose and SJSU administration may not have considered.

One problem is this: some children are being exposed to "second-hand porn" in the library and have access to age-inappropriate Internet sites in the current unfiltered system.

Censoring the Internet in a public library — determined by the Spartan Daily editorial staff to be an "open forum for learning" — is what stopped legislation ten years ago when San Jose rejected restricting access to sexually explicit Web sites in public libraries.

But however strong a case can be made against censorship of any media in a public library, an equally strong case can be made

• Perhaps incorporating age-restricted Web sites regulated by data encoded in library cards.

The idea of censoring pornography may appear rash, and grate against some of the fundamental ideals one may hold concerning what a library ought to be.

But however strong a case can be made about censorship of any media in a public library, an equally strong case can be made for protecting minors.

Preventing library patrons from viewing pornography isn't censorship as much as punishment for the abuse of a public privilege.

The Dr. Martin Luther King Jr. Library should focus on the free sharing of ideas and information with the purpose of furthering knowledge and aiding the pursuit of learning.

However, when pornography is viewed on the computers a mere five feet from minors and lewd acts are committed in public, it is justifiable to impose certain regulations on the kinds of information patrons may access.

Normally, viewers of illicit material via the Internet are required to put up privacy shields around their monitors, a policy that obviously isn't being obeyed or enforced at our library.

As evidenced by the recent lewd act violations and as a consequence of the close proximity of computers in the library, the free access to the information superhighway has the potential to become much more than an exercise in academia and cross over into an operation of indecency.

Libraries should be a place of study, and the general public shouldn't be subjected to the interests, and even perversions, of a select few.

The matter is not one of censorship in the public sphere, but one of adhering to the law and a standard of decency.

THE OPINION OF
 THE SPARTAN DAILY
 EDITORIAL BOARD

for protecting minors.

The San Jose City Council must now find some way to accommodate both viewpoints.

San Jose Mayor Chuck Reed is supporting a 10-year-old piece of legislation to better regulate sexually explicit Web sites in San Jose libraries.

The editorial staff could not come to a consensus for a solution, but agreed upon items the Mayor and City Council should consider:

- Closer monitoring by staff members of patron Internet activity.
- Educating parents and local community leaders about the potential exposure to children of inappropriate content being viewed by others.

Shallow comments send women a step back
 Column about image instigates online conversation; But some may have missed the point



SARA SPIVEY

Off the Record

On Thursday, fellow editor Lindsay Bryant wrote a column, "In the eye of the beholder," with subject matter that dealt with body image, bulimia and anorexia.

I know, because we discussed it, that it was a real and honest story, and difficult for her to write.

But she wrote it because it needed to be said. She wrote it because it is her experience, her "truth."

That's why we write about a lot of things on the opinion page, because they matter to us.

Over the weekend I watched the Web site comments on her story develop, and my jaw dropped several times.

Lindsay and I have a lot of differing

opinions, but one thing I believe we can agree on is the ridiculousness of some of the comments her column received.

Like this one:

"If the Spartan Daily is going to run articles about women having a lack of self esteem, then let the Daily have an ugly person write those articles. It's really disingenuous to have someone as physically attractive as Lindsay Bryant to write articles about having a low self esteem," wrote one female reader.

Over the weekend I watched the Web site comments ... and my jaw dropped several times.

This was just one of several comments which echoed similar sentiments.

So now we're discriminating against attractive people? Should she stifle her voice because she is "too pretty?"

If someone with a body type different than Lindsay's, such as mine, wrote

those words, is this reader saying those words would somehow be more sincere? Would her words have been more effective if they had come out of someone else's mouth?

It's disgusting.

In 2007 it is hard enough trying to navigate the complex sea of gender roles and expectations — where we as women fit in the world, how we maintain our feminine side while taking on increasingly strong characteristics — without having to consider our attractiveness as part of the equation.

I don't expect everyone to agree with everything we say. But I do expect that the disagreement will be based on something other than how we look.

Attack our arguments, our sources or our logic.

But don't discredit us because of what we see when we look in the mirror. That is one of the lowest forms of prejudice.

I expect to have to defend my beliefs against misogyny and patriarchy, but I do not expect to have to defend my beliefs to other women, one of which is the author of the comment above.

