Hockey washes up against the Beach

Sports p. 4

Tuesday November 1, 2011 Volume 137 Issue 35
SPAR TAN DAILY
SpartanDaily.com

Students lobby D.C. committee for federal aid improvements

by Brittany Patterson Staff Writer

Last week, eight California State University students traveled to Washington, D.C., including SJSU Associated Student Presidents Tomasz Kolodziejczak, to lobby members of Congress against cutting federal aid for the CSUs - specifically, for the Pell Grant program.

The students were part of the California State Student Association, an independent, nonprofit student association that addresses issues affecting CSU students at the statewide and systemwide levels and is composed of representatives from each of the 23 CSU campuses, according to their website.

"It’s more effective to have this organization that represents 400,000 students," said Kolodziejczak, who is also the vice president of finance for the association. "Our strategy was if you have to cut, don’t cut us, regulate the for-profit universities.

"The federal Pell Grant program provides need-based grants to low-income undergraduates -- not just in those certain cases, credentials -- students based on information submitted on the Free Application for Federal Student Aid, according to the U.S. Department of Education website.

Midterms, papers and work, oh my!

With campus stress rising, workshops teach coping skills

by Aliza Saeed Staff Writer

For many students, the middle of the semester brings a lot of pressure because of stress from assignments, projects, exams and work.

There is help offered on campus — an hour-long stress management workshop offered five times or more each semester.

This workshop took place Oct. 25 and there are many more like this one on the event calendar.

"It was very, very helpful and very thorough," said Jeffrey Roberts, a senior psychology major. "I learned how to avoid the stress trigger and how to handle it without it taking over your life.

Roberts said she learned a lot of new things from this workshop -- he said he didn’t know there was good stress and bad stress in life.

He said he would definitely come to this workshop and recommend it to anybody who is feeling stressed out.

"It’s important that students understand the effect that stress has on them," said Jennifer Lynn Morazes, educational counselor and stress workshop adviser. "We all have a certain amount of stress and we can easily be acclimated to too much stress!"

According to Morazes, there are 55 of these "Spartan Success Series" workshops offered throughout the semester.

The stress workshop is offered upon request by fraternity, organizations or sports teams.

"There are variety of workshops offered on campus, the stress workshop being one of the busiest ones," Morazes said.

During the workshop, Morazes showed PowerPoint slides sharing topics such as procrastination, time management and healthy relationships.

Morazes said as humans, you don’t return to a balance state after a test. "It continues to go on and even after finishing all your tasks," she said.

According to the slides presented by Morazes, stress is a physical, mental and emotional reaction or response to real or imagined environmental demands.

"Some of my stress management techniques is to try to complete realistic goals for myself," said Kim, an SJSU student.

With Paul running on promises of limiting the federal government’s reach as abolishing the Fed have gained previously absent political traction among young voters.

Bob Roh, a senior political science major, said whether he supports the full abolition of the Fed is dependent on whether it is important that Paul has brought attention to the issue.

"I feel like the fact he is bringing a lot of attention to it," Roh said. "I don’t see it as being needed, but it does need to be restructured and depriv'd of a certain amount of power -- it’s bankrupting our nation.

Jeffrey Hummel, an associate professor of economics at SJSU, said while some argue the Fed has the ability to stabilize an economy, when the Fed monographs monetary policy they can either create inflation or they can create deflation, depending on what mandate it makes.

Hummel said he agrees with Paul’s general plan to end the Fed, as he doesn’t agree that America would return to the gold standard monetary system as Paul does.

Brendon Phan, president of the Eco- nomics Club at SJSU, said he is both worried by the potential of money output from this Fed.

However, Phan said that with the Fed printing money it looks as if fools mostly, it diminishes the value of the dollar as a whole -- and many of these students, such as economics major Megan Swartswelder, argue that oversight from the Fed is required to keep the economy in balance.

"I think that the current Fed is worse than the panic-prone national banking system, which should be 'overwhelming proof of the need for us to go back to having a proper Fed,'" said Republican Congressman Ron Paul, who is currently running for the 2012 presidential election, has made abolishing the Fed part of his campaign platform.

"I do not feel comfortable with the Federal Reserve controlling the money supply and they can have the ability to manipulate the interest rate market," Phan said.

According to an Aug. 24 Gallup poll, Paul led Republican candidates with 25 percent of the vote among 18- to 29-year-olds.

