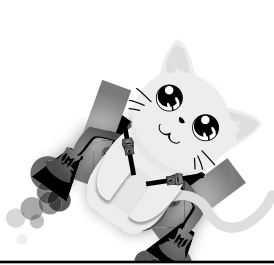


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Tuesday
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A.S. President Tomasz Kolodziejak (left) and CSU Fullerton student president Gregory Washington wait to meet with Congressman Dave Camp on Wednesday. Members of the

California State Student Association met with government officials in an effort to stop proposed cuts to federal Pell Grants. Photo by Thomas Webb / Spartan Daily

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 Students President Tomasz Kolodziejak, 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 lobby,” said Kolodziejak, 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 undergraduate — and in certain cases, credential — students based on information submitted on the Free Application for Federal Student Aid, according to the U.S. Department of Education website.

Kolodziejak said the group of eight students met with all of the members of a recently formed bipartisan Congressional committee, either personally or with their staff.

The Joint Select Committee on Deficit Reduction, or supercommittee, was created as part of the Budget Control Act of 2011, and consists of 12 members of Congress — six from the House, six from the Senate — and is split down the middle between Republicans and Democrats. They are charged with making recommendations for cutting \$1.5 trillion in deficit spending over the next ten years, according to committee’s website.

Before the group met with the congressmembers on Monday, they participated in a lobby clinic and legislative briefing.

The four-hour session was hosted by the United States Student Association, which is the largest and oldest student group in the country, composed predominantly of members of student government and statewide

SEE WASHINGTON PAGE 2

See multimedia online!
spartandaily.com/?p=47765



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, midterms or 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 great, very helpful and very thorough,” said Jeffrey Roberts, a junior computer science major. “I learned how to avoid the stress triggers and how to handle stress that isn’t necessary.”

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

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

“I think that students underestimate the effect that stress has on them,” said Jennifer Lynne 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 fraternities, 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 balanced state after a test.

“It continues to go on and on 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 technique is to try to complete realistic goals for myself,” said Kim, an SJSU

SEE STRESS PAGE 6

Lecturer traces a century of failures for Federal Reserve

SJSU community reflects on national issue gaining traction in 2012 election

by Jeffrey Cianci
Staff Writer

Discussing the topic of abolishing the Federal Reserve, George Selgin, a professor of economics at the University of Georgia, explained the failings of the near-century-old system to an audience at the David S. Saurman Provocative Lecture held Oct. 21.

Selgin began his lecture by touching on the ambiguity of the functions of the Fed, comparing it to the Wizard of Oz.

“I feel like the Fed wants you to have the same impression of it as Dorothy and the others had of the Great Wizard — as an all-powerful agency that’s also all-knowing,” he said, reminding the audience of the next scene where Toto reveals the wizard as merely smoke and mirrors.

“Today you can just call me Toto,” Selgin told the audience of economic students and professors, saying he wanted to lift the veil from the Fed and expose a very human and flawed institution.

According to Selgin, the Fed was supposed to be an improved system from the former national banking system, which was plagued with panic and uncertainty.

The main goals of the new Fed were to ensure maximum employment, stable prices and be able to contain any financial disruptions.

However, Selgin explained in his lecture 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 the drawing board.”

Republican Congressman Ron Paul, who is currently running for the 2012 presidential election, has made abolishing the Fed part of his campaign platform.

Paul, who won the unofficial presidential straw poll at the Conservative Action Conference earlier this February, has a base of primarily college-aged supporters.

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

With Paul running on promises of limiting the federal government, issues such as abolishing the Fed have gained previously absent political traction among young voters.

Rohit Rao, a senior political science major, said while he isn’t sure whether he supports the full abolition of the Fed, he does think it is important that Paul has brought attention to the issue.

“I like the fact he is bringing a lot of attention to it,” Rao said. “I don’t know if it needs to be audited but it does need to be restructured and deprived 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 mismanages monetary policy they can either create inflation or they can create deflation, depending on what mistake it makes.

