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SWEET-TOOTHED TIGER

Michael Olowokandi scores a game-high 23 points to lead UOP past the Spartans 72-59



NEWS

BAD BOYS, BAD BOYS

A compilation of campus crime as reported from the University Police Department records



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SPARTAN DAILY

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WEDNESDAY

November 19, 1997

Repertory Theatre stages opening

By Allison K. Wright
 Staff Writer

Mayor Susan Hammer delivered the keynote address at Monday's ribbon-cutting ceremony for the San Jose Repertory Theatre whose opening is touted by many as the most visible symbol of downtown's renaissance. "This has been a project that has been so important for me personally

and I believe to San Jose because it is a signature building for downtown and for this region," Hammer said.

When the white ribbon is cut from the Rep's doors, Hammer said, San Jose's homegrown theater company will finally have a place of its own. The company has been staging its productions at the Montgomery Theatre, three blocks west of its present location along Second and Third streets.

The dark blue, 83-foot high, steel-plated theater, dubbed "The Magic Box" by people close to the project, provided a dramatic backdrop for Hammer's speech. Hammer spoke to a mixed crowd comprised mostly of members of the city council and theater community.

Hammer was also joined by a number of passersby who have been bemused or confused by the building's

post-modern architecture. SJSU student Monica Walpman has a different view of the new building.

"I think the building is an eyesore," Walpman said. "The building looks more like a giant warehouse than a theater."

Walpman said she doesn't think she can afford the ticket prices which range from \$16 to \$30 a showing. She said she cannot attend the perfor-

mances because she attends classes full-time during the day, and works 24 hours a week in the evenings.

"I just do not see how most SJSU students can find time in their busy schedules to attend show times," Walpman said.

Frank Taylor, executive director of the San Jose Redevelopment Agency, Thomas Denver, president of the board

See *Theatre*, page 3

'C.H.A.M.' pions



Charles Slay/ Spartan Daily



Alise O'Leary/ Spartan Daily

Above: Members of the downtown homeless community are lead in a moment of silence Tuesday afternoon by Minister Scott Wagers of First Christian Church and The Community Homeless Alliance Ministry. The alliance served food to the homeless as they do every couple of months at The Fairmont Hotel plaza.

Left: Roy Stevens, who is homeless, finishes the meal that was provided by C.H.A.M. Tuesday at noon at the Fairmont Hotel plaza. C.H.A.M. volunteers were joined by members of Food Not Bombs. Students from the SJSU Sociology Club cooked and served food.

Panel maps job options

Alumni to discuss career opportunities with students, wrapping up celebration of Geography Awareness Week

By Ingrid Perez
 Staff Writer

With a larger demand for geography students from Silicon Valley companies, a seven-member panel of San Jose State University alumni, will head a discussion on career and job opportunities in the Student Union's Costanoan Room Today.

Geography instructor Marcia Holstrom said the event, ending a celebration of Geography Awareness Week that began Monday, was an idea-in-work of several instructors and professors in the Geography Department since the advent of the semester. Holstrom said the point of the discussion, which will last from 3 to 5 p.m., is to answer questions about the job market in geography. There are jobs for students with a bachelor's or a master's degree, she said.

"When people say jobs in geography, people laugh," she said. "We see this as a way of demonstrating the variety of careers available in geography."

Holstrom said she expects 50 people to attend the event, but admits that, being a commuter campus, that number might be unrealistic.

"You never know, late in the afternoon, on this campus," she said. "People work and come here to go to class (without) participating in activities most of the time."

Although the panel will not stress offering job positions, they will tell stories of what they know is available for students in the years following graduation.

"They are not going to be filling out job applications," Holstrom said. "The purpose is to explain the career options to those who are thinking about or already pursuing a career in geography."

Panel member and current SJSU graduate student Patrick Shabram said he will talk about alternative practices for geography students. While attending the graduate program, Shabram was offered a full-time position at Silicon Valley company, Explore Technologies. He said getting that position showed him students can get jobs

See *Geography*, page 6

SJSU faculty to present solutions for teaching ESL

By Shayda Fathipour
 Staff Writer

Imagine trying to read a textbook in another language and only understanding every other word.

That what it's like for about one percent of the population at San Jose State University for whom English is a second language.

Seven SJSU instructors from the Studies in American Language program have come up with a few solutions for instructors and ESL students on how to improve skills and comprehension of the English language.

All of these instructors have written papers on the topic and will present them at the 1998 Teachers of English to Speakers of Other Languages Conference in Seattle in March.

Cheryl McKenzie, Karen O'Neill and Mary Bottega, instructors of ESL, designed a 90-minute workshop for inter-

ested instructors who had problems communicating with cross-cultural students.

"We realized that a lot of faculty on campus didn't have much experience working with students that don't speak English as a primary language," O'Neill said. "Through the years professors stopped us in the hall on a one-on-one level and said, 'I don't know how to help them.'"

In the workshop, teachers learn how the ESL students' cultural background may influence their interaction with instructors. Instructors also learn how to teach international students more effectively.

"The three of us combined our background of expertise," McKenzie said. "We worked on the paper for one semester. Last semester we presented the workshop to the faculty and this semester we went to a regional conference in San Francisco. That was our dry run for when we go to Washington."

See *ESL*, page 6

Delicious Blue serves up lunchtime tunes

By Doug Burkhardt
 Staff Writer



Alise O'Leary/ Spartan Daily

Performing Tuesday at the Student Union Amphitheater, Wendy Werges sings for local band Delicious Blue.

Students looking for a break from metal and punk rock enjoyed an hour of blues and jazz with "Delicious Blue" at the Student Union Amphitheater Tuesday.

"They don't sound like anything I've heard before," said 19-year-old psychology major Sandra Hodzic. "I like their beat and feel."

Although the 40 students that showed up were less than expected, the band was not discouraged.

"I would have liked to have seen more people," said keyboard player Paul Ardoin. "We still got a lot of publicity and if we were offered this gig again, we would take it."

Timing may have been the ultimate problem.

"I think that there would have been more people here but they started at noon when all of the classes start," 21-year-old Chuck Jefferson said. "I was supposed to be in class. I guess you could say I am practicing my relaxation techniques for sports psychology."

Werges blamed the band. "We were a little late setting up," lead vocalist Wendy Werges said. "We were hoping to catch students coming out of their 11 o'clock classes. I did

See *Delicious Blue*, page 6

Death of San Jose police officer leads to speculations on suicide

The recent suicide of a San Jose police officer jerked my heart back nine years to the suicide of my 15-year-old nephew, Brian.

Officer Tom Harris committed suicide less than a week after Judith Harris, his wife of 29 years, was brutally murdered and stuffed into the trunk of her car.

Brian killed himself three years after his mother, my sister Janice, died of breast cancer.

Both suicides left people with nothing but agonizing questions.

Just as we were unaware my nephew — who lived with his father in Colorado — was having problems, apparently Harris' family and friends were just as clueless.

Why did Harris, a man whom coworkers described as a good cop and neighbors called a loving husband devoted to his wife, climb to the crest of a hill in the Santa Cruz mountains and use his service revolver to end his life?

I can understand that he would be depressed about losing his wife in such a horrible way.

But I wonder: Why wouldn't he want to find out who murdered his wife?

Why didn't he realize that his death would leave his sons with neither of their parents and therefore, a double tragedy to cope with?

Why didn't Brian know that we would miss him terribly and would feel guilty for not having been able to prevent his actions?

Upon hearing of Brian's

death, my oldest son said, "Someone should have known."

I had the same reaction when I heard about Harris. Someone should have known or at least been wary of an armed police officer suffering a deep loss and what could follow.

According to a study by the New York University at Buffalo, police officers are eight times more likely to die by their own

hand than by homicide, and at a higher rate than other municipal employees.

Why wasn't someone from the police department keeping closer tabs on Harris? I can't believe that a police department as up-to-date as San Jose's would be unaware of the possibilities of this situation.

Harris left no suicide note, so I will never know the answers to my questions. Brian didn't leave a note either, so I'm left to wonder what was so wrong with his life that he felt he had to end it. Because it's the nature of the

human mind to demand an explanation, with or without provable evidence, I was even willing to consider that Brian was murdered, just as I am willing to believe that Harris killed himself because he had something to do with his wife's murder.

Both explanations are ugly, but plausible as well. Neither one comforts me to think about because nobody wins in a suicide. Everybody loses.

Lois Jenkins is a *Spartan Daily* Staff Writer.



LOIS JENKINS

Editorial

Rep Theatre will draw talent, but not overnight

San Jose can now welcome culture and national talent to the downtown area — we hope.

With the ribbon-cutting ceremony for the new San Jose Repertory Theatre Monday, Mayor Susan Hammer and some members of the downtown community feel the dawn of the "downtown's renaissance" is upon us.

We agree that San Jose is due for some culture. Building a modern theater house to draw national talent, while ceasing to build bars and dance clubs sounds good to us.

We feel culture will add depth and recognition to our city; a city constantly in the shadow of the nationally-recognized, cultural center: San Francisco.

The Silicon Valley should be known for more than just computer chips and networking computer solutions.

Why shouldn't San Jose be known as the cultural hub for California? Or perhaps, why couldn't it become a cultural, artistic center?

Maybe because we have a lot of other places to contend with? Places such as San Francisco, San Diego and Los Angeles all have much more potential to be cultural centers than San Jose.

More residents, more space, more major acts and shows vying for a place to play are just a few reasons why. Although the acts may have a nifty, new place to perform in San Jose, they still may not show up.

We're glad that the new repertory theater is almost completed. We're glad Mayor Hammer, the San Jose Redevelopment Agency and city residents have supported efforts to bolster the arts in the city.

We just hope all of these people don't think that one building, and an odd looking structure at that, will be the birth of San Jose's cultural age.

So, support the Rep Theatre, support cultural events in the downtown area, support the growth of the Silicon Valley as a new cultural mecca. Just don't expect mecca to be created overnight.

Opinion page policies

Readers are encouraged to express themselves on the Opinion page with a Letter to the Editor or Campus Viewpoint.

A Letter to the Editor is a 200-word response to an issue or point of view that has appeared in the *Spartan Daily*.

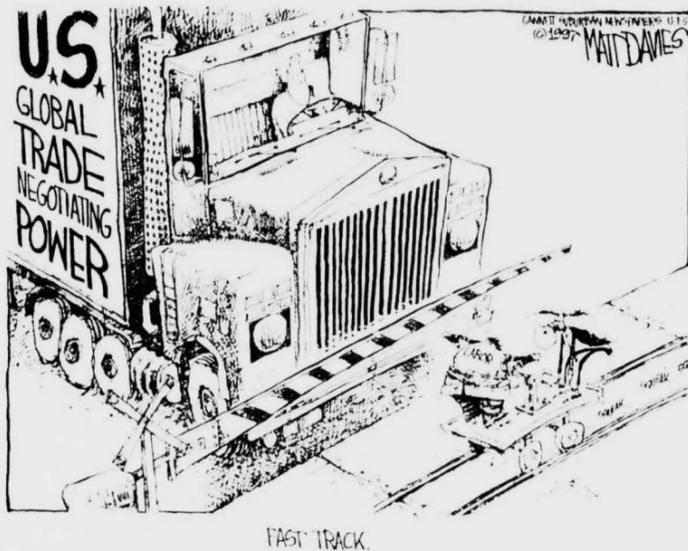
A Campus Viewpoint is a 450-word essay on current campus, political or social issues.

Submissions become the 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 put in the Letters to the Editor box at the *Spartan Daily* Office in Dwight Bentel Hall Room 206, sent by fax to (408) 924-3237 or mailed to the *Spartan Daily* Opinion Editor, School of Journalism and Mass Communications, San Jose State University, One Washington Square, San Jose, CA 95192-0149.

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Lifeguarding disserved by 'Baywatch'

David Hasselhoff has got his speedos in a wad.

Mere days after Hasselhoff was in Czechoslovakia crying over his need to expand his acting horizons, he signed a contract this week to sail off into the "Baywatch" sunset for another three years.

"Baywatch" still tops the charts around the world. It is seen in 140 different countries and heard in 32 languages.

I shake my head slowly in awe. "Baywatch" is a study in fabrication.

It is no more real than the breasts of the show's actresses.

I have spent 22 years growing up in Southern California.

I can attest to the fact that never — and I mean never — have the beaches been graced by a lifeguard the likes of Pamela Lee.

Myth: skinny, perky breasted, perfectly coiffed lifeguards.

Reality: A-cup, butch women built like a brick shithouse.

"Baywatch" is a scam.

I was in the Junior Lifeguard program at Torrance Beach for years and I remember when "Baywatch" was conceived. It was pitched to the L.A. County lifeguard hierarchy as, if memory serves, a "truthful, documentary-type look at the duties of lifeguards and the Junior Lifeguard program."