With Paul running on promises of limiting the federal government’s reach as abolishing the Fed have gained previously absent political traction among young voters.
WASHINGTON: Students lobby in D.C.

McClatchy Tribune
Washington

The Occupy camp was calm Monday morning, as organizers said the city would gear up for Wednesday’s planned general strike, the only question being the fate of some medical supplies removed from the Occupy camp by officials.

Sue Peppe, spokeswoman for Oakland Mayor Jean Quan, said two supplies trucks that were identified and cataloged after the protest returned early today.

The supplies had received a notice purporting to be from the Occupy Oakland medical board announcing it to return 15 crates of medical supplies, or equipment, which looks like the mayor’s office. Peppe said she did not know if the correspondence was valid or bogus, and it turns out, it was the latter.

Early Monday a statement from Occupy Oakland said that was not their intention and they did not have a press release to circulate to the media Sunday.

“Volunteers have just been organizing the first aid area at Oscar Grant Park. Plans do not endorse the press release leaked on Sunday. October 30th, but do not intend to occupy Mayor Jean Quan’s office,” the media release stated.

Peppe and officials visited the camp over the weekend and found no problems.

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Drink of the Week: Sparkling Calamansi Limeade

by Darshni Octavia
Staff Writer

With the holidays coming up, people might be tempted to pop open a bottle of apple cider among other non-alcoholic beverages.

Sun Tropics’ Sparkling Calamansi Limeade adds a new twist to the cider category. To really appreciate the drink, you have to know what the main fruit is.

Called the “calamondin,” in English, the calamansi is a citrus fruit indigenous to south-east Asian countries with a tropical climate — namely the Philippines. Aside from simply consuming the calamansi raw, Filipinos also use the tiny, round fruit as an ingredient in Filipino cuisine to give food a fresh and more tangy flavor much like the way lemons and limes are used to flavor other foods.

Sun Tropics’ Sparkling Calamansi Limeade has the scent of a reset, yet savory lime and features a savoring sour taste as it fills its way down for a bubbly, yet refreshing cider finish. This flavor resembles Square more than it does Sprite or 7-Up.

The drink has a natural and light golden color, kind of like concentrated lemon juice but a bit more foggy.

This Filipino take on cider goes for a little more than $2, and can be purchased at any local Asian food market in San Jose, Seafood City, all along McKee Road.

Give Yourself a Gift This Holiday Season

Take advantage of high-quality, intensive learning opportunities during Winter Break at SJSU.

Winter Session 2012 Classes Meet January 3 - 20, 2012

View the Schedule Online winter.sjsu.edu

A&E

‘In Time’: Poor execution muddles evocative premise

By Chris Marian
Staff Writer

‘In Time’ is a one trick pony.

That said, it’s a magnificent, multifaceted trick and one that’s worth taking a little time to explain, but it’s not something that is able to save the movie in the end.

The film is set in a dystopian future where everyone has been genetically engineered to stop aging at 25, but they literally have to buy every hour and day afterwards.

People have bioluminescent clocks built into their arms, resembling glowing green tattoos, that display how much time they have left.

If the clock hits zero, you die.

Time for the clocks is now the one and only currency.

Global society is now one where the rich can live for hundreds or even thousands of years while the poor are forced to live “day to day,” struggling to earn enough time to literally survive to see another day.

Philippines also use the tiny, round citrus fruit as an ingredient in Philipino cuisine, to give food a fresh and more tangy flavor much like the way lemons and limes are used to flavor other foods.

The film’s creators prompt-lous capitalism to a murderous extreme.

This society, and it shows in the small details.

The strongest moments of this film are when it deals with these elements, when it stops view- ers in the face with a culture that has taken cal- lous capitalism to a murderous extreme.

It’s a remarkably timely film as well.

The difference in wealth between the rich and the poor in our country hasn’t been greater since the days of Rockefeller and the Robber Barons.

People infuriated when corporate execs take million-dollar bonuses will find a lot to sympathize with in the implicit message of the film, while those of a more right- wing bent will likely be deeply off ended by its implications.

But, as I said, this film is a one trick pony.

It seems that once done envisioning their modernist dystopia, the film’s creators prompt- ly ran out of imagination.

Justin Timberlake stars as Will Salas, a work- ing-class Joe whose mother dies from debt in his arms.

After receiving a century — a small fortune — from a suicidal socialite, Salas vows revenge on the system and travels to rich-people-land to exact it.