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

Hoa Phan, president of the Economics Club at SJSU, said he is bothered by the Fed’s ability to print money out of thin air.

“I do not feel comfortable with the Federal Reserve controlling the money supply and they can have huge influence in the interest rate market,” Phan said, adding he would rather see a market that is structured to work out disruptions on its own.

Phan said that when the Fed prints money as it feels necessary, it diminishes the value of the dollar — an argument many supporters of abolishing the Fed, such as Ron Paul, have used.

However, some students, such as sophomore economics major Megan Swartzwelder, argue that oversight from the Fed is required to keep the economy in balance.

“Someone has to control the supply of money and if there is too much money in the economy it will go through inflation,” Swartzwelder said, adding she didn’t know much about Ron Paul as a candidate but, “they should be more regulated with checks and balances; someone can question, ‘Why are you printing more money?’”



Occupiers march from the San Francisco Police Department back to the Justin Herman Plaza on Saturday, Oct. 22. Demonstrators at Occupy protests have discussed the role of the Federal Reserve and its control over United States fiscal policy. Photo by James Tensuan / Contributing Photographer

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Tomasz Kolodziejak (right) and Daniel Galvan (left) meet with Congresswoman Zoe Lofgren (center) at the U.S. House of Representatives on Thursday. Members of the California State Student Association met with government officials in an effort to stop proposed cuts to Federal Pell Grants. **Photo by Thomas Webb / Spartan Daily**



WASHINGTON: Students lobby in D.C.

student organizations, according to the association's website.

"We're a direct action organization," said Getachew Kassa, legislative director for the association. "We train students on how to organize and organize effectively."

Tomasz said the training focused on what the current economic situation looks like and the most successful ways to target the legislators.

Kassa said during the lobby by clinic students are given a how-to crash course, which includes addressing why people lobby, what to expect during the meeting, what roles members of the group could play and the importance of developing a long-term relationship with the offices.

"Putting a face on this issue is really important," he said. "That's something that really happens when students come out and it really shows specifically how students will be hurt."

Kassa said the Pell Grant is not on the table currently for elimination, but it's a program that Congress has looked at in past budget plans.

"We're at this awkward stage where we're asking, 'Is

this on their radar?'" he said. "If we make a big fuss, will it be on their radar? At the end of the day, those who fight and advocate for their issues will get cut less."

Recently, a key Senate committee voted to include a provision in the 2012 federal budget that would eliminate the six-month "grace period" that undergraduate students have with their subsidized federal loans.

In the House, they are making "draconian eligibility changes," Kassa said.

According to a draft version of the House appropriations bill for the 2012 fiscal year for the Departments of Labor, Health and Human Services, and Education, some of the changes include eliminating eligibility for less than half-time students and lowering the period of time for total Pell Grant eligibility from 18 to 12 semesters.

So far this year, students from the California association and students from the Minnesota State University Student Association have lobbied congressmembers about federal aid through the United States Student Association, Kassa said.

Coleetta McElroy, director of the financial aid and scholarship office at SJSU, said there has been a drastic increase in the number of Pell Grants awarded this year at SJSU — both the number of students and the dollar amount of Pell Grants.

"I think it's important for the program to stay intact," she said.

The tuition for a full-time undergraduate student is \$3,414 per semester according to the SJSU bursar's office website, while the maximum amount for Pell Grants is \$2,775 per semester, according to the SJSU financial aid website.

"That's not even enough to fully cover fees, not to mention when you add in books," McElroy said. "For the federal government to think of decreasing the amount of support, it will hurt students going to school."

Kolodziejak said he was pleased with the way the meetings went and thought they would have a positive effect.

"They were surprised that we travelled all the way to D.C.," he said. "I don't think it happens that students go themselves and schedule meetings with congressmembers."

US cuts funding as first U.N. agency recognizes Palestine as a state

..... McClatchy Tribune
Wire Service

JERUSALEM — The United Nations cultural agency UNESCO accepted Palestine as a full member on Monday, angering the United States, which announced that it would cut off funding to the international body.