Following the preview of the pilot episode, lifeguard higher-ups put more space between them and the project than there is

between Donna D'Erico's ears.

Smart move.

The five-mornings-a-week, seven-weeks-a-summer that I spent in the Junior Lifeguard program — a waterlogged pseudo-boot camp whose aim is to someday produce L.A. County lifeguards — was nothing like the glorified hogwash on television.

We were there at 7:30 a.m., hair in knotty buns and minus make-up. Our bathing suits were see-through and extremely unflattering. We swam and

ran several miles a day and by 11:30 a.m. we were haggard and, yes, we were ugly.

"Baywatch" wouldn't have even let us work as stand-ins.

I am more amazed than amused that this is the image 140 countries see flashed across their screens every week.

How is it that such a noble profession as saving lives can be reduced to nipples and body make-up?

Sorry to disappoint fans, but the non-Hollywood version is as follows:

Southern California lifeguards do not strike a pose on the front of the harbor patrol boat.

They do not stand on the beach, shapely tanned legs astride, breasts thrust skyward, pouting toward the ocean.

And, above all, never, do they ever run down the sand in slow motion.

Terri K. Milner is Managing Editor of the *Spartan Daily*. Her column appears every Wednesday.



I'm serious
Terri K. Milner

Non-working elevators rob students of money

The Tenth Street parking garage has two elevators, neither of which serve any purpose other than to tease students who have to park in the upper regions of the structure.

At the beginning of the semester the elevators worked most of the time, with only the occasional breakdown. Sometimes all it took was pushing the doors together from the inside of the elevator compartment to get it working again.

Lately, however, the problem has been of a more permanent nature.

The elevator at the southern end of the garage (nearest the crosswalk to campus) sits halfway between the fourth and fifth floors like a giant crippled sculpture. Its doors have been clamped shut for weeks and there doesn't seem to be any sign of human intervention into its inertia.

Lt. Bruce Lowe of University Police Department Traffic & Parking said a meeting has been requested with the elevator company, but the company has not responded to his calls.

Lowe said in addition to the inconvenience to students, he has to address regulations set forth by the American Disabilities Act, which requires all public facilities to be accessible to disabled persons.

Though Lowe could not provide the specific date the elevator became stuck, by my own count it has been at least four weeks.

Wondering how many other students were inconvenienced on a daily basis, I called the UPD Traffic & Parking Office to find out how many parking spots were in the Tenth Street Garage and was told by the clerk "that information is not available."

Students who pay for the privilege of parking their vehicles in the almost-always-full campus parking garages do so with the understanding that their \$81 payment does not guarantee them a parking spot. But if they do park in the Tenth Street Garage, especially if they are parked on the fifth or sixth level, there is an unspoken promise, by virtue of the existence of the elevators themselves, that they will not have to hike up six stories at the end of a long day on campus.

It's bad enough that students with late morning classes have to sit in the parking garages hoping that another student will vacate a parking spot (at times I have waited over an hour). The least we should be able to expect from our parking fees is that garage amenities are fully functional.

Yvonne Ohumukini-Urness is a *Spartan Daily* Staff Writer.



YVONNE OHUMUKINI

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CETI undermines purpose of higher education institutions

Editor:
The SJSU Academic Senate woke briefly from its gentle slumbers and normal concern with local trivia to protest the sale of the CSU system to a combine of corporations (CETI) and its bastard offspring (SIP). There are doubtless equivalent protests elsewhere. It gave the corporate and system cannibals a momentary pause. They have decided to offer an extension of three or four weeks. Gracious? No. Arrogant? Beyond belief.

How can anyone live in an academic environment for three years or more and not discover the meaning of collegiality and the fundamental business of our institutions of the mind? There must be a wall. And indeed there is — a wicked combination of arrogance and ignorance, evinced with an almost daily contempt for faculty and students and what they do.

The chancellor, a corporate coyote himself, is departing, and we are well rid of him. The pity is that, unlike the Pharaohs of Egypt, he's not, in the vortex, carrying his cohorts to

that other Eden from which he can reap a profit.

On the smaller coyote level, we have our own presidents who have, in moments of mental aberration or aspiration to climb the ladder, sold the place. It's a lower level of arrogance and a smaller arena of ignorance, but it is there and no less contemptible.

We are now hearing that apologetic bleat of the wolf-clothed lambs who made the mistake of preferring the Golden Shore's corporate office confines to the worrisome frontier of the classroom.

To throw away, in either ignorance or arrogance, the faith of thousands of faculty and millions of students is a blunder so monumentally stupid it's hard to deal with. When trust is gone all is gone. And mark me well, trust is irrevocable gone for those who proposed to restructure a great educational institution into a shoddy corporate imitation without the permission of those who make it up.

We ought give no measure of forgiveness here. There is far too much at stake. You must realize these men and women who are

perfectly willing to put up with sullen submission and in no way prepared to deal with clarifying challenge — the very heart of education.

There will be delays here and there, the very least of which is the task of refitting thousands of buildings. But there will be a boiling undercurrent — the loss of faith in our so-called leadership, the realization of stilted search for status by those enjoined by their appointments to defend the fundamentals of academic excellence and academic freedom.

Final recommendation: go away. We are sick of you, your arrogance, your ignorance and your self-serving scaling. Take yourselves elsewhere. And if you believe this massive insult will soon be forgotten and forgiven, and take false counsel with those around you, you should realize you are building Orphan and there are many Wormwoods for your Saruman, Uneasy ought rest the crown...

Edward Laurie
Marketing professor

Tigers feast on Spartans

By Aaron Williams
Senior Staff Writer

San Jose State University was good. The University of Pacific was better.

Once again the SJSU men's basketball team turned a game that could have been a laugher and turned it into a contest before falling 72-59 Tuesday at the Event Center.

The Spartans, overmatched in the first half by Pacific big man Michael Olowokandi, put together a run that cut a 21-point halftime deficit to four before running out of gas.

From the opening tipoff it looked as though the bigger and more physical UOP team would run away and never look back. The first trip down the floor for the Tigers had Olowokandi getting the ball on the low post and dunking over a defenseless Will Trawick. The Spartans first possession, Trawick traveled due to pressure from Olowokandi.

"UOP was dynamite in the first half, Olowokandi is outstanding," head coach Stan Morrison said. "We played poorly in the first half, but they learned and took our (coaches) suggestions in the second half."

The Spartans took something out of the "dismal atmosphere" in the locker room at halftime and parlayed it into a chance to win the game.

"I told them at half, we don't get back in this (game) right away," Morrison said. "We take it two points at a time and we should be down 10 at the 10-minute mark."

SJSU was, but Morrison forgot one important thing.

"I forgot to tell them at the two-minute mark to be down only two points," he said.

The closest the Spartans could get was four points, 60-56, with just over five minutes to play.

For all of the great defensive pressure of the second half, SJSU, with the exception of Shaun Murray and Brent Boe, once again shot the ball horrifically. The shooting stats read like a coach's nightmare: Marmet Williams 3-for-11, Trawick 3-for-8, Rick Hite 7-for-17, LaRon Campbell-Hall 0-for-5, Michael Quinney 3-for-11 and Shawn



Charles Slay/ Spartan Daily

Pacific center Michael Olowokandi elevates for a dunk early in the Spartans' 72-59 loss.

McCullough 0-for-2.

"Shot selection seems somewhat foreign to us," Morrison said. "We either took shot when the (shot) clock was running out or just made a bad selection."

Despite the loss, Morrison said he was pleased with the "moxie" his team showed in the second half. UOP head coach Bob Thomason said he knew the Spartans would make a run, but he didn't know it would be that big.

"I knew they'd be aggressive," Thomason said. "They out scrapped us (in the second half). It was a game anyone could have

won."

The problem the Spartans seemed to run into was not enough fouls for their big men to give as both Trawick and Murray had fouled out with more than four minutes left to play. After they left, SJSU's run fell apart.

Olowokandi, the 7-foot monster, was being scouted by the Minnesota Timberwolves, Golden State Warriors and Cleveland Cavaliers.

All Morrison could add was, "If this is baptism under fire, then tonight was a giant bathtub."

Runners dusted in West Regional

■ Cross country teams finish their season against tough competition

By Belinda Amaya
Staff Writer

The last competition of the season for San Jose State University's men's and women's cross country team in Tucson ended with no pressure, but some disappointment.

Stanford University's men's and women's cross country team, which dashed away with the West Regional Titles, left other universities in the dust, including SJSU.

"It's kind of my philosophy to go against teams of the same level as our team," Coach Augie Argabright said. "Not a Big Ten team."

Overall, the men's and women's team ranked 18th and 20th out of 25 and 21 teams respectively. Individually, Brian Dorgan

was ranked at 110 out of 145 finishing the 10,000 meter run at 35:12.70. And Kolvira Chheng was ranked at 113 finishing at 35:16.00.

"I thought I did OK, but I was a little disappointed," Chheng said. "As a team, we could have done better. There was nothing to distract us."

This was Chheng's first time on a cross country team in three years and though he was prepared physically, he believes he wasn't prepared for the other

challenges to follow.

"I wasn't focused or mentally prepared for the endurance," Chheng said.

In the women's individuals, Jennifer Derego ranked 80th out of 171, finishing the 5,000 meter run at 19:31.30. And Lina Hofmann ranked 102 finishing at 19:45.90.

"I didn't have that good of a race at the Western Athletic Conference," Derego said. "I felt I did a lot better at the West Regional."

Argabright said the goal going into this competition was for the men's team to beat Fresno State University and the women's team to beat San Diego State University.

"It was disappointing that the men didn't beat Fresno," Argabright said. "But the more this team can get established, the more we can get competitive with other teams."

But the goal for the women's team became a reality.

"The women accomplished to beat San Diego," Argabright said.

Derego believes overall the women's team had improved from the first day of practice to the end of the season.

"The teams that were there were awesome," Derego said. "We did good against the big dogs."

Argabright said this season will be good preparation for the runners returning next season.

Raiders embarrassment to Bay Area despite victory over Chargers

Who were those players dressed as the Oakland Raiders Sunday night.

I could recognize their faces and team colors, but their heart and attitude were uncharacteristic of the team I have watched lose all year long. I could not believe Oakland wasted the Chargers 38-13 at Qualcomm Stadium in San Diego.

Oakland must have thought it was January.

Yes, the Super Bowl will be held in San Diego this year.

No, the Raiders will not be in it.

Just look at the history. At the home game last week against the New Orleans Saints a Raider fan held a sign that put the entire season into perspective. The acronym simply read PSL.

Please Stop Losing

It was a play on the Personal Seat Licenses that cost upwards of \$1,000 apiece. For one year's worth of tickets, fans are expected to pay over \$100 bucks per game to watch a team with 18 first round draft picks lose consistently.

After losing to the Saints and falling to 3-7, the Raiders have the same chance of getting into the playoffs as they do selling out the rest of the year. Even

the Oakland/Denver game was not televised due to lack of fan support. The Oakland Raiders couldn't even sell out a game when the only undefeated team came into town. Even the hapless 0-10 Colts have sold out a majority of their home games.

Maybe the Raiders and owner Al Davis could get away with this blatant robbery, but the team is not producing enough for fans to show. At this rate fans wouldn't give up the gum stuck on the end of their shoe to watch the Raiders blow another one.

Five of the last 10 National Football League's "Player of the Week" came from teams who faced the hapless arm tackling Raiders. This line-up included Seattle Seahawk's Warren Moon, the oldest player in the NFL.

Moon passed for 409 yards and threw five touchdowns as the Seahawks wasted the Raiders 25-10. Earlier that month, the San Diego's Gary Brown, who hadn't even played football for a year, rushed for 181 yards. To top that off back-up running back Fred Lane

rushed for franchise records with 147 yards and three touchdowns as the Carolina Panthers pasted the Raiders 38-14.

During the Saints game, Raider fans who had lost their cool began throwing garbage at the booth of the Raiders' offensive coordinator. In addition the fans dumped soda on some of the Oakland players as they left the field.

Even during the first game of the year Eddie George ripped the Raiders for his season high 216 yards, as the Tennessee Oilers squeaked by the Raiders 24-21 in overtime.



A Column by Doug Burkhardt

At least the fans gave the Oakland boys a reason to shower — their play sure didn't.

Once again the Raiders took a lead on their opponent and let them win. Oakland has done this in Tennessee, Seattle, New York and at home against Kansas City and San Diego. The

Raiders can't just take a game by the reigns and convincingly beat their opponent.

Oaktown has allowed an average of 390 yards per game on defense. That number is 50 yards more than any other team.

