Protesters stand firm with Wisconsin

Ron Glessen
Staff Writer

Hundreds of people supporting local labor unions took to the steps of the Dr. Martin Luther King Jr. Library Tuesday, holding signs that read “We are Wisconsin!” that stated that the budget problems in Wisconsin are becoming a national problem.

Wisconsin Gov. Scott Walker has proposed a budget that will issue $1.5 billion in cuts. The cuts have been used to aid public schools and government workers by cutting pensions, fulltime or part-time, which would be paid for by cuts to pensions and health care for government employees.

Juniors Sofia Huerta said the plight of the workers across Wisconsin is much like the battle students at SJSU and other CSU campuses are fighting.

“This is all one struggle,” she said. “It’s about solidarity between us students and workers being affected by this budget crisis. We will be in their position one day as employees. We need to support the lead and stand up.”

Steve Przemgier, director of union community resources for the South Bay labor council, said this should not be happening in Wisconsin, nor anywhere else.

“We want Wisconsin to know that their voices are being heard,” he said. “They need to know that the rest of the country thinks what they are going through is unjust.”

Walker has also called for cuts such as recent cuts at Cal-State campuses across Wisconsin, from students and parents, and in future prescription drug plans to poor families receiving health care or welfare from the government.

Along with cuts to the budget, Walker has also cut funding for large campaign budgets for local union leaders and the Wisconsin Democratic Party. The governor eschewed the idea that individual contributors could help pay for their campaigns.

“It’s about workers fighting for their voices to be heard,” saidpassing the legislation that affects all campuses across Wisconsin.

Walker said this budget is the worst since the state was founded and is an injury to all. Walker predicted that “the worst is yet to come.”

Today, that vision is slowly becoming a reality.

Browne said plans are in the works to construct a building behind the north end zone of Spartan Stadium, a field house and upgrades to the tennis courts and softball field at the 73-acre South Campus.

The privately funded project is estimated to cost $75 million. Browne refused to say when he expects the project to be completed.

“We do not feel like we are part of an arms race,” he said. “It is something I want to do to continue to enhance the experience for student athletes, the student population, club teams and intramurals.”

The project will feature a 70,000-square-foot field house that can be used by all Division-I sports teams, an atrium-style facility with cantilever-club seating on the second floor, and an open-bowl-style facility with cantilever-club seating on the first floor.

The field house will be joined by a 21,000-square-foot building that will sit behind the north end zone at Spartan Stadium. The two-story end zone building will house new training, medical and locker rooms on the first floor and an open bowl-style facility with cantilever-club seating on the second floor.

While new facilities come new equipment,” said senior safety Duke Ihenacho. “When you look around the country at some of the schools with new facilities, you see a lot of kids are looking at new facilities. "An "Interactive baseball roster" will be able to use the facility for practice and competition. "I think it is good. Good for us in terms of recruiting," he said."

The field house will encompass outdoor basketball and tennis courts, and free football fielding and a football field wide with all-purpose floor.

Beneath the ground, however, is a system of tunnels connecting each classroom to the Heating and Cooling Plant.

Chad Nordby, associate director of plant operations, said the heating and cooling systems are well-equipped to deal with the changes in temperature, because the pipes are made of carbon steel, which stay the same temperature, all the time and are underground.

"If you get a bunch of students packed into a classroom, even if it’s 40 degrees outside, you may need air conditioning," Nordby said. "It is not something I have to do. It is something I want to do to continue to enhance the experience for student athletes, the student population, club teams and intramurals."
BENGHAZI, Libya — Libyan President Mouammar Gadhafi’s forces have surrounded Tarek Zawi’s hometown of Zawiya, he suspects, to stop shipments of food and medicine from coming in.

When the rebel fighters steps outside his home to defend the city — which has been in rebel hands for more than a week — from the nightly attacks, it’s always an empty stomach.

Yet in a phone conversation, Zawi, 19, was slow to embrace help from the West to end the battle for control of Libya. After a long pause, he finally agreed that one act of military assistance would be welcome.

“Kill Gadhafi and get it over with,” he said. “The Libyan people declared what they want: more freedom. A lot of people shouldn’t have to do for that.”