The 107-14 vote, with 52 abstentions, was the first tangible result of Palestinian Authority President Mahmoud Abbas' application in September for U.N. membership with borders that include the West Bank and Gaza Strip. Palestinians hope that their success in achieving membership in UNESCO will be a springboard to other international bodies, including the International Atomic Energy Agency and the World Health Organization.

The lopsided vote came even though the United States, which funds 22 percent of UNESCO's budget, had warned that U.S. law required it to eliminate its contribution if Palestinian membership were granted. A \$60 million contribution scheduled for November won't be made, State Department spokeswoman Victoria Nuland said in Washington.

Nuland called the vote "regrettable" and "premature." She echoed the longstanding U.S. position that recognition of a Palestinian state outside direct negotiations with Israel hurts efforts for a comprehensive peace between Israel and Palestinians.

Democrats and Republicans in Washington also criticized the decision. U.S. Rep. Ileana Ros-Lehtinen, R-Fla., the chair of the House of Representatives Foreign

Affairs Committee, called the vote "reckless," "anti-Israel" and "anti-peace."

Applause, however, broke out at UNESCO once the vote was completed in the sections that had voted in favor, notably the Latin American, Arab and African nations. One voice shouted out "Long live Palestine" in French.

"This is a vote of confidence from the international community," Palestinian spokesman Ghasan Khatib said. "We look at this vote as especially important because part of our battle with the Israeli occupation is about the occupation attempts to erase the Palestinian history or Judaizing it. The UNESCO vote will help us to maintain the Palestinian traditional heritage."

Israeli officials denounced the vote.

"This is a unilateral Palestinian maneuver which will bring no change on the ground but further removes the possibility for a peace agreement," Israel's Foreign Ministry said in a statement. "This decision will not turn the Palestinian Authority into an actual state yet places unnecessary burdens on the route to renewing negotiations."

Israel's foreign minister, Avigdor Lieberman, said Israel would consider cutting all ties with the Palestinian Authority.

"My recommendations will be very clear," Lieberman said. "We need to weigh cutting all ties with the Palestinian Authority. ... We cannot continue to accept unilateral measures time after time."

Israeli Finance Minister Yuval Steinitz has also suggested that Israel consider

withholding tax revenues, a key source of funding for the Palestinian Authority's government in Ramallah, West Bank.

Existing law bars the United States from funding a U.N. organization that accepts members that don't have the "international recognized attributes of statehood."

UNESCO — whose programs include international teacher training, literacy campaigns, scientific studies and efforts to preserve significant archaeological sites — has made do without U.S. funding in the past. In 1984, President Ronald Reagan pulled the United States out of UNESCO, citing what he said was the group's anti-American slant. The U.S. rejoined the organization two decades later under President George W. Bush.

Palestinian officials already have announced that they will seek World Heritage status from UNESCO for several West Bank sites, which would allow them to request U.N. funding for the sites. One such site is the Church of Nativity in Bethlehem, revered as the birthplace of Jesus.

Other sites are more contentious. A site in Hebron known as the Cave of the Patriarchs or the Ibrahimi Mosque is holy to Judaism, Christianity and Islam as the burial site of the biblical figures Abraham, Isaac, Jacob, Sarah, Rebecca and Leah.

While Palestinians control the site, Israel has angered the Palestinians and others by listing it as a national heritage site that it intends to rehabilitate. Through UNESCO, the Palestinians are hoping to challenge Israeli authority in sites such as Hebron.

Occupy Oakland plans general strike

..... McClatchy Tribune
Wire Services

The Occupy Oakland camp was calm Monday morning as organizers and the city both gear up for Wednesday's planned general strike, the only question being the fate of some medical supplies recovered from the Occupy Oakland camp Tuesday, Oct. 25.

Sue Piper, spokeswoman for Oakland Mayor Jean Quan, said two bags of medical supplies that were identified and cataloged after the raid will be returned early today.