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DMBA Event Day: Saturday, November 22, 1997. Event Location: Sheraton Palace Hotel, 2 New Montgomery Street, San Francisco, CA. Event Schedule: 9am-12:00pm-DMBA Program.

DMBA is sponsored in partnership by NMBAA, NSHMB and GMAC

Center for Literary Arts
at San José State University in affiliation with
the College of Humanities and the Arts
presents

Barry Gifford

Novelist, essayist, screenwriter, and poet
Author of *Wild at Heart* and
co-writer (with David Lynch) of "*Lost Highway*." He has recently published
Phantom Father: A Memoir.

Reading: Thursday
November 20, 7:30pm

109 Washington Square Hall
\$10 General Admission:
\$5 SJSU Students, Faculty, Staff with ID
Advance tickets on sale at
SJSU Event Center Box Office,
Barnes & Noble (Stevens Creek),
and Camera 3

Conversation: Friday
November 21, 12:30pm

109 Washington Square Hall
Admission Free

For further information, call 408 924 1378
Website: http://www.sjsu.edu/depts/litar/literary_arts.html

The Writers In Film series of the Center for Literary Arts is made possible in part by grants from the San Jose Arts Commission, the Arts Council of Santa Clara County, the California Arts Council, and Applied Materials. Additional funding provided by the patrons of the College of Humanities and the Arts.

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The Center for Literary Arts programs are wheelchair accessible.
If you need a sign language interpreter, please call the Center at 408 924 1378.

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We have a part-time position in our Blossom Hill store for someone who enjoys people and wants to learn more about plastics.

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EMPLOYMENT

SAN JOSE LIVE is here at San Jose State taking applications for employment outside the Student Union every Wednesday from 11am to 1:30pm. Come by and fill out an application.

DRIVERS FOR FOOD DELIVERY Needed ASAP Top Pay + Great Tips! FT/PT Flexible schedule Own car. 408/291-0514.

NEED MONEY???? High-Tech Research Company looking for telephone surveyors. Business to business. No selling involved. No experience required. Paid training 3 shifts available to start immediately.

VENDING ASSISTANT Responsible & reliable individual to assist vending staff. Must be able to lift up to 50 lbs. Part-time M-F, 4 or 5 hours a day. (To be arranged). For an application stop by: Spartan Shops Dining Services Administration Office (Old Cafeteria Building). Job Hotline: 924-1876.

RECEPTIONIST, Phones, light clerical work. Ten min. from SJSU. Tuesdays and Thursdays, 9am-5:30pm. Call Heather 995-6425, Mon, Wed, Fri.

PART-TIME, HR ADMIN. \$14.00-\$16.00. HR for staff of 26 - Generalist. Flex hours mornings/afternoons, 20 hours a week. Contact Susan (408) 653-1515 - Phone or (408) 653-1855 - Fax.

GROWING...WE NEED HELP!!! Projects for VP - Legal, Acctg, Advertising. Will show you how. PT, 4-6 hrs + at home, \$9/hour. PT, Office Asst & Parts Runs. PT/FT Network Exp \$22/hour. 2 bks SJSU - Fax 298-6430.

SPEEDSTERS CAFE P/T salad sandwich servers 11:00am - 3:00pm Mon-Fri. Energetic & Friendly. Apply at 86 South First/San Fernando.

CITILINK PAGING & CELLULAR seeks full/part time sales person, data entry, customer service & electronic technicians. Call 408-453-7243 or Fax resume 408-441-9988.

SALES Tired of the same old thing? Looking for an exciting and new challenge? The San Jose SaberCats have the job for you! The SaberCats are looking for individuals to join our outside sales team. If you are interested in a chance to join a team that is on the rise, allows you the freedom to develop a protected territory, and gives you a chance to learn sports marketing with a growing team, in a growing sport, then give us a call now! Our outside sales reps are motivated, energetic and willing to work hard to succeed. Interested? Fax your resume to 408-573-5588 then call 408-573-5577 to schedule an interview with the Director of Sales.

LOOKING FOR PROFESSIONAL WAIT STAFF for San Jose based Catering Company for busy Christmas Season. Call George at CATERED TOO, 295-1563 or Fax resume 295-1665.

LOCAL FIRM SEEKS Mech or Elec engineering student part-time to assist with various projects. Must be computer literate. Call 282-1500.

CHILD CARE - Earn extra \$ working special events. Flex hrs. \$7.99/hr. Exp/refs required. 1-800-942-9947.

TEMPORARY EMPLOYMENT DOUBLETREE HOTEL Valet parking attendants needed (lots of running!) starting 12/01/97. AM and PM shifts. Must be well groomed, friendly, and have a clean DMV. Minimum wage + good tips. Contact DoubleTree Hotel, 2050 Gateway Place, San Jose. 408/437-2117. DoubleTree Hotel is an EOE/AA employer.

OPPORTUNITY TO EARN \$4725 Education Award through Amercorps at the San Jose Conservation Corps. Seeking self-motivated individuals to work with "at risk" youth for year-long positions. High school diploma required & ability to get Class B license. \$6.25 hourly plus benefits. Full/Part-Time. Call Joe 408/283-7164. EOE.

TEACHERS/AIDES/LEADERS Elem. school recreation program. P/T from 2:6pm. M-F during the school year. Some P/T morning positions available from approx. 7am-11am. F/T during summer camp. Xint salary, no ECE req. Los Gatos-Saratoga Recreation. Call Janet at 354-8700 x223. (Not available school year? Call for summer employment: lifeguards & camp leaders).

\$1,000's WEEKLY!! Stuff envelopes at home for \$2 each plus bonuses. F/T, P/T. Make \$800+ weekly, guaranteed! Fre supplies. For details, send one stamp to: N28, 12021 Wilshire Bl., Suite 552, Los Angeles, CA 90025.

MOVIE THEATRE Now hiring for all positions. Flexible hours. Opportunity for Advancement. Apply at: AMC Saratoga 14, 700 El Paseo de Saratoga, San Jose 95130. 871-2277

SECURITY OFFICERS \$7.00 to \$11.00/hour All Shifts Available! Borg/Warner Protective Services, the World's leading provider of contract security services (NYSE/Fortune 1000), currently has F/T & P/T Security/Flex Officer (including DOD accounts), Receptionist and Administrative Assistant openings throughout the greater Bay Area. In addition to paid uniforms & training, we'll also provide you with medical, dental & vision options, attractive vacation, bonus & incentive plans, 401(k), and excellent promotional opportunities. You may apply by phone 24 hrs/day by calling SJ: (800) 385-9419, SF: (800) 360-HIRE or Oakland: (800) 731-HIRE. For more information, stop by or call one of our hiring centers in:

SAN JOSE 591 W. Hamilton, #140 (408) 343-3750 SAN MATEO 4 W. 4th Ave, #203 (650) 344-7116 OAKLAND 675 Hegenberger Rd. #100 (510) 563-4000 SAN FRANCISCO 562 Mission St. #303 (415) 278-2090 Drug-Free Workplace EOE/M/F/D/V PPO-8760

WORK FOR THE SPARTAN DAILY! Perfect Job for a Morning Person! Start Spring Semester 1998. *GOOD PAY *GREAT HOURS* Work 7am to 9am on school days delivering The Spartan Daily to stands on campus and recycling any papers from the previous day. MUST BE: *Dependable *Energetic *Able to lift bundles of newspapers. CA License & clean DMV printout required. Apply at The Spartan Daily, Dwight Bentel Hall, Room 203, NOW through Dec. 5th.

JOBS AVAILABLE! Temp. FT/PT Work as receptionist, Admin. Assist, Shop/Rec. South Bay locations. Flexible. Pay starts \$9 & up. Certified Personnel. 749-1570.

SMALL WORLD SCHOOLS is hiring FT & PT teachers and aides for their school age day care programs in the San Jose area. AM and PM hours available. Get great experience working with children! Units in Psych, Soc, ECE, Rec or ED required. Call 408-379-3200 ext 21.

DAYCARE TEACHERS. K-8 school seeks responsible individuals for extended daycare. P/T in the afternoon. No ECE units are required. Previous experience with children preferred. Please contact Cathy at 244-1968 x16.

LONG TERM PART-TIME ADMIN. \$16.00-\$18.00. Phones, calendaring, travel, expenses - MS Office. 5 years exp. Mac. Contact Susan (408) 653-1515 - Phone or (408) 653-1855 - Fax.

FOOD SERVICE *ESPRESSO BAR *HOSTING FT & PT positions available in a busy family style restaurant. All shifts available. flex hours. \$8-\$8.50/hr to start. 733-9446, ask for Julia or Wendy.

TEACHERS high quality, licensed drop-in childcare centers for 2-12 year olds. * Flex PT/FT positions * Days, Eve, Weekends * Min 6 ECE required * Team environment * Benefits available Call Corp Office 260-7929.

PRESCHOOL TEACHER NEEDED Close to campus. Mornings, Afternoons or Fulltime \$7/hr. and up. 2-5 year olds. High quality center. 571 N. 3rd St. Lauren 286-1533.

TEACHER * INSTRUCTOR * P/T. Elementary School's. Degree or Credential NOT Required. Opportunity for Teaching Experience. Need Car. Voice Mail: (408) 287-4170 ext. 408 EOE/AEE

COPY OPERATOR High Speed & Color. Some Bindery work. Experience preferred, but will train. Full or part-time evenings. Must be reliable, organized, detail oriented, & enjoy fast paced environment & have "Team Player" Attitude. Fax resume to: 408/277-0706 or apply in person at AnzaGraphix 2 N Market St. (downtown San Jose) 408/277-0700.

SECURITY - ACUFACTS, INC. NO EXPERIENCE NECESSARY. Great for Students. F/T or P/T. All shifts. Top Pay with Many Benefits! Call or apply in person. Mon-Sun 77. 408-286-5880, 555 D Mendocino Ave. Between San Carlos and Parkmore. Behind the Card and Party Store, SJ.

BICYCLE MESSENGER Part-time. Flexible Hours. \$50 Hiring Bonus! Great for Students! Serving Downtown San Jose. Inner City Express. 22 W. Saint John St. San Jose.

ECE STUDENTS & DEC. GRADS: Join the teaching team at our corporate sponsored work-site child care center at Good Sam Hospital! Great benefits & tuition assistance. FT & PT positions available. ECE units & experience required. NAEYC accredited. FAX resume to 408-559-2619 or call 408-559-2453.

OVUM DONORS NEEDED Women ages 21-29, healthy, responsible, all nationalities. Give the gift of life! \$3,000 stipend & expenses paid. Bonus for Chinese & Japanese donors. PLEASE CALL WFFC 800-314-9996

P/T WORK FOR SJSU STUDENTS *Flexible hours after school *Internships and co-ops possible for all majors *100 corporate scholarships awarded annually * UP TO \$12.50 TO START * No experience necessary - training provided *Apply at our HQ in San Jose ***** CALL 979-9700 FOR INFORMATION

DRIVING INSTRUCTOR Co. car + students provided. Most work after school & weekends. Requires H.S. grad, clean DMV. Good health & communication skills. 408/971-7557

COME TO WHERE THE BREAD is baked! Le Boulanger, family owned bakery/cafe seeks friendly, outgoing individuals to join our team as Bussers, Sales Clerks, Supervisors, and Assistant Managers \$5-\$12 hourly, no experience necessary. 18 locations including Downtown San Jose. Apply at any location or 305 N. Mathilda, Sunnyvale, 94086. Call: 408-774-9000 or Fax: 408-523-9810.

VALET PARKING - P/T nights & weekends for special events in Los Gatos and Saratoga area. Polite, well groomed & professional attitude only. 19 years+, \$6-\$8 per hour + tips. Call Mike at 1-800-825-3871.

PAID FOR YOUR EDUCATION! Young telecommunications co. seeking self-starters P/T. Call: 888/485-2158. Leave name, phone no., time to call you back; day preferred for interview.

WORK AT HOME WE NEED HELP #1 Health & Nutrition Company Looking for help with local, National, & International EXPANSION. * Founded in 1980 * Shares Publicly Traded on NASDAQ * 50 States & 36 foreign countries * Sales of \$1.2 Billion by 2000 * No minimum sales quotas * No territorial restrictions * Part-Time \$500-\$1500 * Full-Time \$1500 to \$5000 * Work from Home Apt or Dorm * FULL TRAINING * No experience necessary * Opportunity for paid vacations CALL NOW (408) 345-7000

STUDENT DENTAL PLAN I Only \$57.00 per year. Save 30% - 60% on your dental needs. For info call 1-800-655-3225.

TELEMARKETING PT/FT. We sell discount subscriptions to Bay Area newspapers. Auto dialers. Flexible hrs, 9am-9pm. Downtown near light rail - 4 blocks from SJSU. Hourly \$5 plus bonus. Media Promotions 494-0200.