Fighting against this type of discrimination is one of the reasons I call myself a feminist. How many times has a woman been told she could not do something, or think something, simply because she was a woman?

I've had arguments with people who've told me that "feminism is dead"

Until a woman's opinion is evaluated on its face without regard to her looks, I still have work to do.

or "feminism is not needed anymore." But this situation just solidifies for me that, as a feminist, I have so much more work to do.

The world is incredibly different now than it was when my parents were growing up. My generation has so many choices and opportunities that have come as a result of the hard work of older generations.

We should be careful not to slide backwards with our words and actions and once again place women in a box.

Until a woman's opinion is evaluated on its face without regard to her looks, I still have work to do.

Until companies, such as the New York Post, Dolce & Gabbana and Esquire magazine, stop using gang-rape fantasies as marketing tactics, a woman's paycheck is equivalent to that of a man who is doing the same job and women have complete control over decisions affecting their bodies, we all have work to do.

It is about more than just women's issues, although they are of high concern to me. It is about equality and human rights for all people.

These are the things that are important to me. What is important to you?

So get to work, and don't think for a second that it matters what you look like.

Sara Spivey is the Spartan Daily executive editor. "Off the Record" appears Mondays.

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

Only letters 200 words or less 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) 924-3282, e-mailed to spartandaily@casa.sjsu.edu or mailed to the Spartan Daily Opinion Editor, School of Journalism and Mass Communications, San José State University, One Washington Square, San José, CA 95112-0149.

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Quote of the day

"Are you saying that I don't have the right to drop the T in my name? Are you saying that? Last time I checked, this was America. Or does that mean not a thing to you anymore?"

STEPHEN COLBERT

To NBC's Tim Russert on "Meet the Press" Sunday morning. Pronounced "Col-bair", the Comedy Central host said he will be running for president.

SPARTANS SHUT OUT BY RIVAL FRESNO STATE

SJSU gives up three rushing TDs in third quarter

By KRIS ANDERSON

Sports Editor

FRESNO — Five minutes was all it took for Fresno State University to put the game out of reach, shutting out SJSU for the first time since 1968 when the Spartans scored zero points four times that season.

SJSU (3-5, 2-2) held the Bulldogs to six points in the first half before Fresno State (5-2, 4-0) unleashed a 21-point third quarter, dashing any hope of a Spartan win.

"We just got a sound whooping," said Dick Tomey, SJSU head coach. "We got a sound whooping from a sound football team."

Fresno State began its devastating third-quarter run by returning a Jared Strubeck kickoff 61 yards to the SJSU 34-yard line.

"The kickoff return to start the second half was a big play," Tomey said. "We were just down six at half and hanging right in there."

Three plays later, Ryan Matthews, Fresno State's true freshman running back, followed his blocks over the left side of the line, ran through two arm-tackles and celebrated in the back of the end zone.

"We missed a few tackles and they just scored," said senior linebacker Matt Castelo. "The score shows how many mistakes we made."

SJSU began its next drive from the 23-yard line and five plays later found itself with a fourth-and-six from its own 40.

Lined up in punt formation, Tomey called a fake, and the ball was snapped to third-string quarterback Myles Eden, who sprinted over the right side with punter Waylon Prather in tow, ready for the option pitch.

But before Eden could make a cut, two Bulldog defenders crushed



JUAN VILLA // COURTESY OF THE FRESNO STATE COLLEGIAN

SJSU quarterback Adam Tafalis is sacked by Fresno State's Jon Monga and Tyler Clutts.

him for the loss, giving the ball back to Fresno State with incredible field position.

"It's my fault for calling that," Tomey said.

The Spartans then committed two costly penalties, which resulted in the Bulldogs having a first-and-five on SJSU's 18-yard line.

The Bulldogs launched to a 20-point lead when Fresno State running back Lonyae Miller leapt over his linemen for the touchdown.

"We were just outplayed and out-coached in all phases," Tomey said.

"That was very disappointing."

Fresno running back Matthews took the ball again two possessions later and ripped off a 58-yard touchdown run that caused most Fresno State fans to exit, confident in the Bulldogs' victory.

