Deadline for next spring’s applications extended

ALEX SPICER  Staff Writer

The application deadline for the Spring 2011 semester has been pushed back to Nov. 15, according to the SJSU student information website.

According to the website, the deadline was pushed back because of the recent passage of the state budget and subsequent restoration of California State University system funding.

The CSU system received a total of $305 million in educational funding from the 2010 California Budget Act, said Erik Falls, a CSU media relations specialist.

“When we initially set the deadline we did not have a state budget in place,” said Pat Lopes Harris, director of media relations for SJSU. “When the state budget was passed we were unable to assess our resources as a system and better determine how many students we could admit for the spring.”

It was determined that SJSU could admit more than it had initially expected, she said.

In fact, the legislature provided us with funds specifically for enrollment growth,” Harris said.

However, those who insist they are not currently applying for enrollment must still meet a number of criteria to be eligible, according to the website.

Admission is open to all upper-division transfers, but first-time freshmen must still meet the Spring 2011 semester, according to the website.

See SPRING Page 2

SJSU improves sexual health, report says

KELSEY HILARIO  Staff Writer

SJSU has been a very naughty school, but not as naughty as last year, according to the 2010 Trojan Sexual Health Report Card rankings.

Last year, SJSU ranked 88 out of 141 universities and earned a less-than-impressive GPA of 2.56.

This year SJSU was ranked number 27, moving up 49 spots, according to the Sexual Health Report Card.

According to a Trojan pamphlet, Sperling’s Best Places analyzed data collected from student health center representatives at major colleges and universities along with secondary research from students on campus.

Health Centers were graded on 15 categories, including students’ opinions of the health center, the availability of separate sexual awareness programs, testing, costs and locality, existence of lecture and outreach programs and website usability and functionality.

Danaymyn Wright, a senior industrial studies major, said he thinks the SJSU Health Center is making a good effort to reach out to students through its condom co-op program.

Some students are kind of shy when it comes to going to Britogents and picking condoms up,” he said.

“They don’t want people looking at them and whatnot, but that is just in place for the students, so I think that they are trying to combat the student’s major falls under which category.

The program is daily in Room 209 of the health center building from 9 a.m. to 4 p.m., according to the health center website.

Students with a valid I.D. can choose up to four free items per day for male condoms, female condoms, dental dams and latex gloves or lubricant packets, according to the website.

Undeclared freshman Richard Lopez said he found out about the program at a sexual information meeting for freshmen at Washburn Hall.

“I think that it is good because SJSU has the condom co-op where you get four free condoms,” he said.

“If the tools are there for you to be sexually healthy, then why not use them if they are for free?”

According to the Trojan Report Card, schools are usually ranked high because they scored uniformly across all 13 categories.

Those who did not do as well were more inconsistent within the categories.

Trojan hopes that the report card will reveal the true availability of sexually healthy resources around the country, according to the Trojan condoms website.

Junior psychology major Russell Davis lives in Campus Village Building B and said he had no idea about the different programs offered by the health center.

Davis said if the health center put up brightly colored posters around the dorms it may help get the word around about sexual health.

The Trojan pamphlet also exposed some scary truths: 15- to 24-year-olds have the highest rates of unintended pregnancy and sexually transmitted infections. This age group also has the highest rate of emergency contraception use. Up to 75% of unintended pregnancies are unplanned. A baby born to an unintended pregnancy is at greater risk for low birth weight and other complications.
At the age of four, Jenni Schaefer was diagnosed with an eating disorder and was placed in a dance class in a bright yellow costume fringed with red sequins. And that is when she first heard about an eating disorder. She told the woman that told her she was fat, big girls have small appendixes, and that wasn’t good enough. The age of four she didn’t know how to question the voice and she said it aloud, and the voice developed into something she named “Ed.”

Schaefer, who battled an eating disorder silently until she was 22 and was featured on “Dr. Phil” and “Entertainment Tonight,” presented a story about anorexia and bulimia on Dr. Martin Luther King Jr. Lib.