SECURITY - ACUFACTS, INC. NO EXPERIENCE NECESSARY. Great for Students. F/T or P/T. All shifts. Top Pay with Many Benefits! Call or apply in person. Mon-Sun 77. 408-286-5880, 555 D Mendocino Ave. Between San Carlos and Parkmore. Behind the Card and Party Store, SJ.

DIRECTORS, TEACHERS & AIDES Thinking about a career working with elementary age children? The YMCA of Santa Clara Valley is now hiring for school-age child care centers in San Jose, Cupertino, Santa Clara, Los Gatos & Milpitas. Full & part-time positions available, hours flexible around school. Fun staff teams, great experience in working with elementary age children, career advancement and good training opportunities. Teachers require minimum 6 units in ECE, Recreation, Psychology, Sociology and/or Physical Education. Please call Mary Hoshiko at 408-291-8894 for more information and locations.

BARTENDER TRAINEES NEEDED Earn to \$25.00/hr salary + tips. Students needed in the immediate area. Full-time/part-time openings. Call today 1-415-968-9933. International Bartenders School.

FRUITS & PASSION is a specialty boutique which offers a line of high quality lifestyle products for body care, home ambiance and the gourmet. We are seeking qualified individuals to fill our sales manager and sales associate positions for our new store in Valley Fair. Permanent & seasonal, FT & PT available. Please contact Aelish Armstrong at 296-1717 to apply.

HELP WANTED... Men/Women earn \$450+ weekly assembling circuit boards/components at home. Experience unnecessary, will train. Immediate opening your local area. Call 1-520-453-7993 Ext H198.

CRUISE SHIP & LAND-TOUR EMPLOYMENT - Learn about national/int'l Cruise Lines and LandTour companies. World Travel (Hawaii, Mexico, Caribbean). Excellent benefits + bonuses! We can help you make the connection. 517-336-0574 Ext. 060411.

\$ EARN EXTRA CASH \$ up to \$600/month! Become a Sperm Donor. Healthy males, 19-40 years old. Univ. Students/Grads/Faculty Contact California Cryobank 1650-324-1900, M-F, 8-4-30.

SKI WHISTLER Canada \$499. January 11th - 16th. SJSU Ski & Snowboard Club. Includes flight, bus, 4 day lift ticket, 5 night stay in full kitchen condos in WHISTLER Village, & unlimited fun. For your ETicket call Mark 408/292-0955 or ufs12282@email.sjsu.edu.

ANNOUNCEMENTS "GRATITUDE TO GOD: an active prayer" 1430 AM radio - 10pm Saturday www.csmmonitor.com Pulitzer Prize Winning Christian Science Monitor Including News Archives Online.

OWN A COMPUTER? Then put it to work! \$850-\$3500+, PT/FT Free details, www.hbn.com Access code 5047.

FOR RENT 2BDRM. APARTMENT - \$900/MO. * Security type building * Secure Parking * Close In * Modern Building * Laundry Room Village Apts., 576 S. 5th St. (408) 295-6893.

SHARED HOUSING FOR RENT: SPACIOUS, LOVELY room, study room & private full bathroom. \$500/mo. Call 322-0244.

SHARE 2 BDRM/2BA APT. SJSU area. Avail now. Must work. 1 child ok. \$450/mo, neg. \$250 dep. 538-1544 n msg for call back.

EVERGREEN ROOMS to rent \$400-\$600+dep. Util ind. No smoke, drugs or pets. Avail. 12/1, 274-9591.

AUTO SERVICES HAD AN ACCIDENT? Need a paint job or body work done on your car? CAMPBELL COLLISION CENTER, we can help you. Call us at (408) 379-4144. Ask for SJSU Student Discount.

WADES DYNAMIC AUTO BODY REPAIR *Specializing in minor & mid-size damage *24 hour service *Free pick up *Free delivery *Free detailing *Free estimates *All makes & models *Insurance Work *Tel 408/287-8337 *Pgr 408/920-1102 "Where quality is a must" 2-3 day service with damages that do not exceed \$500 or repair is at no cost "FREE".

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DO YOU HATE TO TYPE?? OR NOT HAVE TIME TO TYPE?? Term papers, thesis, resumes, group projects, etc. I have a typewriter to complete your applications for med/law school, etc. Will transcribe your taped interviews or research notes. Fax Machine. Notary Public. Call ANNA at 972-4992.

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HEALTH & BEAUTY DON'T WEIGHT! Lose 10 to 100 lbs. No drugs, 100% safe. Dr. approved. 10% DISCOUNT to all STUDENTS. Great study energy. 408-245-2310

ELECTROLYSIS CLINIC. Unwanted hair removed forever. Specialist. Confidential. Your own probe or disposable. 335 S. Baywood Ave. San Jose. 247-7486.

MEN & WOMEN PERMANENT HAIR REMOVAL. Stop shaving, waxing, tweezing or using chemicals. Let us permanently remove your unwanted hair. Back, Chest, Lip, Bikini, Chin, Tummy, etc. Students & faculty receive 15% discount. First appt. 1/2 price if made before 12/31/97. Hair Today Gone Tomorrow. 621 E. Campbell Ave. #17, Campbell. (408) 379-3500

ABORTIONS BY GYNECOLOGIST and supportive, concerned staff. Private practice, not a clinic. Modern office with Ultra Sound. Asleep or awake, no extra fee. Most affordable fee in Calif. (408) 254-9000 or (800) 932-2678.

WRITING HELP. Fast professional editing, rewriting, ghostwriting. Essays, letters, application statements, proposals, reports, etc. For more info, please call Dave Bolick at 510-601-9554. VISA/MasterCard. FAX. E-Mail

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WRITING ASSISTANCE most subjects. Why suffer and get poor grades when help is available? Harvard MA/UCB Ph.D. (former college teacher) can help you with research & writing. Fast, friendly, caring, confidential. Convenient Peninsula location. Dissertation/thesis specialist. Samples & references available. Chinese & other languages spoken. Foreigners welcome! For free tips, tools and ideas on how to improve your writing, visit our user-friendly Website at http://www.wac-plus.com Regular e-mail: aci@netcom.com Or write: Daniel, POB 4489, FC CA 94404 (ask for free color brochure).

INSURANCE LOW COST AUTO INSURANCE *Low Down / Monthly Payments *No Driver Refused *Cancelled or Rejected *Dui *Suspended License *Accidents *Tickets *Immediate SR Filings *Good Driver Discount *Non/Owner Operator *8am - 8pm Monday - Saturday (408) 241-5400 *Free Phone Quotes *Call Us Now. ALL-COVERAGE INSURANCE

AUTO INSURANCE Campus Insurance Service Special Student Programs Serving SJSU for 20 years "Great Rates for Good Drivers" "Good Rates for Non-Good Drivers" SPECIAL DISCOUNTS "Good Student" "Family Multi-car" CALL TODAY 296-5270 FREE QUOTE NO HASSLE NO OBLIGATION Also open Saturdays 9-2.

FOR SALE PHONE CARDS 14.9¢/minute in U.S. International calls: same card/variable rates. Call: 408/924-8134 or 408/997-7830.

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

ENGLISH TUTOR & EDITING Experienced with the needs of Foreign Students. Credentialed Teacher & M.A. Call Jessica (408) 978-8034.

IN-HOME COMPUTER TUTORING Upgrade, Consulting, Install, DOS, Windows, Win 95, Win NT, Office, Word, Internet, Netscape, Int Exp. Game on our Computers or Surf the Web @ "A PLACE TO PLAY" at 832 Malone in Willow Glen. Avail. 9am-11pm, 7 days a week. Call Roy: 292-3167, Store: 267-6227.

TUTORIAL CENTER Math: Algebra - Geometry Statistics - Trig - Calculus Physics: Mechanics - Electric Computer: Windows - Visual Basic - C English: ESL - TOEFL Spanish: Hablar - Leer - Escribir Call: Mike 408-296-7576 Email: mvera1285@aol.com

INSTRUCTION POLONSKY PIANO SCHOOL 30 Years Teaching Experience Dr. Viktor and Anna Polonsky * Russian Trained Concert Pianists * Professors of Piano * National Teachers Guild Assn. * National Suzuki Assn. INDIVIDUAL PIANO LESSONS Starting \$20/hr Call 408-41-6662 in Santa Clara for your FIRST FREE LESSON-INTERVIEW.

PROFESSIONAL GUITARIST now accepting students who wish to excel in playing guitar or bass. All levels welcome: Beginning, Intermediate or Advanced. Learn any style: Jazz, Blues, Rock, Fusion, Funk, Reggae, or Folk. Call Bill at 408-298-6124.

FOR SALE PHONE CARDS 14.9¢/minute in U.S. International calls: same card/variable rates. Call: 408/924-8134 or 408/997-7830.

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DAILY CLASSIFIED - LOCAL RATES FOR NATIONAL / AGENCY RATES CALL 408-924-3277

Print your ad here. Line is 30 spaces, including letters, numbers, punctuation & spaces between words.

Table with 5 columns: Ad Rates, One Day, Two Days, Three Days, Four Days, Five Days. Rates range from \$5 to \$16 per line.

Form for placing an advertisement, including fields for Name, Address, City & State, Zip code, Phone, and a section for 'Please check one classification' with various categories like Campus Clubs, Rental Housing, etc.

Special student rates available for these classifications. \$5.00 for a 3 line ad for 3 days. Ads must be placed in person in DBH209, between 10am and 2pm. Student ID required.

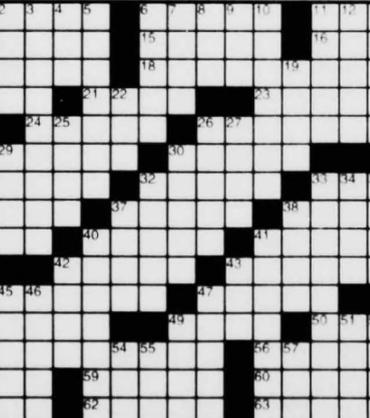
Lost & Found ads are offered free, 3 lines for 3 days, as a service to the campus community.



ACROSS PREVIOUS PUZZLE SOLVED

ACROSS 1 Monastery head 6 Quit snoozing 11 Also 14 Steam bath 15 Church singers 16 Actor Morrow 17 Writer Chekhov 18 Spellbind 20 Call hours 21 Falls with reverence 23 Tricky 24 on - on noted 26 Gal with will power? 28 Mended 30 Not a soul 31 Happen 32 Leaving 33 Flying saucer abbr 36 Ruler of Olympus 37 Roof support 38 Be aware of 39 Sixth sense 40 Poet's spring 41 Breakfast meat 42 Door frames 43 Helmsley holdings 44 Makes safe 47 Like a judge? 48 Swedish money unit 49 Dandies 50 Spasm 53 Stone Age relic 56 Tropical vine 58 Baseball's Williams 59 Major artery 60 out using thrifly 61 Sullivan and Asner 62 Votes in favor 63 Tightly packed

DOWN 1 Memo abbr 2 Prohibits 3 Yellow flower 4 Singer Yoko 5 Bright colored bird 6 Felt sore 7 Motives 8 Caveman 9 Aunts and uncles 10 Washing away 11 In a - quickly 12 Sneeps 13 Toes the line 19 Get bored 22 Tie the knot 25 Wildebeests 26 Raise 27 Eternities 28 Catnap 29 Experts 30 They could be proper! 32 Drudges 33 Vague 34 Nirry 35 Possessives 37 Heavy book 38 Singer Smith 40 Distant 41 Snow vehicle 42 Jupiter's wife 43 Make like a bunny 44 Footwear for Katarina Witt 45 Went wrong 46 Firewood units 47 Soft drinks 49 Denshy 51 Lodges 52 Canary's home 54 Weed the garden 55 Sounds of hesitation 57 Pres nickname



Sparta Guide

TODAY

Toy Drive

The Child Development Club is sponsoring a toy drive for the San Jose Homeless Shelter at 3:30 p.m. in the Central Classroom Buildings, Room 118. For more information, call Dawn Holt at 924-3728.

'Fellowship and praise singing'

The Asian American Christian Fellowship has its weekly meeting featuring fellowship and praise singing at 7:30 p.m. in the Student Union Guadalupe Room. For more information, call David at 265-7442.

'Study Sessions'

Delta Sigma Theta Sorority Inc. has Delta Study Sessions from 7 to 9 p.m. every Wednesday on the fourth floor of Clark Library. For more information, call Tracy at 279-4431.

Meditation meeting

The Meditation Practice Group has its weekly group meeting from 7 to 8:15 a.m. in the Spartan Memorial Chapel. For more information, call Susan Murphy at 924-1326.