She said the city had received a notice purporting to be from the Occupy Oakland medical team demanding it return 15 crates of medical supplies, or they would occupy the mayor's office. Piper 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 medics said that was never their intention and they were not behind a press release circulated to the media Sunday.

"Volunteers that have been organizing the first aid area at Oscar Grant/Frank Ogawa Plaza do not endorse the press release leaked on Sunday, October 30th. This was issued by someone not affiliated with our group and we cannot speak to the origin of this release. Medics do hold the City of Oakland responsible for seizing their supplies in the October 25th raid, but do not intend to occupy Mayor Jean Quan's office," the medics stated in the press release.

Piper said inspectors visited the camp over the weekend and found no problems.

More protestors return to Ogawa Plaza after being removed by police earlier in the week in Oakland on Saturday.

Photo by Thomas Webb / Spartan Daily



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MOVIE 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

'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. 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.

The creators of the movie obviously spent a lot of time and thought completely envisioning this society, and it shows in the small details.

The strongest moments of this film are when it deals with these elements, when it slaps viewers in the face with a culture that has taken calous 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 lay off thousands of workers and then reward themselves with 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 offended 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 promptly 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' sudden 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 "Le Miserables," and the other characters are equally unimaginative.

All the actors' performances are serviceable but somewhat cardboard, and seriously handicapped by a frequently awkward screenplay.

Murphy's character in particular lacks anything 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 pacing.

I've seen this movie billed as an action film — it isn't. The few chase scenes and fights scattered 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 taken directly from other dystopian flicks such as "Gattaca," "The Island," and "Equilibrium," to name a few.

The movie does have a few moments of genuine charm, emotional power and tension, but they're too few and too small to get this sadly brilliant wagon out of the mud of mediocrity.

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

Drink of the Week: Sparkling Calamansi Limeade

by Danreb Victorio
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 southeast 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 Philippine 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 sweet, yet savory lime and features a salivating sour taste as it fizzes its way down for a bubbly, yet refreshing cider finish. The flavor resembles Squirt 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 oriental store. The three biggest ones near campus are Food Bowl 99, McKee Oriental Store and Seafood City, all along McKee Road.



Sun Tropics' Sparkling Calamansi Limeade can be found at most local Asian food markets in San Jose. Photo by Danreb Victorio / Spartan Daily

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SJSU hockey club falls to Long Beach in high-scoring affair

by Sierra Duren
Contributing Writer

In its first loss at home, Spartan hockey gave a valiant effort against Long Beach State, but 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. "It 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 some teams, some coaches, might have lost their composure and get sort of freaked out, but that isn't what we did."

It was only then that the Spartans started to play catch up.

"We took two weeks off (from games), and you just have to find your wheels in the beginning," said goalkeeper Michael Steininger. "That's what happens after that layoff. We got progressively better throughout the game."

"The guys took a period, or at least half a period, to pick up their legs," Mullagh said.

"The first ten minutes we all agree ... was unacceptable."

Dutra and sophomore wingman Ian Seidl scored difficult goals against the 49ers.

The second period ended with Long Beach holding a two-point lead against SJSU.

Going into the third period with Long Beach ahead at 4-2, they wasted no time in expanding the gap to a three-goal lead.

Eight minutes into the third period, the score was 6-3, but the Spartans weren't going down without a fight.

SJSU fired off a string of five goals by senior wingman Lathan Logan and sophomore wingman Michael Schwartz and Dutra, bringing the score to 8-6 in favor of SJSU.

"We played great on offense," Dutra said. "We had eight goals, and when you get eight goals you should never lose but it's 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 get to play our game, we dominate."

Steininger identified the problems SJSU 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."

They ran out of steam when three penalties were called



Sophomore defender Mason Console takes control of the puck for 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, 4-3 on Saturday. Photo by Sierra Duren / Contributing Photographer

on SJSU, along with a mistake where the puck was not cleared from the zone during a penalty kill, and the 49ers scored four goals to end 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 got picked off ... and they came back and scored goals real fast."