There came a point, she said, when she was sick and tired of being sick and tired.

“To me, food was like a drug,” she said. “I would use alcoholic meals, I’d never drink again, I’d lose weight, I would purge, or restrict again — only to break the promise the next day, but after a certain moment,” said Schaefer, who published her first book and authored two books.

“Food was the way I relied upon,” she said. “I was the very thing that I feared, not in the sickness it brought, it meant I was binging on the inside,” she said.

Schaefer said people with an eating disorder constantly do the one thing they don’t want to do — it’s frustrating and causes them to feel hopeless.

“But she said her main message is that there is hope and it is possible to fully recover from an eating disorder and move on. The struggle of her own eating disorder, Sophia Powers, a freshman music education major, said that Schaefer’s first book proved to be helpful.

“I connected with some things she expressed, like abusing on the scale and different parts of my body,” Powers said. “That will be the first time I will actually meet someone who has fully recovered, so I had to come see her.”

Powers said she first began thinking she was fat when she was eight, but really got into her eating disorder at the age of 12.

She said she struggled with anorexia and received treatment, but ultimately got sick and tired of being hungry and tired all the time.

With that, Powers said her problems never went away and she never has been able to deal with them.

“Food is a lot of shame — it’s embarrassing — you know it’s ugly and you can’t replace those food behaviors.”

NSU campus nutritionist Jennifer Waldrop said eating disorders are mental health issues that need to be treated by professionals such as a psychiatrist, psychologist, nutritionist and a physician.

She said genetics, emotions, society and interpersonal relationships all play a role in eating disorders.

“It can relate to an eating disorder or to people with eating problems,” Waldrop said. “‘Ed’ is an epidemic in this country.”

She said genetics, emotions, society and interpersonal relationships all play a role in eating disorders.

“Either way, I do have empathy,” she said. “As soon as you reach one goal, perfectionism raises the bar to a new level. You can never be smart enough, thin enough or good enough.

That metaphor hit home with senior nutrition major Jackie Behrick.

“This story is compelling,” Behrick said. “The topic on perfectionism is very effective and I can identify with it.”

She said although she has never had an eating disorder, the topic interests her because she’s a part of family members who do.

“Either way, I do have empathy and the whole discussion doesn’t seem that far away,” she said.

Behrick said she feels like eating disorders usually have some sort of link to the family environment.

“I think something happens in the family environment, some distracting event, that puts a person on a different path,” she said. “I think there are a lot of predispositions that play into an eating disorder.”

Ellen Lin, a psychologist at the Counseling Center, said women face many pressures in America such as family, life, work and keeping up with societal ideals of beauty.

She said personality type plays a big role in eating disorders, as well as media influence, family pressures and underlying issues of anxiety and loneliness.

The necessary components to moving on from an eating disorder, Lin is presenting, is being ready to talk when she said that she is ready to talk and people have to be ready to talk, and give others time to cope with little stressors.

She said there is a great turn of professionals here and we can help people thrive and live healthier lives.

Lin said ultimately, Schaefer said her eating disorder even kept her from going to medical school.

Although she graduated with highest honors from college, she knew the rigors and fierce competition of medical school were more than an eating disorder would do her in.

“Ed” was like an abusive boyfriend who stole all of those things from me,” Schaefer said. “With recovery you get everything back.”

She said her life is not perfect and she had relapses when she was sick and tired.

“At first it is difficult, you are working on the inside,” she said. “This goes in cycles when I felt helpless, but at least I was very proud and didn’t quit.”

Finally happy and experiencing joy, peace and friends, Schaefer said it’s important to get help early.

“Don’t wait, don’t set for being partially recovered — recover fully,” she said.

“Would it be nice if they problems caused by lack of money, rather than add to them by bringing in additional students through transfers.

“We’re losing money off of students,” she said, and “we’re already had to lay a lot of staff — I know a lot of people who are on staff here — and there have been a lot of layoffs and cutbacks to the point where it has been hard for them to get the money to get programs for their computers just to do their jobs.”