That reluctant call for help is spreading quickly across oil-rich Libya, even as rebels are deeply sensitive about foreign intervention. Many Libyans had hoped that the Gadhafi regime would be gone by now. That it isn’t has forced the rebels to wrestle with whether foreign intervention would help or hurt their movement.

Whether the U.S. or other powers would in fact intervene was far from clear.

The U.S. has dispatched two amphibious assault vessels loaded with hundreds of Marines, but Adm. Mike Mullen, the chairman of the Joint Chiefs of Staff, said at a Pentagon news conference Tuesday that their purpose would be strictly humanitarian.

Despite the rebels’ reluctance, Washington and Paris are starting to make their pitch to the Libyan National Council to recognize that rebels need help.

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Michael Teavy and Kathy Nguyen play games with a child by the Central Classroom building on Tuesday.

Shirene Nisedad Staff Writer

It’s the middle of the night, you’re steadily making your way through a 10-page “Effects of Stress on Plant Soil” paper and you get up to take a break. Suddenly, or at least you find yourself in the kitchen — you’re exhausted, you’re stressed out and you’re looking to make yourself feel better, it’s only for a moment. Enter the gigantic bag of potato chips, leftover fast food or tub of ice cream.

Whatever your preferred poison may be, it’s called emotional eating and you’re not it’s only victim.

The Nutrition Education Action Team on campus is on a mission to help students combat mindless, emotional gobbling. In conjunction with the Student Health Center and the Peer Health Education Workshops, the team aims to teach students how to have a more mindful approach to eating.

In their Tuesday workshop, “Mindful Eating,” presenters Hector Diaz and Stephanie Montenegro educated workshop participants on the full spectrum of aspects dealing with emotional eating or even just grazing, you’re looking for that “feel good” feeling.” said undeclared business major Stephanie Monterroza, who played for the field house to be one of Tank A and Tank B.

“Any time you are bored, stressed, or even just hungry, you’re looking for something to make you feel better,” he said. “So when you’re bored, stressed, sad, or even just grazing, you’re looking for something to make you feel better.”

It has been a labor of love for a long time, and now we are ready to go,” said Tom Bowen, director of athletics.

“It was a big idea,” said Tom Bowen, director of athletics. “The locker room will be used to accommodate visiting teams.”

Junior nutrition major Regina Lucilican, said the temperature in MaxQuarrie Hall was often changing in many small ways. “It varies,” she said. “And it’s kind of random.”

John Skyberg, director of facility maintenance and construction services for facilitated development and operations said that despite the extreme changes in temperature, the heating and cooling systems were operating without any known errors.

The project will also act as a new and bigger home for SJU’s Sports Hall of Fame, highlighted by a tribute to NFL Hall of Famer Bill Walsh, who played for SJU’s football team in the 1960s.

“Every time the athletics department has been able to add or upgrade facilities there has been a general positive feeling among people who support San Jose State,” said sports information director Lawrence Fan, who has been at the school since 1978.

The funding from the president, buildings could never be heated above 68 degrees Fahrenheit or cooled below 78 degrees Fahrenheit.

“I thought the different strategies presented were pretty interesting,” he said.

Diaz explained that emotional eating is a result of built up ties we all have between our emotions and food. “You associate food with reward and as an emotion, you can say to yourself, ‘I can get my hands on.'” Diaz said aside from the workshop being a suggestive component of the Wellness Challenge, he was genuinely interested in the topic.

“I thought the different strategies presented to control your cravings were pretty interesting,” he said.

Emotions factor into eating habits, says nutrition team

The last major capital investment since 2001, he said. “This year it’s been fine, but last year it was horrible.” Robertson said. “It’s (only) this building, no other building I’ve been in.”

“Perhaps the second floor will be open for use by anyone on campus, and includes suites with a view of the field at Spartan Stadium that will be used by the athletic director and the university president,” Robertson said.

“We all students can make use of the space, even if it is great idea,” said undeclared agricultural education major Bill De La Cruz. The end zone building will also act as a new and bigger home for SJU’s Sports Hall of Fame, highlighted by a tribute to NFL Hall of Famer Bill Walsh, who played for SJU’s football team in the 1960s.