Support group

The Women's Resource Center is having its weekly support group meeting from 1 to 2 p.m. in the Administration Building, Room 222 B. For more information, call Liz at 924-6500.

Weight management

The SJSU Health Center is offering free individual counseling for students interested in weight control from 11 a.m. to 1 p.m. in the Student Health Center. For more information, call 924-6122.

Sociology Club meeting

The Sociology Club is having its weekly club meeting at 2:45 p.m. in Dudley Moorhead Hall, Room 359. For more information, call Will Wells at 438-6269.

Daily Mass

The Catholic Campus Ministry is having Daily Mass from 12:05 to 12:30 p.m. in the John XXIII Center located across the street from the SJSU Theatre. For more information, call Ginny at 938-1610.

Ongoing book sale

The Library Donations and Sales Unit is having an ongoing book sale from 10 a.m. to 3 p.m. in Wahlgren Library. 'North' Donations and Sales Unit in Room 408 and the Clark Library lobby. Donations are welcome.

Study group

The Black Alliance of Scientists and Engineers has a study group from 6 to 9 p.m. every Monday, Wednesday and Thursday on the second floor of Clark Library. For more information, call 924-8646.

'Le Chateau de Ma Mère'

'Le Chateau de Ma Mère' is having a film at 4 p.m. in the Business Classrooms Building, Room 14. For more information, call Dr. Desalvo at 924-4611.

Brown bag lunch

The Re-Entry Advisory Program is having a brown bag lunch discussing "Steering your Accomplishments for Success" presented by Lana Malchian from the Career Center. The event will take place from noon to 1:30 p.m. in the Student Union Pacheco Room. For more information, call Susan Clair at 924-5962.

MEChA meeting

The Movimiento Estudiantil Chicano de Aztlan organization is having a meeting at 3:15 p.m. in the Chicano Resource Center.

KSJS daily shows

KSJS 90.5's "The Only Gospel show" airs from 5 to 6 a.m. every Wednesday and the "La Palabra" show airs from 6 to 7 p.m. every Wednesday.

Technology event

The Student Interns to the President are offering a student technology event with Chief Information Officer Don Zitter. The event will be from 3 to 4 p.m. in Tower Hall, Room 110.

Geography panel discussion

The Geography Department is having a panel featuring Geography alumni discussing current careers and job opportunities in Geography in Silicon Valley. The discussion will be from 3 to 5 p.m. in the Student Union Costanoan Room. For more information, call the Geography Department at 924-5475.

'Intercollegiate Bhangra'

The Sikh Students Association is discussing the intercollegiate Bhangra competition at 12:30 p.m. in the Business Classrooms Building, Room 121. For more information, call Lakhvir Singh at 926-3922.

Cha-Cha lessons

The San Jose State University Ballroom Dance Club is having a beginning and intermediate Cha-Cha lessons followed by open dancing. Drop-in fee is \$1 and the lessons begin at 8 p.m. in the Spartan Complex, Room 89. For more information, call 924-SPIN.

Student galleries

The School of Art and Design is featuring student galleries and art shows from 10 a.m. to 4 p.m. in the Art and Industrial Studies buildings. For more information, call Brendan at 924-4339.

'Metaphysical Basis of Logic'

The Department of Philosophy Colloquium Series presents Richard Epstein of the University of Nevada speaking on "The Metaphysical Basis of Logic" at 4 p.m. in the University Club.

'Sparta Guide is free of charge for students, faculty and staff. Entry forms are available in the Spartan Daily Office, located in Dwight Bentel Hall, Room 209. Entries via phone, fax or e-mail will not be accepted. Some entries may be edited or deleted due to available space.'

Delicious Blue: Local music

Continued from page 1

see a lot of students watching as they walked by so I was not disappointed."

Hodzic said, "I don't think students paid attention to their flyers. (Students) probably saw the first band and thought they sucked and thought this would be the same."

Last Wednesday, Baby Alive, from Los Angeles, played at the amphitheater in front of 100 people despite sprinkles of rain.

"(Delicious Blue) was way better than that band last week," said Hodzic, who saw both shows. "(Baby Alive) was so superficial. They're a bunch of MTV wannabes putting on a show."

According to Werges this is the reason they chose Delicious Blue as a name. She said you can touch, smell and taste "delicious," which conveys a sense of feeling. She said the "blue" represents their kind of music.

"We are more 'bluesy,'" Werges said. "Because it is not rock and it's not metal. We try to mesh with each other and not highlight one person. I enjoy being in a band where the singer is not highlighted."

However, Werges was not

"We try to mesh with each other and not highlight one person. I enjoy being in a band where the singer is not highlighted."

— Wendy Werges, lead vocalist

only highlighted, she was the center of attention.

"Her voice sounds like Jewel," said Jefferson, a human performance major. "They both have a lot of feeling and passion. (Werges) has a great voice. I think women singers are becoming more popular and she has a lot of potential."

Werges was flattered by the comparison but disagreed with a bashful smile.

"(Jewel) sounds a lot more country than I do," Werges said. "I could see the similarity but it would be an amazing compli-

ment if people said I sounded like (one of our influences) Sarah McLachlan."

The San Jose band acquired the gig through bassist Ziad Ezzat.

"I go to school here (at San Jose State University)," said Ezzat, an economics major. "I walked into the Associated Students' Office and gave them a CD and asked if we could play. After they heard our stuff they OK'd it."

Ezzat said SJSU was the perfect place to showcase their music.

"This is the only university we have played," Ezzat said. "It's a cool venue and it's a young college crowd. It's good exposure if nothing else."

Jefferson said exposure is all the band needs.

"All it is going to take is for the right person to see them play," Jefferson said.

That may happen sooner than later. Dec. 4, Delicious Blue will play for free at Britannia Arms in Cupertino at 8:30 p.m. They will push their new CD titled "This Love Will Be Lost."

Geography:

Continued from page 1

with a bachelor's degree, although having a master's degree could ensure a more "interesting" job.

Instead of focusing on the normal job opportunities in geography, Shabram said working for smaller companies might be a better alternative.

Those looking for careers in geography should consider pursuing companies that focus on environmental assessments, he said. There have even been want-ads posted inquiring about jobs in marketing research, he said.

Chairman of the Geography Department David Helgren said the panel contains a variety of alumni to answer questions for students.

The panelists will be comprised of alumni working in the area of geographic information and even those from NASA Ames in Mountain View.

Some panelists are recent graduates, while others have been in the field for more than 20 years, Helgren said.

"They give a good perspective in terms of ages," he said. "They represent the new trend in geography."

Helgren said he receives about five calls a month from people looking for students interested in entry-level positions in Silicon Valley.

With 32 geography majors and 24 graduate students in the program, Helgren said he hasn't been able to provide a name.

"I don't have a student's name to give out," Helgren said. "Either people are working hard on their degrees or everyone who has completed their degrees is employed."

ESL: Authors give teaching advice

Continued from page 1

Mary March and Betsy Branch co-authored a paper on how to use easy-to-read newspapers to teach reading ESL students called "Low-level Newspapers from Top to Bottom." The paper describes the reading activities they have developed using newspapers. One of the activities starts with the teacher making up questions from the articles in the newspaper. The students then scan the paper to find the answers.

"One of the activities is called 'Scanning Olympics.' Before giving the newspaper to the students we give them questions to read, then they scan the paper in teams. The first team that gets it gets a point," March said. Another activity includes the teacher taking the newspaper and using White-Out to cover words. The students then read the articles and try to figure out what words are missing.

"This tests their vocabulary and they learn synonyms by doing this," March said.

Other presenters include: Maureen O'Brien

presenting a paper on how to prepare ESL students for writing the essay portion of university applications titled "Demystifying the University Application Process;" and Wendy Watkins presenting her paper titled "Diary of an Activities Coordinator" which is about which extracurricular activities work best for students in intensive English programs.

All of the instructors either studied or taught overseas. O'Neill, an SJSU alumna, taught in Japan for one semester. She said she was there showing teachers how to teach English.

McKenzie studied in Laos for a year. "I learned a lot about the culture there. I really enjoyed the people," she said.

March was in the Peace Corps for three years, from 1985 to 1988. During that time, she taught English at the University of Malawi in Africa. March said it's important to get experience overseas with different cultures if you are teaching ESL students.

CRIME WATCH

Joe West Hall gets bomb threat

Monday, Nov. 17— A car was reported to be on fire in the Tenth Street Garage.

Monday, Nov. 17— A woman reported a cellular phone and credit card stolen from her backpack in Sweeney Hall.

Monday, Nov. 17— A man was arrested in Sweeney Hall for having three outstanding warrants.

Monday, Nov. 17— A female suspect was stopped for throwing garbage at a police officer. The suspect was taken to a psychiatric hospital for 72-hour surveillance.

Monday, Nov. 17— A student's car was damaged with a key while parked in the Seventh Street Garage.

Monday, Nov. 17— A parking permit was stolen from a vehicle parked on campus.

Monday, Nov. 17— A car was vandalized in the Seventh Street Garage.

Monday, Nov. 17— Money was stolen from tampon machines located in Duncan Hall and Wahlquist Central.

Monday, Nov. 17— A wallet was stolen from a telephone booth in Sweeney Hall.

Sunday, Nov. 16— A bomb threat was made to Joe West Hall.

Saturday, Nov. 15— Several juveniles were cited for being in possession of alcohol and marijuana in the Seventh Street Garage.

Saturday, Nov. 15— A juvenile was arrested for being drunk in Washington Square Hall.

Saturday, Nov. 15— A man was arrested for being drunk in Hoover Hall.

Saturday, Nov. 15— A man was arrested at the football game for attempting to strike someone with an umbrella. He was later released when police learned he had been provoked.

Friday, Nov. 14— A victim reported a lost wallet. Someone had already used the credit cards that were inside.

Friday, Nov. 14— A wallet was stolen from Clark Library.

No tolerance for 'air rage'

SAN FRANCISCO (AP) — First there was "road rage." Now there's "air rage."

Several federal agencies, including the FBI, say they're cracking down on passengers who let their emotions get the best of them during flights into and out of San Francisco International Airport.

Those who don't comply face federal prosecution and federal fines, U.S. Attorney Michael Yamaguchi said Monday.

Assaults and other on-flight incidents that threaten flight safety could bring up to 20 years in prison and a \$250,000 fine. Other, lesser incidents will be handled by the Federal Aviation Administration.

"This is a zero tolerance program," said Robert Walsh, special agent in charge of the FBI's San Francisco office.

The FAA has already

launched a pilot program at seven airports, including San Francisco's. The agency has monitored 73 incidents in the past year, imposing \$117,000 in civil penalties and recommending federal prosecution in most cases, said Gerald Moore, who monitors air carrier security with the FAA.

Mary Kay Hanke, vice president of the Association of Flight Attendants union, said "air rage" is a growing problem. She said an unidentified airline that monitored the trend found that passenger interference cases went up from 33 incidents to 140 in the past year.

Spartan Daily 1956

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In the SPRING 1998 semester, NASA astronomer Dr. Dale Cruikshank reviews what modern astronomical studies and space exploration have revealed about the Solar System. Information from the Mars Pathfinder and Global Surveyor missions will be included and the plans for the Cassini Saturn probe and the manned Mars landing will be featured. Special emphasis is given to the Earth viewed as one of the eight planets (Thought there were nine? Take the class!) and to discussion of the origin of life on Earth and the prospects for life elsewhere. Satisfies the Core GE requirement in Physical Science.

For more information, CALL: 924-5210 or EMAIL to ljtomley@email.sjsu.edu

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ALL
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EDITOR'S NOTE

Since time immemorial, men and women have been exploring the world around them seeking answers to life's most profound questions. Starting with the Red Sea and venturing to the Red Planet, which was once far out of human's reach, mankind has turned what was once poetic vision into substance.

Charting a tumultuous and dynamic course of historic events and discoveries, while encountering hurdles along the way, humans continue to unravel life's mysteries. Stunning revelations of recent discoveries will no doubt lead to more explorations in the future, which should be undertaken with reverence and consideration.

Thanks to researchers and explorers, great strides have been made in every field and discipline known to us. Out of this relentless research, comes new and innovative methods and trends which may not be better

than the old ones — just different. In this issue we have attempted to bring you some of these new trends and ideas.

Several new looks are currently being sported in the dynamic fashion industry with the help of stunning accessories. Body painting, tattooing and body piercing are among such popular trends.

In order to overcome mental and physical stress, many students on campus have taken up the ancient practice of hatha yoga. Students are accustomed to sitting at a desk or in front of a computer for long periods of time. However, incorrect posture can lead to physical problems in the future. This can be avoided by a few simple exercises.