More information on the extended admission deadlines or minimum requirements for enrollment, visit the student information section of the SJSU library.

“Meanwhile, other trends, Lopez said the campus seems a lot better than buying condoms somewhere else.

“Condoms are made less awkward when you get in a store and they have a lot of layoffs, like maybe have a guy in there instead of a chick, I feel like they are judging me,” he said.

Lopez said he does not really see the other schools on the Trojan report card as competition.

“As long as I am free of STDs I am happy,” he said.

Author and songwriter Jenni Schaefer discusses her struggle and recovery from an eating disorder, Thursday, during an eating disorder seminar in King Library on Thursday.

At the age of four, Jenni Schaefer was diagnosed with an eating disorder and was placed in a dance class in a bright yellow costume fringed with red sequins. And that is when she first heard about an eating disorder. She told the woman that told her she was fat, big girls have small appendixes, and that wasn’t good enough. The age of four she didn’t know how to question the voice and she said it aloud, and the voice developed into something she named “Ed.”

Schaefer, who battled an eating disorder silently until she was 22 and was featured on “Dr. Phil” and “Entertainment Tonight,” presented a story about anorexia and bulimia on Dr. Martin Luther King Jr. Lib.

There came a point, she said, when she was sick and tired of being sick and tired.

“To me, food was like a drug,” she said. “I would use alcoholic meals, I’d never drink again, I’d lose weight, I would purge, or restrict again — only to break the promise the next day, but after a certain moment,” said Schaefer, who published her first book and authored two books.

“Food was the way I relied upon,” she said. “I was the very thing that I feared, not in the sickness it brought, it meant I was binging on the inside,” she said.

Schaefer said people with an eating disorder constantly do the one thing they don’t want to do — it’s frustrating and causes them to feel hopeless.

“But she said her main message is that there is hope and it is possible to fully recover from an eating disorder and move on. The struggle of her own eating disorder, Sophia Powers, a freshman music education major, said that Schaefer’s first book proved to be helpful.

“I connected with some things she expressed, like abusing on the scale and different parts of my body,” Powers said. “That will be the first time I will actually meet someone who has fully recovered, so I had to come see her.”

Powers said she first began thinking she was fat when she was eight, but really got into her eating disorder at the age of 12.

She said she struggled with anorexia and received treatment, but ultimately got sick and tired of being hungry and tired all the time.

With that, Powers said her problems never went away and she never has been able to deal with them.

“Food is a lot of shame — it’s embarrassing — you know it’s ugly and you can’t replace those food behaviors.”

NSU campus nutritionist Jennifer Waldrop said eating disorders are mental health issues that need to be treated by professionals such as a psychiatrist, psychologist, nutritionist and a physician.

She said genetics, emotions, society and interpersonal relationships all play a role in eating disorders.

“It can relate to an eating disorder or to people with eating problems,” Waldrop said. “‘Ed’ is an epidemic in this country.”

She said genetics, emotions, society and interpersonal relationships all play a role in eating disorders.

“Either way, I do have empathy,” she said. “As soon as you reach one goal, perfectionism raises the bar to a new level. You can never be smart enough, thin enough or good enough.

That metaphor hit home with senior nutrition major Jackie Behrick.

“This story is compelling,” Behrick said. “The topic on perfectionism is very effective and I can identify with it.”

She said although she has never had an eating disorder, the topic interests her because she’s a part of family members who do.

“Either way, I do have empathy and the whole discussion doesn’t seem that far away,” she said.

Behrick said she feels like eating disorders usually have some sort of link to the family environment.

“I think something happens in the family environment, some distracting event, that puts a person on a different path,” she said. “I think there are a lot of predispositions that play into an eating disorder.”

Ellen Lin, a psychologist at the Counseling Center, said women face many pressures in America such as family, life, work and keeping up with societal ideals of beauty.

She said personality type plays a big role in eating disorders, as well as media influence, family pressures and underlying issues of anxiety and loneliness.