"We showed what we are capable of a come back from a 6-3 deficit and get ahead," Mullagh concluded. "We know what went wrong and we'll take the time to work on it for the future."

On Saturday, the Spartans lost again to the 49ers 3-4 in overtime.

The next three Spartan hockey games will be at home on Sharks Ice, Nov. 3 through Nov. 5 against Santa Rosa Junior College, Loyola Marymount, and University of Oregon.

SJSU Hockey Club Upcoming Schedule

5th Annual Mid-State Electric Best of the West Showcase

- 11/03 vs Santa Rosa J.C., 6:45 p.m. @ Sharks Ice
- 11/04 vs Loyola Marymount, 7:30 p.m. @ Sharks Ice
- 11/05 vs University of Oregon, 7 p.m. @ Sharks Ice

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Sudoku

		3						9	
				2	9				1
		2		4	3	7	6		
	9				1				4
7			9						2
	6	9	5	7		4			
2			1	9					
	4							5	

DIFFICULTY RATING: ★★☆☆☆

Previous Puzzle Solved

2	3	7	6	9	5	8	4	1
5	6	1	4	8	7	3	2	9
8	9	4	1	3	2	7	5	6
4	7	5	8	6	3	1	9	2
6	2	3	9	7	1	4	8	5
9	1	8	2	5	4	6	7	3
7	8	6	3	2	9	5	1	4
1	5	9	7	4	6	2	3	8
3	4	2	5	1	8	9	6	7

How to Play

Complete the grid so that every row, column and 3 by 3 box contains every digit from 1 to 9 inclusively.

Check back daily for new sudoku puzzles and solutions.

Today's Crossword Puzzle

ACROSS

- flask (liquor container)
- Hiccup, e.g.
- Home of Guantanamo Bay
- Any number divided by itself
- Car-wash towel
- Parishioner's response
- Press into service
- Word with "detector" or "picture"
- Thomas who wrote "The Magic Mountain"
- Bob Eubanks' show (with "The")
- "Once upon a midnight ..."
- He's looking for a buyer
- Pilsner holder
- Vehicle that's often numbered
- Almost ready for the Tooth Fairy
- Bill Cullen's show
- Cable channel for old movies
- King of Troy
- Monte (canned food brand)
- Bud Collyer's show
- On ___ (how pranks may be done)
- Tit for ___
- Airline seat choice
- Lee of "The Omen"
- "A Raisin in the Sun" actress Claudia
- Gene Rayburn's show
- Big shot's transportation
- Desert illusion
- "The Office" network
- Frequently clicked image
- Adjust in advance
- Collapsible bed
- Windows to the soul
- Poke fun at

Previous Puzzle Solved

A	L	M	O	S	T	A	M	I	C	A	S	H
G	O	A	L	I	E	N	E	T	O	R	C	A
E	R	R	A	T	A	D	S	C	P	L	O	Y
S	I	L	V	E	R	F	I	S	H	P	E	N
G	A	N	G	D	E	O	T	U	R	E	E	N
A	L	O	O	F	E	N	R	I	C	H		
B	E	R	L	I	O	Z	E	C	H	E	L	O
A	C	R	I	D	S	N	E	E	R			
S	T	A	G	L	E	A	D	P	E	N	S	I
S	A	N	G	A	R	M	E	N	C	A	S	E
T	I	N	G	E	S	A	O	R	E	A	R	E
M	E	E	R	T	C	U	S	E	A	B	E	E

- Shape of mountain roads, sometimes
- Erie Canal city
- Biblical verb
- Speedometer units (Abbr.)
- Start of a Latin 101 series
- Ski lift
- Give up, as territory
- Polite form of address
- Mollusks that eat starfish
- Part of MIT
- Puts in office official approval
- Queen's mate
- Hand-holding, spirit-raising get-together
- Dances under a bar
- Puts in office
- Neat and tidy
- "Me and Bobby ___"
- Bog down
- Length times width result
- Russian news agency
- ITAR-___
- Commit perjury
- Slippery, as winter sidewalks
- "The Simpsons" tavern keeper

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there will be snacks.