“It was definitely a helpful workshop,” she said. “It reinforced the idea of conceptually modifying food portions and the importance of eating on time.”

The second half of the workshop centered around the relationship between extreme hunger and fullness.

“Stress and Montenegro explained that when you shop meals throughout the day you are effectively starving yourself and your body is more inclined to binge eat later — over stuffing yourself with a larger meal and usually in quicker succession, giving you the ever-dreaded “food baby.”

“Stress and feelings of guilt usually follow quickly afterwards, they said. Sharath Raju, a graduate student in electrical engineering said he can relate to the ongoing pendulum found between extreme hunger and fullness.

“It’s a real problem with classes and I miss my time to eat,” he said. “I got those three more class periods before I get another chance.”

Senior kinesiology major Shane Feidt, also said aside from the workshop being a suggestive component of the Wellness Challenge, he was genuinely interested in the topic.

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Senior communications major Maija Panger is on a mission to make you smile, laugh, start in confusion or simply stop and notice the world around you. Panger was inspired by the improvisation antics of well-known, nonprofit, public performance group “Improv Everywhere!” and she wants to bring that same lighthearted spirit of community to the San Jose State campus. Panger proudly wears the title of president and founder of the new student group, appropriately named “Made Ya’ Look.” The aim of the group is to bring together a community of people all willing to partake in one collective conspiracy to break the social scripts we live our daily lives in.

By bringing together all different types of people, Panger is hoping to create and take part in a variety of “missions” aimed at giving observers a laugh and an experience all in one go. She plans to do so by coordinating group stunts of partial improvisation involving seemingly unrelated people in random public spaces.

“It’s partly a commentary on the social scripts we all live by,” Panger said. “We walk around with our heads down, absorbed in our cell phones and not even really beside or out of the norm. The term flash mob is defined as a group of people who assemble suddenly in a public place and perform an unusual and sometimes seemingly pointless act for a brief time and then disperse just as suddenly, all in accordance with the nature of flash mobs. So in the underlying goal of ‘Made Ya’ Look’ events is simply to prepare for the purpose of entertainment or satire.

Past stunts have included everything from a SJSU faculty member dressed as a tur- mor being chased around campus by hungry “pilgrims” to a member publicly auctioning her belongings in order to afford a sandwich and Odwalla at Tully’s Coffee.

As a communication studies professor specializing in performance studies, Hazeltine is a wealth of information when it comes to the art and plentiful nature of improv and flash mob-oriented stunts. Performance or nonperformance spaces make way for disruptions in normal day-to-day settings that force people stop and make people notice the world around them, she said. By witnessing these seemingly pointless acts and often briefly acts all at the same time, commu-

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"I think a lot of people want to perform," said Marjorie Hazeltine, an enthusiastic “Made Ya’ Look” faculty adviser. "Especially in a way that doesn’t feel like ‘Oh, I’m doing Shake-

[Image 456x36 to 864x756]

Faculty member Marjorie Hazeltine prepares for Made Ya’ Look on Tuesday night.

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In pursuit of a spirit of a merry benevolence, “Made Ya’ Look” helps to break people out of unconscious thought processes that occupy many people’s daily lives. By partaking in those harmless public dis-

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Student improv group plays role in real life

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In a sport where most collegiate gymnasts are essentially performing the same skills, senior Katie Jo Merritt stands out in competitions. Though she only competes three of the four gymnastics events, Merritt’s tricks on those events are unlike most of her peers.

“She’s a tweener, that’s for sure,” said Head coach Wayne Wright. “She has consistently unique skills and that brings a lot to the team. She’s one of our top competitors on three events. It’s going to be hard to fill her place next year.”

Head coach Wayne Wright said Merritt has been an asset to the team throughout her four years at SJSU.

“I think Katie Jo is an exceptional gymnast,” Wright said. “She’s got a lot of different skills, especially on vault and beam. On vault she does a round-off, full, back flip off — pretty much the same thing she does on beam that she’s transferred over to vault. And she’s able to do them very well.”

Merritt, who competes for the Spartans on vault, bars and beam, said most of her obscure skills come from her inability to perform the original move when she first learned how to do them.