The necessary components to moving on from an eating disorder, Lin is presenting, is being ready to talk when she said that she is ready to talk and people have to be ready to talk, and give others time to cope with little stressors.

She said there is a great turn of professionals here and we can help people thrive and live healthier lives.

Lin said ultimately, Schaefer said her eating disorder even kept her from going to medical school.

Although she graduated with highest honors from college, she knew the rigors and fierce competition of medical school were more than an eating disorder would do her in.

“Ed” was like an abusive boyfriend who stole all of those things from me,” Schaefer said. “With recovery you get everything back.”

She said her life is not perfect and she had relapses when she was sick and tired.

“At first it is difficult, you are working on the inside,” she said. “This goes in cycles when I felt helpless, but at least I was very proud and didn’t quit.”

Finally happy and experiencing joy, peace and friends, Schaefer said it’s important to get help early.

“Don’t wait, don’t set for being partially recovered — recover fully,” she said.

“Would it be nice if they problems caused by lack of money, rather than add to them by bringing in additional students through transfers.

“We’re losing money off of students,” she said, and “we’re already had to lay a lot of staff — I know a lot of people who are on staff here — and there have been a lot of layoffs and cutbacks to the point where it has been hard for them to get the money to get programs for their computers just to do their jobs.”

More information on the extended admission deadlines or minimum requirements for enrollment, visit the student information section of the SJSU library.

“Meanwhile, other trends, Lopez said the campus seems a lot better than buying condoms somewhere else.

“Condoms are made less awkward when you get in a store and they have a lot of layoffs, like maybe have a guy in there instead of a chick, I feel like they are judging me,” he said.

Lopez said he does not really see the other schools on the Trojan report card as competition.

“As long as I am free of STDs I am happy,” he said.
A former graffiti artist is tak- ing his tagging past and turn- ing it toward an enterprising photography business. Junior photography major Julian Tongol is working on making his way into the pho- tography business in the Bay Area.

The 20-year-old California native grew up in Concord, Calif., for the most part, but he consid- ers himself a photography business called Julian Edward Photog- raphy. “I’ve always been on the art form of things like perform- ing arts, drawing,” he said. “But it wasn’t until 16 that I started taking pictures.”

How it all started
Growing up, Tongol said he had gone to Catholic school all his life and then transferred to a public high school for his last two years.

“I was doing performing arts in a public school and then stopped once I got into a public high school for his last two years,” he said. “I was a former graffiti buddy of Abdullah Hasani and Alejandro Cuadra, and these days, Tongol said he is steadily making his way into the photo- graphy business. He said he has always loved taking pictures of art shows and events and when an opportunity surfaces.

“Graffiti is a bad thing, but it was also the start to all,” he said.

He said while he has had some trouble with the law for graf- fiti, Tongol said he is happy that nothing too extreme has oc- curred yet.

“I didn’t want any of that but on a positive note, I’m think- ing about to worry about that all the time, and getting too deep into it,” he said.

Brian Arriaga, a tat- too artist from East Bay, is a former graffiti buddy with Tongol, and they both work together in areas of art those who are up and coming.

“I met Julian when I was about 16 and he was 18 and he has his imagination and helps me with ideas for my art and my paintings and photography,” he said.

He said Tongol is a good guy all around. “Graffiti is great, and there is a great community of artists, but he’s the coolest one I know and I’m down for that,” Tongol said.

A start of a great thing
After graduating in May from SJSU in 2008, Tongol said he put his passion for graffiti into photography by secretly stealing his father’s camera to take photographs of his street graffiti.

“I started getting really tech- nical with it and started taking pictures and putting my friends in the pictures. Then some of my friends were the ones that were like ‘You’re a photographer, you should be making a living off it. You should maybe take a class or doing something’,” he said.

Although he loved doing graffiti, Tongol said his new focus on photography helped him stay away from dishonorable activities and put his artistic creativity to the test at night or vandalism.

He said he taught himself most of his photography skills such as learning angles and framing with the help of his sub- sequent own personal style. “He used his photographic style has really developed my own Chelsea,” Tongol said.