Amanda Seyfried stars as Sylvia Weis, daughter of a hyper-wealthy bank magnate and love interest for the rogue Salas.

Cillian Murphy stars as Timekeeper Raymond Leon.

Timekeepers are this world’s version of cops, but their job isn’t justice — it’s ensuring the proper distribution of time, and Salas’ sud- den and unusual inheritance makes him Leon’s prime target.

Murphy’s character is pretty much a straight- up Javert clone, the fanatical French cop from “Les Miserables,” and the other characters are equally unimaginative.

All the actors’ performances are serviceable but somewhat cardboard, and serious-minded cap- ped by a frequently awkward screenplay.

Murphy’s character in particular lacks any- thing resembling a personality.

I won’t describe the plot in too much detail, but suffice it to say if you’re over the age of 12 you’ve probably seen it before.

The characters and plot are in fact so cliché that at times it becomes physically tiring, which certainly isn’t helped by the film’s leaden pac- ing.

I’ve seen this movie billed as an action film — it ain’t.

The few chase scenes and fights scat- tered throughout the movie are executed in such a fashion as to make them as unexciting as possible.

The movie is equally dull and clichéd visually, with visual and style elements seemingly lifted from other dystopian flicks such as “Gattaca,” “The Island,” and “Equilibrium,” to name a few.

The movie does have a few moments of genu- ine charm, emotional power and tension, but they’re too few and too small to get this sadly brilliant wagon out of the mudd of mediocrity.

I went into this movie thinking it would be awful, but in the end it was merely disappoint- ing.

In Time Review

Justin Timberlake (left) and Amanda Seyfried (right) star in the dystopian futuristic film ‘In Time’ by 20th Century Fox Studios. Photo courtesy of allmoviephoto.com

Photos by Danreb Victorio / Spartan Daily
Spartan hockey club falls to Long Beach in high-scoring affair

By Sierra Duren

In its first loss at home, Spartan hockey gave a valiant effort against Long Beach State. The Spartans lost 10-8 Friday night at Sharks Ice in San Jose. When asked how Long Beach played, senior center Kyle Dutra said, “They played great, they never gave up.”

In the first period, the Spartans came out lackluster, and it was shown in the back-to-back goals by the 49ers within the first four minutes. “We came out flat,” Dutra said. “I felt like we didn’t want it.”

The 49ers kept control of the game by scoring a third goal at the start of the second period. “It was tough when they scored that third goal there,” said head coach Aaron Mullagh. “I think that’s where we just had the game and there was still about half the period left to play.”

“They ran out of steam when three penalties were called on SJU, along with a mistake where the puck was not cleared from the zone during a penalty kill, and the 49ers got four goals to end the game at 10-6,” Mullagh concluded. “We know what we are capable of a come back from a 6-3 deficit and get ahead,” Mullagh said. “We showed what we are capable of. We came out and we dominated the game at 10-8.”

“We played great on offense,” Dutra said. “We had eight goals, and when you get eight goals you should never lose but it all errors.”

“Our ultimate goal is to always dictate the game with our game plan,” Mullagh said. “We didn’t get to play our game for the full 60 minutes, unfortunately. When we do agree to play our game, we dominate.”

Steininger identified the problems SJU had: “(We had) that comeback, which was nice, then I think we just relaxed after that and thought we just had the game and there was still about half the period left to play.”

Steininger concluded. “We know what we are capable of. We came out and we dominated the game at 10-8.”

“We had way too many defensive breakdowns, and we gave up the lead,” Dutra said. “We definitely got a little too excited and made some bad plays. We start going up the middle a little more and they get picked off... and they come back and scored goals real fast.”

“Spartan Hockey Club Upcoming Schedule

5th Annual Holiday State Electric Best of the West Showcase

• 11/03 vs Santa Rosa Jr., 6-9 p.m. @ Sharks Ice

• 11/04 vs Loyola Marymount, 7-9 p.m. @ Sharks Ice

• 11/05 vs University of Oregon, 7 p.m. @ Sharks Ice

SJSU Hockey Club Upcoming Schedule

11/05 vs University of Oregon, 7 p.m. 

SJSU during its 10-8 loss to Long Beach State on Friday night at Sharks Ice. The Spartans followed with another loss to the 49ers, 6-5 on Saturday. Photo by Sierra Duren / Contributing Photographer

Sudoku

Sudoku puzzles and games will be at home on Sharks Ice, Nov. 5 through Nov. 7 against Santa Rosa Junior College, Loyola Marymount, and University of Oregon.