Meteorologists have been warning us about the imminent deluge that El Niño will bring us this winter. That means more rain and yes, more snow up in the mountains.

For all you skiers and snowboarders out there,

we have compiled information on the ski resorts in the Tahoe area including inexpensive places to stay in the vicinity.

Winter also means the beginning of the cold and flu season. Read about the simple ways to avoid the common cold by boosting your immune system.

A diverse campus such as ours has students from not only different ethnic backgrounds, but from various age groups as well. We are starting to see a steady increase in the enrollment of older students every year. The Re-Entry program on campus offers assistance to students who are back in school after a break.

While reading this issue, it is important to keep in mind that what works for one person may not work for another. So, if you find something interesting here, try it — it just might work for you.

Jana Seshadri

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Jon Perez

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Instructor Larry Caughlan teaches hatha yoga on campus. Students can take this form of yoga for the soul and for physical education credit.

Text by Tiffany Sanchez • Photos by Lea Tauriello

Armed with a fat-free fruit smoothie and good karma, Kristin Mann, a student at San Jose State University, stretches in an open room. Her strong, svelte body has the look of a well-toned athlete who can transform into a human pretzel as she bends into one of many awe-inspiring yoga poses.

Mann, a 21-year-old human performance major, is one of thousands of exercise enthusiasts, who like Jane Fonda, have traded in their free weights and inline skates for a soothing form of exercise known as hatha yoga.

What exactly is this passive looking sport that promises to sculpt the body and free the mind? According to yoga instructor, Karen Holden, who has been teaching for almost two years, hatha yoga strengthens the body, liberates the mind, and serves as a form of "supreme consciousness" (the literal translation of hatha yoga).

"Hatha yoga is a system that works to establish physical and psychological balance through healing and toning," Holden said. "When peo-

ple feel tight, their muscles are short, so what we're doing is lengthening them. With hatha yoga you're not only working the bones and the joints, but you're also working your body's internal organs by combining deep breathing exercises with movement."

Known to many practitioners as the "yin and yang" workout, hatha yoga is far from being a new phenomenon. It is a philosophical system perfected in India more than 4,000 years ago.

"Hatha yoga is not like any other athletic endeavor I've ever participated in," said Mann, who recently took up this style of yoga after a friend told her about its effect on the body.

"Hatha yoga is a philo-

sophical approach to exercise that enables you to blend inner peace with a pliant body. It's not like a sport where individuals feel a strong sense of competition because its purpose is to connect the body with the mind," Mann said.

SJSU senior Tom Curry, who is studying to be a physical therapist agrees with Mann. He swears that hatha yoga played a pivotal role in his life when he was a high school athlete.

"The stretching and breathing exercises gave me a renewed sense of self," Curry said. "When game-time came around, I felt extremely focused. I didn't get quite as nervous as I usually did before a game because I was confident that hatha yoga

helped me develop an added sense of stamina, coordination, and flexibility."

Fitness experts also stress the flexibility gained from hatha yoga. Personal trainer Rob Whitacre said he suggests this combination of exercise and discipline to clients who suffer from everything from severe back pain to pent-up frustration and fatigue.

"Hatha yoga is the type of exercise that anyone can adopt," Whitacre said. "It's a physical practice that not only reinforces body alignment and muscular differentiation, but also allows for the healing process to persist because it's done slowly, without putting the body through any further trauma."

"I had a client who

Continued on page 5

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The cold WAR

Arming the immune system

Text by Susan Wiedmann • Illustration
by Wayne Jiang

It's that time again. Just listen for a moment and you will hear, "Oh, my sinuses are killing me," or "I think I have a fever," or "My nose is stuffed — I can't breathe."

Worse still are the coughs, sneezes and sniffles of your fellow classmates in hot, overcrowded classrooms.

You are surrounded by a population explosion of viruses and bacteria just waiting to claim your body. It is enough to make you want to hibernate at home, away from the germ-filled masses.

But since you have to leave your house each day, what can you do?

You must turn your body into the fighting machine nature intended it to be.

Your immune system can be compared to an intricate Pac-Man, intent on gobbling up invaders through its white blood cells. It can also make your body so inhospitable to bacteria and viruses that they will die before they have a

chance to make you ill.

In order to do this, however, it needs your help because daily stress, emotional crises, an unbalanced diet, lack of exercise, pollution and accumulated toxins in your body all interfere with a well-functioning immune system. If your body is run down, a cold is easy to get — and to pass on.

"We get colds through our hands and noses," said vitamitician Jamie Laubacher, from Great Earth Vitamin stores. She explained that if you shake hands with someone who has a cold, or take damp currency from someone who has recently been holding a tissue, when you bring your hand to your nose, the cold virus can spread to you.

A virus likes the moisture of people's bodies, she said, and you cannot get colds from dry, non-porous surfaces.

"I wash my hands a lot," Laubacher said.

Many people are using



People who engaged in a variety of positive social relationships caught colds less frequently

herbs to ease their cold symptoms.

Laubacher cited the popularity of the herb echinacea (ek i nay'sha), an herbal supplement that can now be found even in supermarkets. Along with Vitamin C, it is considered to be a natural antibiotic and immunity builder.

Echinacea, or purple coneflower, was successfully used for centuries by Native and European Americans for a variety of ailments, including snakebites. It increases the activity of white blood cells, and also causes an increase in the number of immune cells, according to Laubacher, the Herb Research Foundation, and numerous researchers in the U.S. and Europe.

Their findings indicate that echinacea should not be used daily, but rather to boost the immune system when necessary.

The optimal goal, however is to strengthen your immune system before

you are actually exposed to the cold virus. Nearly everyone knows people who rarely catch colds, and researchers have discovered some clues to explain the apparent luck of those individuals.

Swedish studies have shown that people who enjoy cultural activities — even just going to the movies or reading — tend to have stronger immune systems. The Journal of the American Medical Association also reported this year that people who engaged in a variety of positive social relationships caught colds less frequently, whereas introverted people were sick more frequently.

People who exercise on a regular, moderate level increase their white blood cell count temporarily, according to public health researcher David Nieman in a Health magazine interview. It appears to be enough to keep their immune systems operating more efficiently on the day a workout takes place.

However, Nieman warned that overdoing exercise can have the opposite effect because the immune system gets sidetracked in helping the body recover from stressed-out muscles. It releases stress hormones that, somehow, manage to interfere with the cold-fighting process.

Jon Perez, a Journalism major, rarely gets bad colds. "I have a positive mental attitude. I say,

'I am not going to get sick,' and I don't," he said.

But Perez also has an occasional back problem. He said he was very surprised when he suddenly came down with bronchitis, just after he had recovered from his last stressful backache. His situation was similar to the Nieman scenario of stress hormones being released at the expense of the cold-fighting system.

Another person with a seemingly superior immunity is Mark Wood, an SJSU environmental studies major.

"I'm a vegetarian," said Wood, "but even when I wasn't, I didn't get many colds." Sleep is his only strategy, he said, when he doesn't feel well.

It works for Wood

because sleep is one method the body uses to try to heal itself.

Unfortunately, people don't always get enough sleep, nor do they get enough of the right foods on a daily basis—just ask any student. The result is

Sleep is one method the body uses to heal itself

a stressed-out immune system.

Jean Simmons, another environmental studies major, appears to be on the right track. She occasionally places three cloves of raw garlic in an apple and eats it all.

An apple contains

Vitamin C, and garlic is a powerful natural antibiotic, with anti-viral properties, according to Michael Castleman in his best selling book, "The Healing Herbs."

To further strengthen the immune system, Laubacher recommends giving the body a "natural cleansing" to rid it of toxins. She makes an American Heart Association-approved soup that is also a fat-burner: Chop 2 bell peppers, a bunch of celery and 8 green onions. Combine with a large can of chopped tomatoes, and a cup of onion soup or seasoned vegetable broth or V-8. Boil for 10 minutes. Reduce the heat and simmer for an additional seven minutes.

Until the advent of modern medicine — and

its initial, quick-fix promise — herbs and soups were used to treat common colds. It was a simple combination of natural medicine and good nutrition.

Simple remedies may be needed again: Antibiotic-resistant bacteria were discovered recently, and scientists say they do not yet have a defense against the new invaders.

More than ever, you need your immune system to protect you. Give it some help — and remember to wash your hands.

Please note: If you have a fever, deep cough, trouble breathing, or if you just feel really ill, seek medical attention immediately.

Yoga continued from page 3

constantly threw out his back at work, so I suggested that he take up hatha yoga to alleviate the pain. Within a matter of weeks, this person felt such relief that he decided to incorporate it into his exercise regimen as a way of strengthening his back, as well as stretching and toning his muscles."

Although many yoga poses can be adapted to fit into one's personal fitness routine, Holden warns that hatha yoga shouldn't be overlooked in favor of other more aerobic forms of exercise.

"Hatha yoga poses have been developed throughout the years to stretch all the muscles in

the body, so it's extremely beneficial to one's physique because it works the body through its entire range of motion." Holden adds that by holding various poses, hatha yoga also helps to improve one's level of strength.

In addition to strengthening and firming muscles, increasing endurance and flexibility, and redistributing weight, hatha yoga's breathing exercises can produce higher energy levels and improve circulation. For example, a study at Harvard University revealed that breathing techniques, like those used in hatha yoga, can lower blood pressure and decrease anxiety.

Holden explained that these breathing techniques, which are the key to hatha yoga's physical as well as psychological benefits, are essential in adopting a healthy lifestyle.

"Rhythmic breathing allows you to focus on getting in touch with both the body and the mind, just like hatha yoga allows you to focus on connecting with your own inner and outer beauty," Holden said. "Hatha

yoga may not guarantee a body like Jane Fonda, but it will guarantee a noticeable sense of physical and mental harmony."



Viviana Arevalo, criminal justice major, reaches for the sky in a yoga pose.



This is one of instructor Larry Caughlan's yoga classes.

Painting a thousand words



What began as a Hindu custom of adornment used by brides, henna painting has become the latest fashion trend, where artists like Katia Gosselin, filling in her hand above, can paint just about anything you want for about \$25.

Text by Deanna Zemke • Photos by Jay L. Clendenin

Would you consider being punctured thousands of times for a mere fashion trend? Or maybe you would prefer to get into the latest fad of having a design painted anywhere on your body with it only lasting a few weeks?

The price of looking cool and unique leads many people into different ways of expressing themselves. There are a zillion different fashion trends that one can follow, especially this season. Some are more drastic than others; some will last while others fade.

But it's not just accessories like bright red lipstick, sequined purses, and stiletto heeled go-go boots that are "in" at the moment.

New artistry like Safa (body painted non-permanent tattoos) is in fashion.

Followed by such

celebrities as Laurence Fishburne, Tiffani-Amber Thiessen and Darryl Hannah, this body painting trend is well-sought after. Allah's Sacred Earth, whose Los Angeles studio catered to the aforementioned celebrities, is a completely natural body-decoration studio. Its headquarters are located in Berkeley, although the artists are requested to come to different locations throughout the Bay Area.

This type of body painting can be done by professional artists or by yourself with a home-decorating kit. Safa is the use of a non-toxic paint, which comes from a plant called henna. It is painless and lasts for a few weeks. Safa is a tradition that has been used in Asia and the Middle East for thousands of years, usually on the arms, hands or lower back.

Many types of designs are possible with the most popular being Mehndi, the

tubes, like putting frosting on a cake. Professional artists can give you

another hour. The color left is an orange imprint, and the longer you wait to scratch it off, the darker the color.

Gosselin, who is from Quebec, Canada, has done all sorts of designs including a fire woman which is a design of a flame that covered her entire body — the process took five hours.

"It's for everybody, of all ages, even children," Gosselin said. "Some people come with a vague idea of what they want, so I improvise. I like being inspired."

Eleven-year-old Sivan Korakin decided to get an ankle band done. Alexandra Strebin from Santa Monica got a henna tattoo of a dragon on her shoulder after her friend from Bombay, India exposed her to body painting. She had walked by

Safa is a way for people to explore tattoos without the possible pain or permanence.

traditional Indian design.

According to J.P., as she likes to be referred, is one of the professional artists at Allah's in Berkeley.

"Mehndi has been popular for the last one and a half years, but much more in the last eight months.

As far as mainstream culture goes, there's been a new age resurgence in natural health care and Indian motifs," J.P. said.

Henna is a natural plant that is ground into a paste and is applied through

designs such as moons, snakes, tribal or floral motifs. You can even make your own design by buying the safra henna cones and using a stencil for the design.

Professional artists, like Katia Gosselin, who is a henna tattoo artist at Nimbus Hair Salon in Los Gatos, will put a thick black henna paste on a client. The paste needs to be scratched off after five to six hours. The tattoo must remain uncovered for

Nimbus the day before and immediately made an appointment.