He said he is now taking pictures of portraits in his photography business as well as shooting off in their own natural setting.

Photography has become a great passion of mine and I re- ally like doing it,” Tongol said. He said it’s a passion that he has to make money off, but overall appreciates the freedom of it provides.

These days
Tongol said he also does graphic design as a hobby and works with multimedia as an outlet for his photography.

“That’s the reason I want to completely change my major from photography to advertising,” he said.

Tongol said his art roots are the catalyst for the transfor- mation from graffiti to photogra- phy and advertising, and he is amazed at the clientele and the people he works with in ur- ban culture.

His buddy who’s also a photographer, Alejandro Gar- cis, really pushed me to keep hustling as he would say, and that’s all I’ve been doing to get where I am now,” Tongol said.

As a photographer, Tongol said he had the opportunity to work with some of today’s mus- ic artists such as Beyoncé Brun- ners and hip-hop rapper such as The Jacka.

He said he also had the op- portunity to work with Abdullah Hasani and Alejandro Cuadra, both owners of The Jacka, barbershop and clothing bus- iness in Pleasant Hill-Calif.

As a SJSU alum, he said he has worked with. Tongol for about two years designing the store and website.

“I think Julian is hardwork- ing, creative and has a good name, and is very in tune with the youth culture, which is a great attribute to have,” Cuadra said.

He said and Tongol are currently working on a busi- ness project that is the brink of going public in the near fu- ture.

“It’s just going to get bigger and bigger and bigger that’s what I hope it to be ... building something myself as a household name ... a photographer and advertiser and that people can rely on,” Cuadra said.

He said he is behind in school, not because of poor ac- knowledgments, but because he spent previous semesters pushing his photography career forward instead as his main priority in life.

Three days
Tongol said he spends about 45 percent of his time with his schoolwork in classes and 55 percent with photography, with about 25 percent work dedicated to pho- tography.

“With the semester and photography, I’ve found a balance now ... everything is good,” he said. “I’ve put my head in school.”

Workshop covers global sensitivity
JORDAN LIFFENGREN
SJSU photography student takes his way to success

Global fluency was on the top of every student’s radar in a workshop on Wednes- day led by Deanna Peck, coordinator for educational programs and counsel- ing services.

In Clark Hall, 20 stu- dents discussed how to com- municate culturally, discovering the differences between other societies as well as their own and ap- proaching them with respect and open-mindedness.

“Before I came here, I wasn’t quite sure what global fluency means,” said freshman nursing major Rachel Ngo. “But now I realize it means global communication. Per- sonally my country and I think that there is a lot to see what’s out there.”

“People from other cultures” referred to the speeches two weeks ago about their experience in the AESIC program, the world’s largest student-run organization for discovering leadership poten- tial, and the Salzburg Scholar program, an organization for students who want to global- ize the campus in more co- hesive ways, offered at SJSU.

Both programs are organi- zations that allow students to study abroad, develop team- work and leadership skills and explore internship opportu- nities in other countries, said Evia Rua and Theresa Ngo.

Junior economics major Evia Rua said that her interna- tional experience with AES- IC is amazing.

“I’ve always wanted to change the world for the bet- ter, and you have so many opportunities with the pro- grams,” she said. “It’s impro- rtant to put yourself in a global environment, situation and be willing to reflect on it and challenge why you are. You don’t have to be some- thing charismatic political be- cause anyone can do it.”

She said she used to be terri- bly shy, but after her time spent abroad speaking in front of crowds and meeting so many different people, she’s not scared anymore.

“It makes you really ambil- itious,” she said. “You’re con-stantly trying to be the best at what you do.”

Theresa Ngo, a senior health administration major, said she spent away with both the Salzburg Scholar program and AESIC to be aware of different perspec- tives and outlooks on life.

“You can’t be judgmental,” she said. “You don’t re- member what you do in your culture until you remove yourself from it.”

She said she first trav- eled to Germany where she discovered her own identity, simply by interacting with others who were very differ- ent from herself.