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 all expect to see more of it in the future.

Not just adults, either — we now also assassinate 16-year-olds without trial, with robots.

By the way, the three men — Anwar al-Awlaki, Samir Khan, and al-Awlaki's son Abdulrahman al-Awlaki — were killed in Yemen, where there is no declared war whatsoever. But that's old hat now. That's so 2005. Undeclared war all over the Middle East is a given.

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

This definitely isn't the first time we've killed U.S. citizens without a trial, but probably the first time it was premeditated and done openly, and probably also the first time that people heard about it and just sort of yawned and went back to whatever they were doing.

Their names are going to fade into history, and most people will continue to live their lives not knowing who they were or why they should care.

Yes, the information is out there, and nerds like me, who care about such stupid, annoying stuff as constitutional rights and due process or whatever, will absolutely remember their names, but most people won't.

Their alleged crime was producing propaganda for al-Qaida.

There is precedent for this. Benjamin Gitlow was an outspoken Communist in the 1920s, and wrote a manifesto calling for the overthrow of the U.S. government. His case went all the way to the Supreme Court, and the justices decided that calling for overthrowing the government went beyond what's allowed by free speech, so he went to prison.

Prison. Nobody shot the guy. You could argue that all three men killed by drone attacks were traitors, and you might also argue that they committed crimes, and possibly deserved to die, and I don't really have a problem with any of that.

The problem is they were U.S. citizens, and as such were entitled to a trial by a jury.

Democratic countries with independent judiciaries don't just murder their citizens.

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 is just a thing we do now. It's no longer an isolated incident. And nobody cares except for a handful of liberal nerds, because none of those assassinations happened here.

Normally I wouldn't write the next line here, because I really hate being dramatic and heavy-handed. It makes me cringe, much like listening to a retired former hippie with a MoveOn button on his jacket, reading annoying rhyming poems with lame slogans about George W. Bush in 2011.

But it has to be said, because there's just 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 opaque orders of the military.

And as I was saying, nobody cares, because none of the assassinations happened here.

Yet.

“We're supposed to be better than that. We're supposed to extend the same rights to all our citizens.”

This column appears every Tuesday

CATURDAY NIGHT LIVE



Bare your soul at Halloween, not your skin



By Jordan Liffengren

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 Oscar-winning film (in my head, at least) called "Mean Girls."

In my Halloween-party-attending experience, I have found that most young women find this theory to be a completely valid religion to practice.

Come October 31 each and every year, they pull on their fishnet stockings and hook their pushup bras under little pieces of fabric they may call a "pirate" or "bunny" costume.

I'm all for hot red lips and curves galore, but I will never understand the concept of dressing up in a sexist costume.

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 nurse, Batman and sexy Batwoman, and so on.

Why can't they at least call the female costume equivalents something like: scantily clad pirate, comfortable-with-her-sexuality nurse or accepting-of-her-body Batwoman?

The costume names only solidify the objectification of women on this holiday so many of us call our favorite.

How is that a happy Halloween?

If you want to dress in a revealing way, don't build up all of your insecurities and daddy issues the entire year just to spill them out of your top on the last day of every October.

Just show a tiny hint of skin every now and again, tastefully — like the rest of us self-respecting women prefer to do.

I think the most risqué 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 hooker suits.

Once I dressed up as Mount Rushmore, another year as a time traveler, and most recently for this past Halloween, as Elliot from Steven Spielberg's classic film, "E.T.," as you can see in the picture below.