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there will be snags. Due process? Trials? How old fashioned!

By Matthew Gerring

So, we kill U.S. citizens, without trial, using robots now. It's officially a thing. We've done it a few times and so far, no harm no foul, so we can expect to see more of it in the future.

Not just atheists, either — we now assassinate 16-year-olds without trial, with no limit anymore. Everything is on the table. First it was spying on innocent Americans, then it was torture, then it was random incursions into countries where the congress has not approved a war, and now it's assassinating our own citizens on the orders of the military. And as I was saying, nobody cares, because none of the assassinations happened here. Normally I wouldn't write the next line here, because I really hate being dramatic and annoying rhyming poems with no meaning anywhere, but there's a given.

This definitely isn't the first time we've killed U.S. citizens without a trial, but probably the first time it was publicized and done openly, and probably also the first time that people heard about it and just sort of went about their day. It's not the end of the world, but it's annoying stuff as constitutional rights and our judiciaries don't just murder their citizens. And as such were entitled to a trial by a jury.

The U.S. citizens thing, though, that's new.

We've done it a few times and so far, no harm no foul, so we can all expect to see more of it in the future. We're supposed to be better than that. We're supposed to extend the same rights to all our citizens, and apply the same measure of justice when they violate our laws. But assassinating our citizens just in a thing we do now. It's not an isolated incident. And nobody cares except for a handful of liberalnerd because none of those assassinations happened here.

Halloween — it is the one day out of the year that a girl can dress slutty and no one can say anything about it. That's according to the Onc- ear-women (in my head, at least) called “Mean Girls.” In my Halloween-party-going experience, I have found that most young wom- en find this theory to be a completely valid religion to practice.

Come October 31 and every year, they pull on their black stockings and hook their push-up bra under little bits of fabric to make a "pirate" or "bunny" costume. I'm all for hot red lips and curves galore, but I will nev- er understand the concept of dressing up in a sex- ist meme.

I mean, when you walk into Party City, for example, you will see a bunch of couples costumes with labels like pirate and sexy pirate, doctor and sexy Batwoman, and so on.

Why can’t we just at least call the female costume equiva- lents something like: scantily clad pirate, comfortable-with- lure-sexy nurse or accept- ance-of-hot-body Batwoman?

The costumes names only validate the objectification of women on this holiday so much as we call our favorite.

How is that a happy Hal- loween? If you want to dress in a re- vealing way, don’t build up all your creativity and daddy forces the entire year just to pull out of your top on the last day of October. Just show a tiny hint of your "sexy" every now and again, tastefully — like the rest of us are. Giving women pro- tect.

I think the most unqui- quous costume I have ever worn would have been when I dressed up as Ellen Page’s character in the movie “Juno,” simply because I was supposed to be a girl who was pregnant out of wedlock.

I get so frustrated when I see girls in short skirts and melting makeup — I just wish they would take advantage of the creativity this day offers, instead of screaming for male attention in cheap, ugly hook- up suits.

Once I dressed up as Muppet Beene, another year as a time traveler, and most recent- ly for this past Halloween, as Elliot from Steven Spielberg’s classic film, “E.T.”, you can see in the picture below.

My point is that there are options for women other than dressing as tmi, ever-playful, self-hating French maids. In fact, Halloween inter- esting: enter a man with your worst instead of your legs because how fabulous they may be.

It would make you look so much less desperate. At and that at house parties, when you have to yank inside the photos in my friend’s liv- ing room, it will be fine because I'm dressed up as a little boy carrying an alien in his hate basket.

Believe me, it’s much more fun than a “sexy nurse.”
TOP 10 WAYS TO TAME STRESS

1. Get active

Virtually any form of exercise and physical activity can act as a stress reliever, increasing your endorphins and reflexing your mind and your body movements. Consider walking, yoga, gardening, house cleaning, biking, swimming, weightlifting or anything else that gets you active.

2. Meditate

During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind. Meditation is a tool that can help you feel better, even if you have to force a fake laugh. Other forms of meditation can be practiced anywhere at any time.

3. Laugh

A good sense of humor can’t cure all ailments, but it can help you feel better, even if you have to force a fake laugh. Though you can laugh, it lightens your mental load by defusing them, but it can help you feel better, even if you have to force a fake laugh.