“You have to try to listen to people and interpret what they’re saying before be- ing immediately becoming defensive about anything, she said. “Everyone looks at America differently and they have a reason for it. Maybe when you listen, you can learn.”

Both girls said they agreed in order to truly be glob- ally fluent students must spend time in another coun- try.

“Visit a country you know nothing about,” Rua said. “Go to some countries you can gain a whole new perspective.

Peck also asked the girls what they would suggest to students who didn’t ex- actly have the funds to study abroad.

“Seek out scholarships, or get involved in clubs,” Ngo said. “You have to be clever to find funding.”

Rua said if you’re active in organization you can be subsidized.

“I want to study abroad,” freshman forensic major Nikki Rodn said. “I’m not afraid of the challenges, but I’ve al- ways been interested in some- thing where it’s gritty. But really anywhere would be interest- ing.

Peck encouraged everyone in the room to join a program like the one with which she was involved.

“I went to Romania and I even stuck in Hungary,” she said. “Legally of course. And I start to a bunch of people, we’ll all become a family.”

Peck said the skills to be- come globally fluent are all easilily attainable, all a person needs is the effort and desire to make a difference.

“Let’s all get involved in clubs, or get involved in clubs,” she said.
Student by day, comedian by night makes for a bundle of laughs

**As long as I can continue to perform, I’m more than happy to do that in life. Once you add on the extra stress, it takes the fun out of it.**

**BRANDON ARNOLD**

ComedySportz performer, and MADtv has had a lot of ComedySportz performers on it. Arnold said. "That was their goal and they were willing to take that risk. They’re some of the funniest, nicest people I’ve met. They had somebody in them that told them it’s what they needed."

But Arnold felt that pursuing comedy as a career was not in his best interest. "I think that would ruin a lot of what I do for me," he said. "As long as I can continue to perform, I’m more than happy to do just that in life. Once you add on the extra stress, it takes the fun out of it."

He said he would probably end up hanging stand-up, although he admires people who can get up in front of a room full of people and make them all laugh hysterically.

Improv is great, he said, because his friends are there on stage with him, backing him up.

And that’s what they are, a tight-knit circle of hilarious friends.

"I’m talking too fast?" Arnold asked. "I feel like I’m talking too fast and you’re typing like this," which he followed with a brilliant "Keyboard Cat" impression.

Although he does speak quite briskly the San Jose native is easy to follow owning his upbeat attitude as nothing more than second nature.

Arnold said he first became involved in improv when he was 18, at his alma mater Piedmont Hills High School.

The 25-year-old grew up in a single parent household with his father and older sister, Danielle, an SJCC grad.

"I grew up on fast food and meatloaf and spaghetti," he said. "It was fun." Arnold said he was a design kid who learned Photoshop and web design by age 13, and intended to major in the arts.

"When I first looked into the major they told me I’d have to paint and sculpture and I was like, ‘Forget that!’ Fine arts just wasn’t my thing and I really I wanted to go to enjoy it."

He said he then decided to try advertising because he knew the Department offered all the things he wanted to do, minus the artsy endorsers.

"I went in feet-first my first semester and I fell completely in love with advertising," Arnold revealed.

Currently, he’s working in web design for an advertising agency in Campbell. As long as I can work for them, I probably will," he said. "It’s a ridiculously hard place to find a job and it’s a great company."

Although at first difficult to balance school, work and ComedySportz, Arnold said he found his groove and is now welcoming newbies into the ComedySportz team with open, ‘Happy’ arms.

Brandon was my first teacher here," said Amber Cangiamilla, a three-month ComedySportz member. "The welcoming that I got from him was really appreciatory and he taught me a lot."

Arnold has been doing this for much longer than advertising and it definitely shows. ‘I’ll see how we do a lot of creating things out of nothing,’ he said. ‘We want to create things that are entertaining and get people to laugh and to be a great team.’

ComedySportz is for all ages, and takes very creative players to keep the audience interested. Arnold has made it his duty to help build the ComedySportz website, which is under construction at the moment, but a sneak peak revealed a fresh new layout.