Jordan Liffengren as Elliot, from Steven Spielberg's "E.T." Photo courtesy of Jordan Liffengren

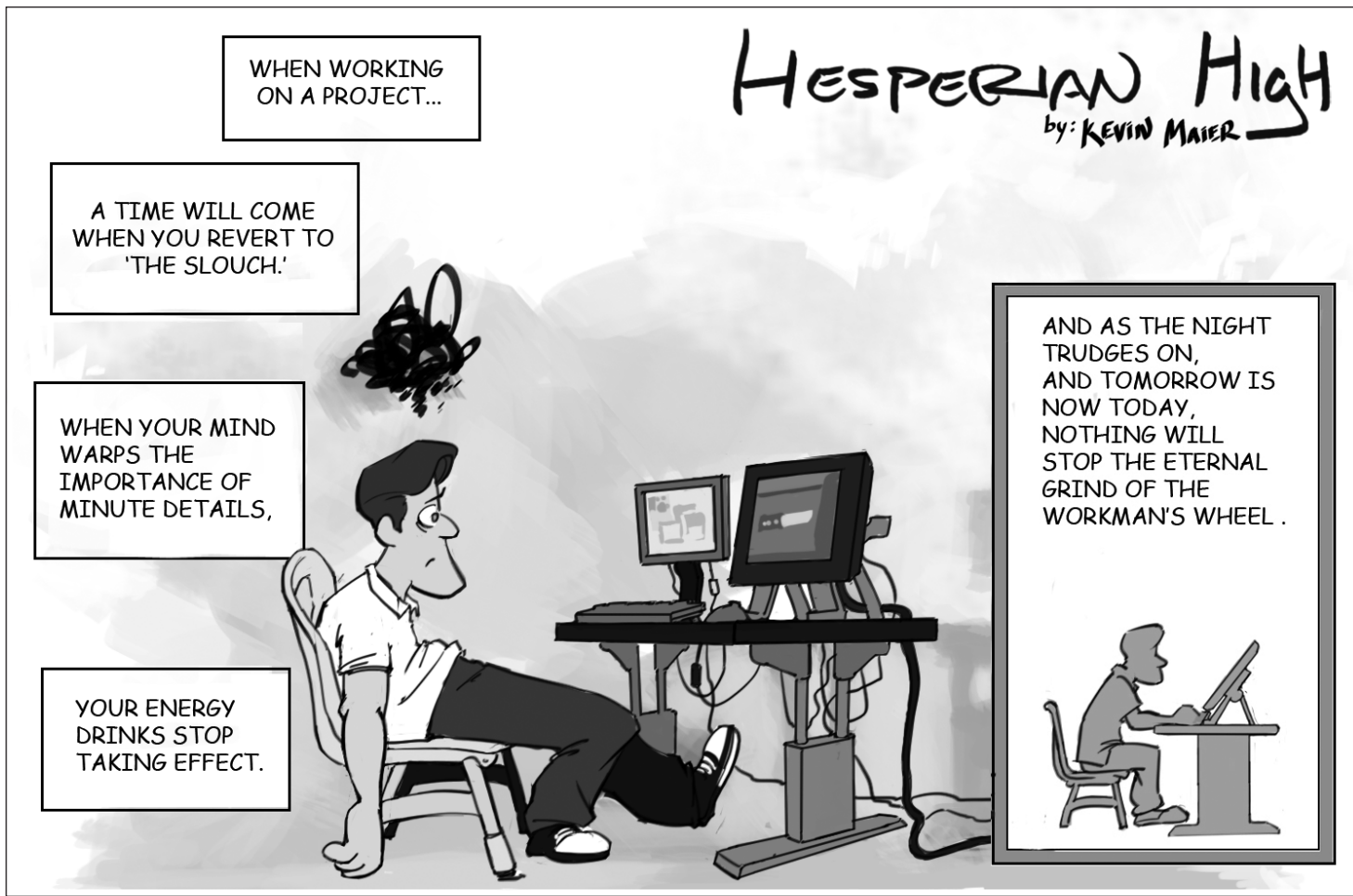
My point is that there are so many more costume options for women other than dressing as tired, over-played, self-hating French maids.