"I like nice things on the body—it's pretty," Strebin said. "I'm thinking about getting a real one."

Most designs at Allah's are between \$20 and \$50, but can range from \$5 to \$500. According to J.P., an intense six-hour back design can cost \$200 or more. After spending about an hour of your time for a simpler design such as an arm band, it takes only 10 minutes to dry. Strebin's medium-sized dragon tattoo took about 30 minutes.

"It gives people a chance to try a variety of things and decide what you want for a permanent one," J.P. said. "It's a way for you to get used to seeing something on your skin."

Safa is a way for people to explore tattoos without the possible pain or permanence. Yet, tattooing is still a trend that remains strong.

"Tattoos have been popular for years, but it's gone mainstream in the last five years," said Robbie Rittenhouse, a tattoo artist at downtown's Pierce-Ink. "Society's opened its eyes to this. It's not just bikers that have tattoos, but lawyers too. People look at it and

it's a way of life."

Traditional tattoos from the 1940s, such as cartoon characters, tribal and floral prints are what are most in fashion right now. Putting them on the lower back, ankles or somewhere where it can be hidden are where most clients request their tattoos.

"It's been around since the automobile and it'll be around til the space age," Rittenhouse said. "The future will include tattoos done by lasers which are more vibrant and less painful."

According to Rittenhouse, about 60 percent of Pierce-Ink's clientele are college students. SJSU student and business major, Gaylord Marquez even got a tattoo.

"I didn't get it because it is a fad, I got it way before that, about three years ago," Marquez said. "I got it with my friends. They all had dragon tattoos. It's a symbol of friendship."

Pierce-Ink also offers body piercing, another fad that can be uncomfortable. According to body piercer Sean Patrick, what's really big right now is tongue piercing and labret piercing. La Bret is a piercing between the chin and lower lip.



Henna artist Katia Gosselin dabs the fresh Chinese dragon painting on Alexandra Strebin's shoulder at the Nimbus Salon in Los Gatos.

"Some people are catching up with the natural instinct to decorate bodies," Patrick said. "Warriors did it to look wild. Romans pierced

ple are into this vampire cult. It goes with the theme that the first impression is a lasting impression."

But there are other more traditional trends that people are following. Marquez sports a trendy ski cap which conveys its own fashion statement.

"I got this hat because it looked unique and no one else had it. Now it's in and everyone else is wearing it. I want something no one else has."

According to Nordstrom accessory striker Yadira Zapata, who is in charge of deciding what accessories to stock and what needs to be ordered, chenille ski hats and matching gloves and scarves are hot items for college students this fall. Other popular items include color mascara for the hair, face jewelry, color nail polish and the always popular jewelry like big rings and matching earrings and chokers.

A surprising trend that's been the most popular are keychain Giga Pets, an accessory worn with everyday wear as they require owners to feed and take care of these pets via a small screen. Nordstrom's Brass Plum department had a waiting list of over 100 people for these new Japanese items. There are other

popular items as well.

"The scarves are really popular," Zapata said. "Face jewelry, which you stick on your face or make into an arm band, is a fad that will fade. We sell little beads that you can buy with letters on them to spell out your name and make into a necklace, which are not selling as much as before. Jewelry still remains popular as it's versatile. Customers come in and want rings to match their chokers or earrings."

For men, according to Nordstrom employee Launa Jameson, black-leather cord necklaces with numerology or astrology symbols have been somewhat popular, although the bracelet equivalent never caught on. Sunglasses and hats are still the most popular men's accessories.

Jewelry wearer and SJSU sports management student Jessica Kane said, "I wear what's comfortable. My accessories, like my beaded necklace that I got at a clothing store or my rings are my everyday wear. It's not so important for me to wear what's trendy, I just wear what I like."

So whatever fashion trend you decide to follow this season, make sure it's one that you enjoy in order to make that lasting impression.

Sunglasses and hats are still the most popular accessories

their nipples to show bravery. Now MTV and supermodels have made it popular in the last five years. There are a million different reasons to do this."

"I dig it when people say 'I wanted to get my navel pierced but I needed to lose 50 pounds first.' One student wanted to get his tongue pierced but midterms were coming up and he knew he wouldn't be able to drink with the piercing. So I told him to reward himself after the tests with a piercing," Patrick said.

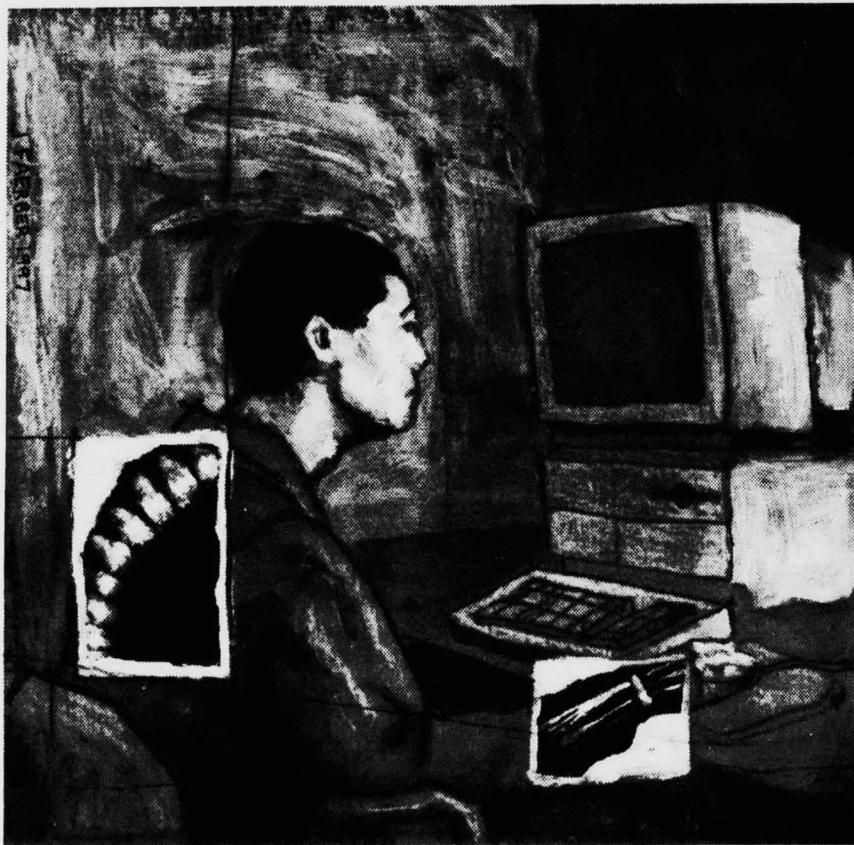
Pierce-Ink offers one more new trend—fangs. This is done with the dentist making a casting of the teeth and then making fangs to insert into the mouth.

"It's really popular," Patrick said. "A lot of peo-



Tribal-like bands and vines are popular henna paintings. Seiji Yonehara works on an ankle vine at Nimbus.

Sittin' pretty



Simple exercises exist to help a person stay relaxed and loose at work, helping to eliminate the onset of cumulative trauma disorders (CTDs).

- **The Shoulder shrug:** Tilt your head toward the right shoulder and shrug the right shoulder at the same time. Drop the shoulder, then repeat. Lift the head and repeat the exercise on the other

side.

- **The Shoulder straddle:** Press the right shoulder forward and turn the head toward it. At the same time, press the left shoulder back. Repeat on the other side.

- **Winging it:** While sitting or standing, raise the elbows so the forearms are perpendicular to the torso. Then, slowly squeeze the shoulder blades together from

behind.

- **Stirring dough:** Circle the right hand in front as if stirring dough. Repeat with the other hand.

- **Push and pull:** With both arms outstretched and palms facing forward, gently push the hands away from the body while pulling the shoulders back.

Exercises acquired from Shape Magazine.

Caution: Ergonomics at work

Text by Laura Vanni • Illustration by Jeff Faerber

Sitting at your desk, if done improperly, can be hazardous to your health. With more students and graduates spending time working in an office, typing on a computer or sitting in a car during rush-hour traffic, the chances of a person suffering from cumulative trauma disorders are increasing.

Cumulative trauma disorders (CTDs) are nerve-muscle ailments that result from the wear and tear sustained from a particular movement. Some of the most common illnesses caused by this condition are chronic muscle fatigue, joint pain, tendinitis of the elbow, neck and low-back pain and carpal tunnel syndrome. These conditions develop slowly over time, often detected by fatigue, discomfort or pain when performing a repetitive task.

The U.S. Bureau of Labor Statistics states CTDs account for more than 65 percent of all workplace injuries, with this number increasing at a rate of 10 percent a year. Employees can be saved from these problems with a few simple steps.

The use of a wrist pad, an ergonomically correct (workplace safe) chair, and a posture-friendly keyboard may seem to be the solution, but you do not have to spend a fortune to keep your body happy. A report by Advanced Ergonomics Incorporated stated that about 20 percent of all ergonomic changes cost nothing to implement.

According to Gary Karp,

president and founder of Online Technology Education Services and Ergonomics Consulting, a person must remember that the body is made to move, and posture must be changed many times throughout the day. Standing as often as possible is important, as sitting puts pressure on the lower back.

It is necessary to take many small breaks moving around and stretching, eliminating some stress and allowing oxygen and blood to circulate in the body.

"When seated at a desk, the head should be over the shoulders to ease strain on the neck, shoulders and back," Karp said. "The lower back needs assistance from a proper chair and the feet need to reach the floor to give the body overall support."

Experts also recommend having the computer monitor directly in front of the user to eliminate neck and eye strain, and the keyboard positioned to allow the wrists to remain straight, reducing the risk of carpal tunnel syndrome.

According to Shape Magazine, sitting and working at a desk exerts only 105 calories an hour. This may not appear like much stress on the body, but with lack of movement and repetitive motion, typing on the computer, answering the phone or moving around the mouse, can give the body a hard and dangerous workout.

Back for the future

Text by Sherrie V. Green • Illustration by Todd Moulton

Sandra Henson is the quintessential Re-Entry student. As a social science major with four children, 50-year-old Henson is one of the 49.9 percent of San Jose State University students who are 25 years of age or older.

According to the Re-Entry Advisory program the number of older students returning to college is on the rise. The program, which began 25 years ago, was established to assist and support older students who have been out of college for a significant period of time.

"Originally the focus was on the Women's Re-Entry program, which helped displaced homemakers re-enter the educational system," said Jane Boyd, Coordinator of the Re-Entry Advisory Program. "But, 15 years ago, the Women's Re-Entry Program was dropped and renamed the Re-Entry Advisory Program to accommodate both older male and female students who were going back to school."

Located in the Student Life Center, the Re-Entry Advisory Office is a place where students like Henson can go for free, professional advice on everything from career planning to scholarship opportunities.

"Because a lot of our students already have careers, we set up seminars with the Career Center so that Re-Entry students know what opportunities are out there waiting for them," Boyd said.

Henson, who discovered the Re-Entry Advisory Program while browsing through the SJSU phone directory, said she appreciated the way the Re-Entry coordinators helped guide her through troubled waters.

"I talked to the people at the Re-Entry office first before I came to SJSU," Henson said. "The coordinators told me which classes I could take at

Mission College before I began taking courses here."

Although Henson completed her A.A. degree almost 30 years ago, she decided to return to college to achieve a degree in Library Information Science.

"I was already working with computers at the church I attend, so I decided I might as well go back to college so that I could receive a formal degree in case something were to happen to my family," Henson said.

No one understands Henson's concern more than SJSU alumna Louise Carr. Carr, who recently graduated with a bachelor's degree in business administration, lost her husband to a heart attack 10 years ago.

"When my husband first passed away, I didn't have a formal education to fall back on," said the 43-year-old mother. Since my husband was the bread winner and I was the stay-at-home mom, I never even thought about the obstacles of finding a job if I needed one. Then all of the sudden, I found myself in a position where I had to locate a job and I had no real job skills, so I was forced to work as a baby-sitter in order to pay the bills."

Carr, who is now in the market for a job, said the Re-Entry program gives students like herself a chance at a more stable life.

"Older students like myself find it extremely difficult to re-enter school, especially after being away from this type of environment for such a long time, so it's refreshing to know that the Re-Entry Program is there to ease the transition," Carr said.

In addition to providing registration advice and career counseling, the CSU system also offers Re-Entry students an alternative to its traditional

requirements for college admission. If an applicant is 25 years old or older, they may be considered for admission as an adult student if they meet the following requirements: They have a high school diploma, they have not been enrolled in college during the last five years as a full-time student for more than one term, or they have earned at least a C average in their last five years in college.