"There will be a 12-year-old birthday party, 20-some things on date night or old people at a night at the theater here," he said. ‘There’s no other comedy club or place in San Jose where you can find a group of people laughing at the same show at the same time and having a good time. It’s unique and we try to make sure it’s a fun time.”
If you don’t know what a predatory loan is, what derivatives are, who Alan Greenspan is or why all of these things were integral in the global recession, go see “Inside Job.”

Detailing the banking crash of 2008, the film examines the problem from all angles around the world and the history leading up to that point.

The documentary, directed by Charles Ferguson and narrated by Matt Damon, has all the material that normally would put an audience to sleep. Instead, Ferguson found a refreshing and effective way to deliver the complicated story of the recession to the masses without them needing financial degrees.

I’ll admit, I wasn’t a devoted economics student and I was wary of the financial vernacular that inevitably permeated the film, but for every strange buzzword, there was an explanation in metaphor and visual aid.

To keep up the pacing, Ferguson split the movie into five parts: “How we got here,” “The Bubble,” “The Crisis,” “Accountability” and “Where are we now?”

Damon’s calm narration is contrasted by the array of interview segments from all ends of the political spectrum.

Eliot Spitzer enjoyed positive screen time as a predictor of the crash when he was the New York state attorney general and governor of New York. Compared to the undersecretary of the treasury during George W. Bush’s administration, Spitzer’s commentary was a voice of reason.

Regardless, all the interviewees were highly qualified professionals with valid opinions. From the therapist to the high-rolling CEOs and the spray-tanned madam, all speakers offered a view of the crisis and its perpetrators that simply isn’t shown in traditional media outlets. It may seem silly to include a prostitute in the analysis of a serious matter, but that commentary offered meaningful insight into the minds of the men behind the Wall Street mess.

The strength of the film lay in the powerful statistics and previously overlooked facts surrounding the crisis. For example, Ferguson’s research showed that the United States Securities and Exchange Commission’s Risk Management department had been reduced to a single person a year before the market crashed.

He also pointed out that Obama’s senior financial advisors are largely the same as Bush’s or are otherwise linked to banks that went under after promoting risky loans.

I thought I was a well-informed citizen, but this documentary revealed a wealth of information that I wish I knew years ago when this crisis was still preventable.

Ferguson has the freedom to offer the audience the problem, solutions and the culprits. Coming out of the theater, I was mad and ready to possibly tackle any of the investment bank CEOs I had watched destroy the economy.

I’ve calmed down since I watched it, but I now have an informed opinion about the financial future of the economy, and I highly recommend that everyone take the time to catch this movie before it finishes its run in theaters.

The strength of the film lay in the powerful statistics and previously overlooked facts surrounding the crisis.
Spartan freshman guard Keith Shamburger works to evade the defense of senior guard Justin Artis. SJSU beat Whitman College on Saturday as Shamburger tallied 30 points to lead the Spartans.

Senior guard Adrian Oliver drives down the court. Oliver had 24 points and 10 rebounds Saturday.

The SJSU men’s basketball team’s 109-92 exhibition win over Whitman College showcased a reminder of a current Spartan star and a glimpse of a future one.

Senior guard Adrian Oliver, who was fifth in the nation in points per game a year ago, scored 24 points and added 10 rebounds, while freshman guard Keith Shamburger had 30 points to spearhead the victory.

“He’s a gifted player that we think … will be an elite player in our conference soon,” head coach George Nessman said of Shamburger.

Shamburger, playing in his first collegiate game, scored nine points in the final five minutes to close out the Spartans’ win over the Division-III Missionaries.

“Already, our two seniors are looking for him on the perimeter,” Nessman said.

But Whitman answered with a 14-1 run, including two 3-pointers by forward Peter Clark, to cut the Spartan lead to 12 with 10:47 to go.

“We did not play well once we got up 20,” Nessman said. “We would have a little bit of a letdown and boom, they are right on us.”