Make next Halloween interesting: entice a man with your wit instead of your legs — no matter how fabulous they may be.

It will make you look so much less desperate.

And at that house party, when I have to yak inside the potted plant in my friend's living room, it will be funnier because I'm dressed up as a little boy carrying an alien in his bike basket.

Believe me, it's much more fun than a "sexy nurse."



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STRESS: 'It happens to all of us'

FROM PAGE 1

student attending the workshop.

Kim said she tries to finish big projects in a short period of

time and that causes long-term pressure on her.

Morazes explained what physical and mental symptoms are caused to the human body when experiencing excessive amounts of stress.

She said stress becomes a problem when it is in excess and can disrupt your happiness.

She talked about some of the physical symptoms due to stress such as rapid heartbeat, increased blood pressure, up-

set stomach, depression, going blank, panic feelings and procrastination.

Morazes said many students share the same top stressors when they first start college — separation from family, freedom, peer pressure, trouble choosing a career, finding professors intimidating, friends, money problems and relationships.

Kim said this workshop helped her gain positive feelings toward organizing herself in the future.

"It explains stress as something natural so it doesn't make me feel like I'm crazy," she said.

Morazes said she wants students to attend this workshop whenever they feel pressured and tune in to how stress is affecting their lives.

"It happens to all of us, and a lot of students don't realize that there are free resources offered on campus which can help them understand the negative impact of stress," she said.

TOP 10

WAYS TO TAME STRESS

Compiled by Leo Postovoit and Ryan Ferndandez / Spartan Daily

1. Get active

Virtually any form of exercise and physical activity can act as a stress reliever, increasing your endorphins and refocusing your mind on your body's movements. Consider walking, jogging, 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 and causing stress. Guided meditation, guided imagery, visualization and 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 through your grumpiness. When you laugh, it lightens your mental load by firing up and then cooling down your stress

response and increases your heart rate and blood pressure.

4. Connect

When you're stressed, your instinct may be to wrap yourself in a cocoon. Instead, reach out to family and friends and make social connections. Social contact can distract you, provide support, help you weather life's up and downs, and make you feel good by doing good.

5. Assert yourself

Learn to say no to some tasks or to delegate them. Saying yes may seem like an easy way to keep the peace, but it may actually cause you internal conflict because your needs and those of your family come second, which can lead to stress, anger, resentment and even the desire to exact revenge.

6. Do yoga

Yoga brings together physical and mental disciplines to achieve peacefulness of body and mind, helping you relax and

manage stress and anxiety. Try yoga on your own or find a class. Hatha yoga, in particular, is a good stress reliever because of its slower pace and easier movements.

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 bedtime routine, listen to soothing music, put clocks away, and stick to a consistent schedule.

8. Journal

Writing out thoughts and feelings can be a good release for otherwise pent-up emotions. Don't think about what to write — just let it happen. No one else needs to read it, so don't strive for perfection in grammar or spelling. Once you're done, you can toss out what you wrote or save it to reflect on later.

9. Get musical

Listening to or playing music provides a mental distraction, reduces muscle tension and decreases stress hormones. Crank up the volume and let your mind be absorbed by the music. If music isn't your thing, though, turn your attention to another hobby you enjoy, such as gardening, sewing, sketching — anything that requires you to focus on what you're doing rather than what you think you should be doing.

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...



Jeremiah Roma and Eli Sanchez at Spartan City, where some residents are being evicted. Photo by Sharon Hall / File Photo

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 attention."

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

Poe Fest

English Department
Tuesday, Nov. 1

7 p.m.

Spartan Memorial

Yaakov 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
Departments 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 44B 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 Today: Social Justice Immersion Leadership Retreat

Tuesday, Jan. 3 to Thursday, Jan. 5, 2012
Redwood Glen, Loma Mar

Applications now accepted through Nov. 3 and are available in the Mosaic Cross Cultural Center, Clark Hall 140, or at www.bitly.com/lt2012
Participation is free.