“On vault, I do a Yurchenko,” Merritt said. “I do a full twisting back handpring onto the table. I tried regular Yurchenkos, just a round-off, back handpring, but I couldn’t do it. So, we went to something weird and it worked.”

She said on bars, her modified skill is called a Shaposhnikova, where she does a free hip circle around the low bar and releases to catch the high bar.

“When I do it, I catch in a mucked grip,” she said. “So I let go of a hand and do a one-armed swing. I learned it in club because I was having trouble catching the normal way, so we went to a mucked-up way and it works really well for me.”

Junior Katie Valleau said Merritt’s gymnastics are unusual and exciting.

“When I came as a freshman, I had no idea any of the skills she was doing,” Valleau said. “They were foreign to me. On her vault, she goes on instead of twisting off, which is pretty weird. Same on bars — she catches her Shaposhnikova in an awkward way, but she does it so well that the judges respond to that because they’ve never seen stuff like that.”

With a combination of difficult dance skills throughout her routine along with a complicated series of back flips on the four-inch-wide balance beam, Merritt dismounts with a full twisting back handpring onto a layout full twist.

“It’s an E, which is the highest value you can do in gymnastics,” she said. “For me, it’s like doing the easiest skill in the world, but it’s usually pretty impressive to everybody.”

Wright said the full twisting back handpring is one of Merritt’s best skills.

“You don’t see that a lot, it is unique,” Wright said. “It’s her signature skill. It’s a skill that we’ve never had an athlete do before.”

Despite her unconventional gymnastics moves, Wright said Merritt’s leadership is part of what makes her a good gymnast and team captain.

“It’s always difficult to find good leaders in anything that you do,” Wright said. “Katie has emerged to being one of the best team captains that we’ve had since I’ve been here at San Jose State, in terms of leading the team in the right direction and showing them what it’s all about.”

Teammates Lee and Valleau said Merritt’s goal setting and bold personality are what help drive the team to success.

“She’s not afraid to put her opinion out there,” Lee said. “She’s going to do what it takes to make the team good, whether it makes people like her or dislike her. She’s really good about putting the team before a friendship.”

Wright agreed, adding that Merritt is usually the one who pumps up the team before a competition.

“She’s a really good leader,” Valleau said. “She knows her goals and is really set on them. She expresses them really well and tells us what to do to get there.”

Respect and fairness are qualities Wright said are hard to find in athletes, but said Merritt possesses them.

“She’s somebody that’s going to be able to stand up during the good and the bad and tell another teammate when they’re not doing what they’re supposed to be doing,” Wright said. “She’s a real good leader and has been a good thing for us as Ian [Jose State] for her four years here.”

Merritt said she doesn’t have a favorite event to compete on, but she loves them all for different reasons.

“I love vault because it’s really easy, it’s quick, it’s exciting and I can just stand there and then run and let it happen,” she said. “Bars has always been my best event, my strongest event and one of my favorites because you always have something weird and you’re never sure what you’re going to do.”

Merritt also said she never had an athlete do anything like the Shaposhnikova before.

Respect and fairness are qualities Wright said are hard to find in athletes, but said Merritt possesses them.

“Like on vault, everyone does a layout full so that gets boring for (the judges). I think if they see something else that’s worth a 10, they’re going to be like, ‘Wow, that’s amazing,’ and they will score her higher.”

In addition to vault and bars, Merritt has some distinguished skills on balance beam as well.

“At one beam, my series and my leap and my dismount are all pretty different,” Merritt said. “I do what’s called a true jeté on beam which is worth a D, which is the second highest value for a skill.”

... she catches her Shaposhnikova in an awkward way, but she does it so well so the judges respond to that because they’ve never seen stuff like that.

Katie Valleau

Junior Katie Jo Merritt has been competing for the Spartans since 2008 and performs on vaults, bars and beam.

Katie Jo Merritt showcases a number of different gymnastics techniques that set her apart from the competition.
Emotion and attention that can, and often does, take hold when you really like someone — the one that compels you to check your e-mail, cell phone and Facebook in rapid 20 minutes to see something, anything, to work out. When you're looking for a new house, you buy the first one you pick up? Not to fully equate dating with a seemingly random thing like shopping, but "trying on" or "trying out" love. Girls turn men to find the best fit isn't a completely rational idea, also.