4. Connect

When you connect, you can work to bring people together in a true, shared fun and shared social connection. Social contact can distill your frustration, put clocks away, and make you feel good by doing good.

5. Assert yourself

Learn how to say no to some demands or take ownership. Saying no may seem like it will make you feel guilty, but it actually reduces your internal conflict because you don’t have to focus on what you’re doing instead of relaxing your body. A good release for otherwise pent-up stomach, depression, go

6. Do yoga

Yoga brings together physical and mental disciplines for achieving peacefulness of body and mind, helping you relax and manage stress and anxiety. Yoga on your own or with a class, and yoga at home is particularly stress relieving. If you have sleep troubles, make sure that you have a quiet, relaxing horsing routine, tickets to a concert, music, put clothes away, and stick to a consistent schedule.

7. Sleep

Sleep is the time when your brain and body recharge, and the quality and amount of sleep you get affects your mood, energy level, concentration and overall functioning. If you have sleep troubles, make sure that you have a quiet, relaxing hairspring routine, tickets to a concert, music, put clothes away, and stick to a consistent schedule.

8. Journal

Writing out thoughts and feelings can be a good release for otherwise pent-up stomach, depression, go.

9. Get musical

Listening to or playing music provides a mental distraction, reduces muscle tension, and helps you feel better. You can also listen to soothing music, put clocks away, and make you feel good by doing good.

10. Seek counsel

Therapy may be a good idea if stress leaves you feeling overwhelmed or trapped. If you worry excessively or if you have trouble carrying out daily routines or meeting responsibilities at work, home or school, professional counselors or therapists can help you identify sources of your stress and learn new coping tools.

Information gathered from the Mayo Clinic website.

ON THIS DAY IN 1979

The Spartan Daily reported...

Above: Unlawful residents were asked to vacate Spartan City, apartments reserved for married SJSU students. Some residents failed to meet the minimum requirements of being enrolled in at least nine units.

Demonstrators face sour lemons

Demonstrators from the Revolutionary Communist Youth Brigade faced a barrage of lemon wedges after protesting in the Dining Commons.

Jacklin decision still pending

Hearings regarding “unprofessional” conduct by Phillip Jacklin, associate professor of philosophy, ended without a final decision. Jacklin faced charges by five current and former SJSU women that he engaged in “inappropriate and unwanted physical and/or verbal attack.

SpartaGuide

Inside the Egyptian Revolution: From Occupy Tahrir to Occupy Wall Street

Middle Eastern Studies Program and Student Association for Middle Eastern Studies

Tuesday, Nov. 1

7 p.m.

King Library, room 225/229

Peefest

English Department

Tuesday, Nov. 1

7 p.m.

Spartan Memorial

Yakov Katz: Israel’s Security Needs in a Changing Middle East

Spartans for Israel

Wednesday, Nov. 2

12 p.m. to 1:30 p.m.

King Library, 5th floor, Cultural Heritage Room

Growing a Garden City in San Jose

presented by Jeremy Smith

Department of Environmental Studies and Communication Studies

Friday, Nov. 4

12 to 1 p.m.

Clark Hall 240

Disability Sport Expo 2011

Adapted Physical Activity Club and KIN 159

Sport and Adapted Activity Class

Monday, Nov. 7

4 to 7 p.m.

Spartan Complex 448 Gym

Career Center presents Drop-in Interviews

Career Center

Tuesday, Nov. 8

12 to 3 p.m.

Career Center, ADM 154

Sixth Annual Poverty Under the Stars

Cesar Chavez Community Action Center

Thursday, Nov. 10

7 to 9 p.m.

Tommie Smith and John Carlos Statue garden

Sign up by Monday, Nov. 7. Overnight stay is optional.

SILICON VALLEY INNOVATION CHALLENGE

deadline to enter is Wednesday, Nov. 16

See www.cob.sjsu.edu/SVIC/ for more details

Leadership Day: Social Justice Immersion Leadership Retreat

Tuesday, Jan. 3 to Thursday, Jan. 5, 2012

Redwood Glen, Luna Mar

Applications now accepted through Nov. 3 and are available in the Mosaic Cross Cultural Center,

Career Center, ADM 140, or at www.bitly.com/5G2012

Participation is free.

About the Cover: photo from untitled 3102011 with a blank, panic feelings and...