The Bulldogs' freshman phenom finished with two touchdowns and 144 yards in 16 carries, and averaged nine yards per carry.

"He is a terrific player," Tomey said of Matthews. "You stop him and stop him and stop him and then he makes a great play."

Behind a methodical ground game and quick-strike passing attack, Fresno amassed 383 yards of offense.

The Spartans, on the other hand, produced more than the Bulldogs did, with 394 yards, but penalties and atrocious play by the special teams killed Spartan scoring drives.

SJSU was penalized 12 times for 90 yards and place-kicker Will Johnson missed two more field goals, leaving the Spartans with no options on fourth downs inside Bulldogs' territory.



PHOTOS BY JUAN VILLA // PHOTOS COURTESY FRESNO STATE COLLEGIAN

ABOVE: Fresno State's true freshman running back Ryan Matthews is tackled by SJSU linebacker Matt Castelo. LEFT: Tafalis is pressured by Fresno State's Marcus Riley and Jon Monga.

"They're a team that has averaged a lot of yards passing," said Bulldogs' head coach Pat Hill. "They got a couple of long balls on us, but the bottom line is keeping them from scoring."

The Spartans finished with a season-high 140 yards rushing, 97 of which came from quarterback Adam Tafalis.

SJSU had five drives of seven plays or more, including one drive in the fourth quarter that lasted 16 plays but resulted in no points.

"We continue to be frustrated

with trying to kick a field goal," Tomey said.

The Spartans continuously planted themselves deep inside Fresno State territory, but drives sputtered and without a reliable field goal unit, Tomey was forced to attempt seven fourth-down conversions, of which the Spartans only converted one.

Tomey said the lack of field-goal productions directly led to the high number of fourth-down tries.

"We've shown a lack of discipline the last couple weeks," Tomey said.

MEN'S SOCCER

Conference play, Fri., Oct. 19
SJSU 3
Air Force 1

- ME, Hiroki Akiyama, 1G
- F, Ismael Ibarra, 1G
- Savio Carrijo, 1G

Conference play, Sun, Oct. 21
SJSU N/A
Denver N/A

- Game postponed

VOLLEYBALL

Conference play, Sat., Oct. 20
SJSU 0
No. 18 New Mexico 3

- SJSU swept in straight sets: 30-20, 30-28, 30-17.
- Niki Clement, 12 kills, 9 digs
- Nia Freeman, 8 kills, 2 digs
- Kelly Crow, 6 kills, 3 digs

WOMEN'S SOCCER

Conference play, Sun., Oct. 21
SJSU 0
Hawaii 1

- Hawaii scored game-winning goal in the 85th minute
- Nina Butera, 5 saves
- Jennifer Guadagnolo, 1 shot on goal
- SJSU's 10th, one-goal loss of the season.
- (3-11-2, 1-2)

Hockey scores big in weekend victories

Staff Report

SJSU's club hockey team beat both UC Berkeley and Stanford University over the weekend by a combined score of 28-2.

The Spartans beat the Cardinal Friday, scoring 14 goals and only allowing two in the third period.

Saturday, SJSU shut the bears out by a score of 14-0.

The team is 5-1 for the season and plays the University of Colorado as a part of the "Best of the West" showcase Friday, Oct. 26 at Sharks Ice in San Jose.



HANNA THRASHER // SPARTAN DAILY

Sean Scarbrough, a junior wing, scored a hat trick against Stanford University Friday. He also led the team in assists with four, totalling seven points in the contest. Although Scarbrough was held scoreless, he recorded three assists against Cal.

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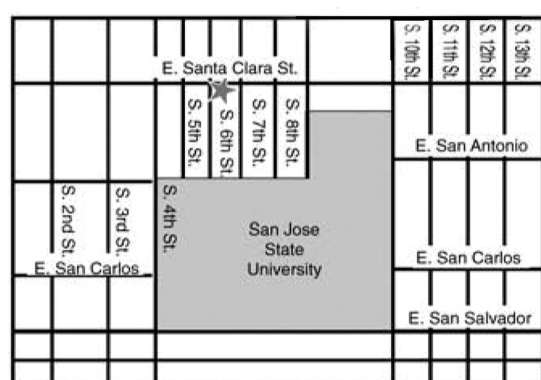
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