Because your attention and your emotions are not solely for sexual reasons, you can communicate clearly, and whose status he happens to like on Facebook no longer matters to you as hard. Each guy is only one of the guys you are dating and therefore the stakes are lower. Dating around, unfortunately, can lead a lot like sleeping around — this does not have to be the case.

The decisions you make with the people you are dating are entirely your own, however I have to warn you — taking things to a sexual level definitely and unspokenly complicates things.

Let's face it, shame and ego aside, we are all familiar with that obsessive feeling that can take hold when you really like someone.

It is in this same encompassing surge of attention that can, and often does, make itself apparent to the object of your desire, effectively rendering any real chance you may have had of actually dating him.

"I can't wait until next weekend!" you can say any one rushing into a dead-end romance, eager for something that's not there.

Dating several guys at once can be a creative alternative to an emotional dependence on one guy. It allows you to experiment with different personalities as you go? If you are not young and don't necessarily know what you can afford to lose or gain, why not allow yourself time to discover what works for you.

You'll meet a wider variety of guys who will each have a diverse set of interests, giving you a bigger pool of people to choose from to either grow to love or leave behind.

Playing the field in the early stages of dating enough to realize if someone is the one for you or not is a way to set yourself apart from those who don't know who they want and therefore the stakes are lower.

This immediately lets the guys know you are entertaining other options and ensures there will be no misunderstandings in the future or feelings of dishonesty and guilt.

Chances are if he is not ready to make a commitment yet, ultimately causes you to exude even more appealing qualities. A skill for multitasking weighing your options and to venture into the land of the furthest reaches of the blacktop.

Casually dating can do wonders for your self-esteem and also help to weed out unfit potential mates.

"Why not date a variety of people, spontaneously spending time and trying to get to know different personalities as you go?"

Within a few months, it should be somewhat clearer if there in a guy you prefer to date around, you can start keeping the other guys, and telling who it is.

If you feel like you are starting to have a genuine connection with one of the guys that sets him apart from the rest, be upfront with him. Keeping the other guys around as a leverag for power is not only unattractive, but at the end of the day, it never signifies commitment.

When one guy doesn't work out and happens to be the one you had developed real feelings for, don't keep the other guy(s) around as a cushion for your bruised ego. Without connection and you had already ruled them out, sticking with the winner by default only increases your dependence on him and insecurity in yourself, leaving you right back into those old obsessive tendencies that plagued you in the past.

In the first few months of dating someone new, a game is sometimes played.

This game, full of calculated countermoves, the losers is, then why not allow yourself time to discover what works for you.

Social and religious conditioning has ingrained with all of us a supposed right to label those individuals who may have been around forever.

In the first fickle months of dating someone new, a game is sometimes played. This immediately lets the guys know you are entertaining other options and ensures there will be no misunderstandings in the future or feelings of dishonesty and guilt.

The guys who can't handle being the one you had developed real feelings for, don't keep the other guy(s) around as a cushion for your bruised ego. Without connection and you had already ruled them out, sticking with the winner by default only increases your dependence on him and insecurity in yourself, leaving you right back into those old obsessive tendencies that plagued you in the past.

In this alternative style of dating, the losers will eventually fall away. The guy you're dating can rise to the occasion and tell you how he feels and what he wants, or he can slowly phase out of your life respectively.

Ladies, if you're going to venture into the land of weighing your options considering a wide range of personalities, try to remember that a skill for multitasking does not necessarily guarantee an ability to compartmentalize.

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Academia: As real as science gets

I’m sick of being called a “science” or “scientist.”

The so-called “hard” scientists and their ideas are not the only ones that can give us knowledge. We also find that other social scientists and humanities scholars can give us insights into human thought and behavior.

It’s important to remember that science is not just about facts and figures. Scientists often use qualitative research methods, such as interviews and surveys, to understand complex social phenomena.

The idea that science is a race to discover what we already know is outdated. Science is a process of inquiry that involves asking questions, collecting data, and interpreting results. It is not a linear progression from hypothesis to conclusion.