"When I decided to go back to school, it was very useful to have the people from the Re-Entry program because a few of the classes that I had taken earlier no longer translated," Henson said. "Courses like biology now fell under different science categories, so the Re-Entry coordinators helped me figure out which classes were still acceptable."

Boyd added that besides supplying registration information, the Re-Entry program also guarantees students assistance in locating scholarships and financial aid.

"The program offers four distinct scholarships as well as the Phyllis Sutphen scholarship for graduates and undergraduates," Boyd said.

The Re-Entry Advisory program, which receives financial support from both Continuing Education and Student Affairs, also offers an over-60 fee waiver for older students.

"In the state of California, a resident can apply to the university and all but the current \$40.50 application fee is waived for any student over the age of 60 years old," Boyd said.

Henson, who initially felt apprehensive about return-

ing to college, said the number of older students on campus has lessened the burden.

"It's encouraging to see a diverse mixture of ages in each of my classes," Henson said. "It's a relief to know that I'm not the only 'Mom' on campus."

Although Henson can only be a part-time student, she knows that her decision to go back to school is an important one.

"Before I went back to school if I needed to land a job, I would've been forced to flip burgers, but now that I have the maturity of raising four children and training that's hot off the press., The possibilities seem endless," Henson said.

*Tiffany Sanchez
contributed to
this article.*



Powdering the slopes

Places to play and stay

Text by Ronda C. Sluder

Skiers and snowboarders prepare your boards for an unforgettable season — El Niño is coming and with any luck massive winter storms will pound the West Coast, leaving behind plenty of the white stuff in the Sierras.

For anyone who daydreams about face-shots in deep powder or simply wants to learn to ski, but is unfamiliar with the ski resorts and reasonably priced inns of Lake Tahoe, keep reading. The following guide will provide you with suggestions for an outstanding ski weekend.

North Shore/Squaw Valley: Home of the 1960 Winter Olympics, Squaw Valley is easily one of the most popular resorts in Lake Tahoe. With 31 lifts you gain immediate access to a variety of terrain — 25 percent beginner, 45 percent intermediate and 30 percent expert. Skiers can test themselves with extreme verticals on the Palisades, waist-deep bumps on KT-22's west face, or cruise on corduroy-groomed runs on Shirley Lake Express.

Brian Nall, a senior human resources major, likes all of the mountains on the North Shore but feels Squaw ranks supreme.

"I like Squaw because it is bigger and offers

more variety," Nall said. "Their black diamonds are really black diamonds-made for experts."

Similarly, Michael Nordin, a junior aviation major, likes Squaw for the challenging terrain.

"It's cool because there are a lot of cliffs," Nordin said. "Since Squaw is so big it handles the crowds really well."

A snowboard half pipe is open from 9 a.m. to 9 p.m. An all-day lift ticket costs \$48, half-day is \$32, and night skiing is \$12.

Northstar: Located between Kings Beach and Truckee, Northstar is a convenient ski area that caters to all abilities. The Big Springs Express Gondola connects beginning and intermediate skiers and snowboarders to open, groomed runs.

"Burnout is a nice challenging long run," Nall said. "Since it is a black-diamond run, not as many people are on it."

An all-day adult lift ticket costs \$46 and young adult (13-22) is \$38. After 12 p.m., the price is \$31.

Homewood: Homewood, located on the west shore of Lake Tahoe, is a small mountain with a friendly, relaxed atmosphere. With the mountain rising 1,650 feet directly above the lake, skiers gain an incredible view that is unparalleled by

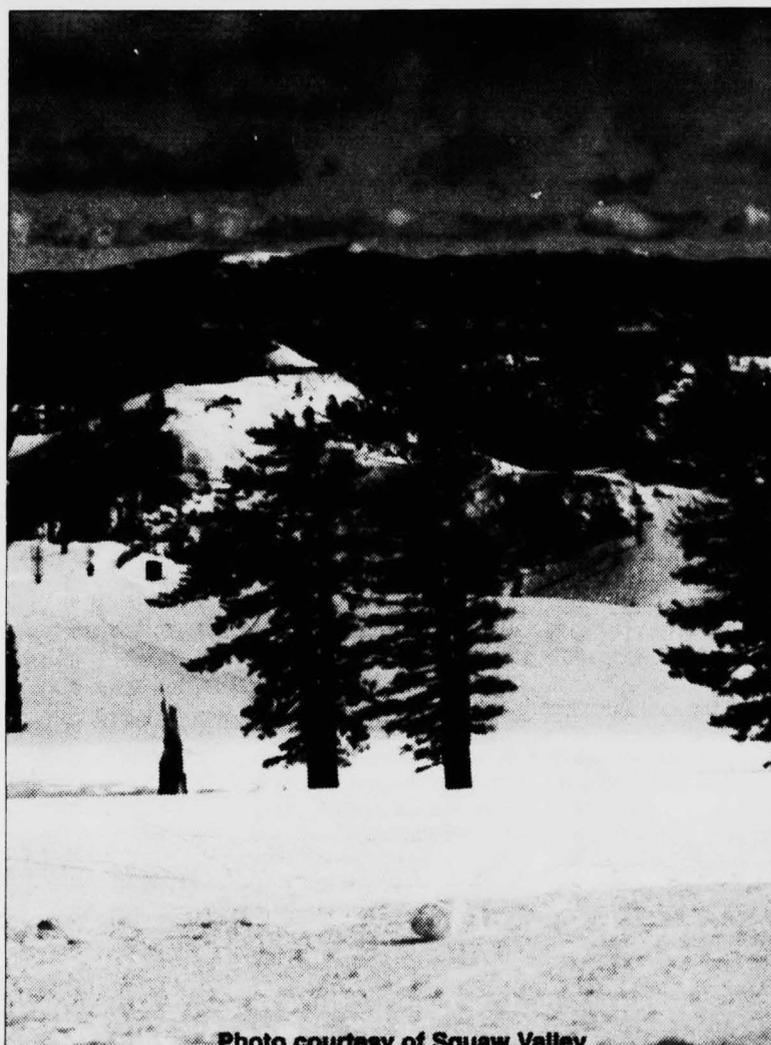


Photo courtesy of Squaw Valley

Picturesque view of Squaw Valley—Home of the 1960 Winter Olympics

any other ski resort. The eight chairlifts provide 57 trails to play on without the swarm of people you would find elsewhere. Homewood offers good cruiser runs with consistent conditions-ideal for intermediate levels.

"Homewood is pretty cool," Nordin said. "Even though it's not that big, it's a really nice place. The view is great."

An all-day lift ticket is \$35 a day, \$26 for half-day.

Mt. Rose: What do you get when you ski at the highest based resort in Tahoe at an elevation of over 8,200 feet? Better conditions all season long. Located 25 minutes from Reno and 11

minutes from Incline Village, there is something for all levels whether you have one board or two. Since Mt. Rose has an extremely high elevation, the conditions can change quickly. "They have long runs, but they are really narrow," Nall said. "It also gets really windy."

Morning half-day tickets are offered from 9 a.m. to 12:30 p.m. The price is \$38 for a full day, \$26 for half-day.

So where can you stay on the North Shore on a student budget? Here are a few suggestions. **The Family Tree:** \$60 a night. Call: (916) 583-0287.

Sun N' Sand: \$60(dur-

ing the weekend) a night. Call: (916) 546-2515.

Tahoe Biltmore: \$59 a night. Call: (702)831-0660.

Tahoma Lodge: \$70 a night. Call: (916) 525-7721.

South Shore: Heavenly:

Where can you ski in two states just by taking a lift? Heavenly of course. Situated on the California/ Nevada border this mountain is one of the biggest ski areas in Lake Tahoe, with an elevation of 10,040 feet and 25 lifts. The terrain varies from beginner-20 percent, intermediate-45 percent, and advanced-35 percent. If you're

looking for steeps, Mott Canyon has some intense chutes that will get your adrenaline pumping. And if you want to find some killer bump runs try Gunbarrel and east face.

"Heavenly has good tree skiing that isn't too compact," Nordin said. "Even though nothing at Heavenly is really steep, Mott Canyon can get some good powder."

An adult lift ticket goes for \$47. A half-day is \$33.

Kirkwood: If you want to appreciate the finer things in winter life, Kirkwood is the place. Black diamonds are abundant with extremely steep chutes, phenomenal mogul runs and powdery bowls. If you haven't mastered the technique for double black diamond runs like The Wall, there are also a variety of groomed runs for intermediate skiers and boarders.

Kirkwood is 35 minutes from South Lake Tahoe on Highway 88.

Nordin likes Kirkwood for its advanced terrain and abundant

snow.

He said, "Kirkwood is a really good mountain- there's a ton of steep terrain. And if it rains in Tahoe, they'll still get snow,"

Lift tickets are \$43 for adult, \$33 for young adult(13-24). Half-day is \$38.

Sierra-at-Tahoe: Located a few minutes from South Lake, Sierra-at-Tahoe always seems to maintain terrific conditions on 46 slopes and trails. Take any one of the ten lifts and gain instant access to terrain that is 25 percent easy, 50 percent intermediate and 25 percent difficult.

If the conditions are right, the tree skiing can be some of the best available anywhere in the area.

"Sierra is a good mountain," Nordin said. "They have the best half-pipe that I've seen anywhere. It's also an excellent mountain for beginners and intermediates."

Lift tickets go for \$43, and \$33 for young adult(13-22). Afternoons are \$29.

Here are a few suggestions

of some cheaper motels in the area.

Torchlite Inn: \$80 a night. Call (916) 541-2363.

Econo Lodge: \$59 a night. Call 800-895-7304.

Ace High Motel: \$59, and \$69 on Saturday. Call (916)

544-2956.

Now you have a complete guide to the ski areas and cheap motels Lake Tahoe has to offer. Even though some mountains are more sophisticated than others they all have one thing in common:

A variety of terrain that challenges the die-hard skier and snowboarder to push their outer limits and allows those who just want to make it down the hill in one piece to reach the lodge for some hot chocolate.



A Lone skier graces the slopes of a winter wonderland

Skiing accessories

Besides remembering the obvious skiing and snowboarding necessities many winter enthusiasts always manage to forget some accessory until they're on the slopes and realize something is missing.

From jackets to chapstick, here are a few things that may not improve your skiing, but will at least make your skiing experience more enjoyable.

Clothing: Skiing apparel is much easier to move in than a pair of jeans. Items made of Goretex are recommended to help keep you dry and warm in extreme conditions.

One-piece suits are okay, but are cumbersome in the lodge since you can't take the jacket off completely and have to tie

it around your waist.

Economically speaking, shell pants are the cheapest buy around. Most generic name brands are relatively inexpensive. However, if you want to make a quality investment be prepared to break out your check book. Nordica, Spider, Obermeyer and Descente are just a few popular name-brands.

As for internal clothing, cotton T-shirts or sweat-shirts are not recommended for a number of reasons. First, cold air goes right through the fibers. Second, cotton is not a breathable material which means that the more you sweat the wetter it stays. By wearing something geared towards cold conditions, it absorbs moisture from you skin while remaining dry.

The same idea goes for

long-johns and socks. Do not get cotton. If you do, you'll be peeling this stuff off your body by the end of the day. Something that has rayon is usually good.

A common misconception is that the thicker the sock, the warmer your feet will be. Wrong. Thick socks retain moisture longer thereby keeping your feet clammy and cold. Thin socks allow your feet to breathe more.

Gloves: Once again something with Goretex is recommended because it is the best material that combats wetness and cold air. Mittens should not be used, because you aren't able to grip anything.

Hat: Unfortunately a lot of hats are made from wool,

which is hard to dry and itches your head when you sweat. Get something with a breathable material.

Goggles: Even though a nice set of goggles can put a dent in your pocket book, it is possible to find a functional pair of Smith's or Oakley's. Just make sure the pair you select are fog-resistant and you'll be set.

When it is snowing hard and ice begins to form on you lens, the best remedy is to use a miniature squeegee. You can usually find them on the counter of any ski shop.

Sunglasses are okay for a fashion statement but they do nothing for keeping you safe. Some of the most common problems are getting your eyes sunburned,

the glare of the snow coming in through the sides and having them slip off your face every time you fall.

Chapstick and sun block: Even though you may not feel hot, the combination of high elevation, sun and snow leads to a major sunburn if you're not careful.

Kleenex: Most chairlifts have a Kleenex dispenser in the lift-line but it is always a good idea to be prepared.

Snacks: If you're having a great time and don't want to stop for lunch, slip a PowerBar into your pocket to munch on the chairlift.

Money: It's always a good idea to have a few bucks to get a drink, or unexpected accessories like ski wax.



DON'T GET

LEFT BEHIND



Everyone will rush to get the latest
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in the next millenium!

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