Science can be political and it can be used to advance certain agendas. Scientists must be accountable to the public and to the scientific community, and they must be willing to share their findings.

Archaeology: 

"Living with a pack of men is easy."

Growing up with brothers made me a strong and independent woman early in life. They taught me to fend for myself and to always be ready for anything.

Our brothers were always protective. Even when we were little, they’d come running to our rescue if we needed help. They taught me to be tough and to never back down.

As we grew older, our family became even more close-knit. We learned to rely on each other and to trust our instincts.

With compasses and trans- portation, we could now set out on our own and find adventure. We were free to explore the world and to learn from our experiences.

With our brothers by our side, we were unstoppable. We learned to stand up for ourselves and to fight for what we believed in.

The conversations that we have range in topics, often being forgotten about in a few minutes because the topic had no importance to them.

Moving in with three boys was one of the best decisions I made when I came to my living arrangements. It was like I added three more brothers to my life.

For the first three years of college, I experienced the first bad days of living with boys. It was a time of confusion and uncertainty.

The conversations we had, I would much rather have with my two brothers that I am able to talk to on a regular basis.

Living with boys gives you the freedom to do what you want because they usually do what they want because they usually do what they want.

I found myself homeless right before the end of the semester and the start of the summer, feeling lonely and taking tacks for the public.

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Vote avoids government shutdown as budget fight continues

WASHINGTON — Tuesdays are usually the day for Representatives to keep the federal government funded for two weeks, but it leaves the members of Congress, Republicans and Democrats over taxes and spending unresolved.

It also leaves tremendous uncertainty about what may happen next — whether the government will shut down later this month, or next, for want of funds, and whether the opposing sides ever can devise a long-term plan for reducing the national debt.

Tuesday’s vote is little more than “kick the can down the road,” said veteran budget analyst Charles Kirninger.

The House voted 335 to 91 to keep the government running until March 18, while cutting $4 billion. Voting yes were 231 Republicans and 104 Democrats, six Republicans and 85 Democrats voted no.

The Democratically-run Senate plans to vote Wednesday or Thursday on the two-week funding plan. Unless it passes, government funding runs out March 4.

The House last month approved $61 billion in cuts through the rest of fiscal 2011, which ends Sept. 30. But the Democratic-run Senate is unlikely to concur, leading to the two-week temporary solution while they seek common ground on the rest of the fiscal year.

Ultimately, the fight over short-term spending is the year’s first act in a more consequential drama — how to reduce federal debt over the long term. So far they’ve convinced only on curtailing non-military domestic discretionary programs that make up only 13 percent of the budget.

The Senate has touched the big-money programs that draw up budget disputes: Social Security, Medicare, Medicaid and defense — not to mention possibly raising taxes to help end deficits.

But lawmakers face two looming deadlines: The federal authority to borrow will run out later this spring, and fiscal 2012 begins Oct. 1. Both deadlines will force Congress to confront tax and spending choices again.

The longer lawmakers deal with the year’s spending, the less time they’ll have to craft a serious plan to adjust the long-term debt. It’s going to get tougher, not easier,” said Sen. Ted Cruz, R-Texas, said he backed the two-week measure, but his patience is ebbing.

“It’s going to get tougher, not easier,” he said. “There are some of us out there who won’t play this game of $4 billion every two weeks.”

The Senate, he said, must agree to substantial spending cuts. “That’s plenty of time for wheelbarrow races,” Cruz said of the more senior Senate. “It’s time to get down to business.”

The White House suggested Tuesday doubling the length of the temporary fix to four weeks and the spending cuts in that time to $8 billion. But House Speaker John Boehner, R-Ohio, rejected the idea, saying it should have been floated sooner, not the day of the vote.

White House Press Secretary Jay Carney said the administration thinks a short-term fix — or constant threats of a shutdown — would hurt the economy and anger voters.

He said that President Barack Obama doesn’t want “a toll booth, where we are negotiating again and again on continuing resolutions to fund the government for two weeks or another short-term period.

There may be a process where we do that once or twice, but the focus needs to be on the longer-term deal.”

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