Shamburger, playing in his first collegiate game, scored nine points in the final five minutes to close out the Spartans’ win over the Division-III Missionaries.

“Keith is more than just a scorer,” Nessman said. “He made a lot of basketball plays out there that a lot of freshmen don’t make.”

Overall, the Missionaries made 18 3-pointers, including seven by Clark.

“In the second half, man, they just made them,” Nessman said in reference to Whitman’s 3-point shooting. “It wasn’t like they were just getting unbelievable looks. They were knocking down difficult shots.”

The Spartans begin their regular season on the road against Eastern Washington Friday before facing University of San Francisco in their home opener on Wednesday, Nov. 17.
**Is daylight saving time still necessary?**

By Kristen Pearson

The Real Deal

It's a sunny Sunday afternoon, and I find myself sitting in the shade with a book, enjoying the warmth of the sun on my skin. The air is crisp and clean, and the birds are singing欢快地 songs. It's a perfect day to relax and enjoy the simplicity of life. But as I close my book and look up at the sky, I can't help but think about the clocks changing. The thought of changing clocks each year is mind-boggling. And why do we even have to change them?

Daylight saving time was first introduced in 1880 by Benjamin Franklin as a way to conserve energy. The idea was that by extending the time that citizens were awake and active during the day, we could reduce the amount of electricity used for lighting. While this may have been a noble idea, the reality is that daylight saving time has become a tangled web of confusion and inconvenience.

Every year, we set our clocks forward one hour, and then back again later in the year. It's a never-ending cycle of adjusting our watches and clocks, and it's a hassle for everyone. People lose sleep, businesses lose productivity, and it's just plain annoying.

But the truth is, daylight saving time may not even be necessary anymore. With the advancements in technology, we have become more efficient in our use of energy. And with the increasing awareness of climate change, there's a growing recognition that we need to conserve energy more effectively.

So, let's ask the question: Is daylight saving time still necessary? I say no. It's time to let the sun set and rise on its own schedule, and let's focus on more meaningful ways to conserve energy.
Alex Spicer  

Staff Writer  

Coming off two consecutive shutout defeats and without their suspended captain and points leader, Joe Thornton, the San Jose Sharks got back on track with a 5-2 win over the Tampa Bay Lightning Saturday at the HP Pavilion.  

In Thornton’s stead, last year’s captain and center Patrick Marleau scored two first-period goals to lead the Sharks.

Thornton, whose appeal to NHL commissioner Gary Bettman Saturday fell on deaf ears, was suspended two games for an illegal hit to the head of an opponent, and could only watch as his team tried to end a scoreless drought that spanned back seven periods.

“Obviously we don’t want him out, he’s too good of a player,” said defenseman Dan Boyle. “It’s a good situation for some of the younger guys and guys who don’t play as much to get a little more ice time, and the guys responded pretty well.”

Following an interference penalty called on Sharks' left wing Douglas Murray, the Sharks struck first on a short-handed solo effort by Marleau, who intercepted the puck near the Tampa Bay blueline before scoring on a slap shot with 12:16 gone in the first period.

Tampa Bay recovered to score a goal of its own during that power play, and with 13:58 elapsed in the first period, winger Martin St. Louis redirected a shot by center Steven Stamkos past Sharks' goaltender Antero Niittymaki to tie the game at 1-1.

The Sharks quickly regained the lead on a power play of their own, when a pass to the front of the net by Marleau deflected off a Lightning stick and into the net, giving Marleau his second goal of the game and a 2-1 lead with 15:26 passed in the first period.

Eighty-eight seconds later, San Jose made it 3-1 when a shot from center Logan Couture rebounded off Lightning netminder Mike Smith and into the lap of winger Dany Heatley, who wristed the puck past an out-of-position Smith past the window.

Nine seconds later, San Jose made it 4-1 when Heatley carried the puck into the Lightning zone, and had his wrist shot tipped into the goal by Couture. Niittymaki faced a barrage of shots in the third period, making 18 consecutive saves before allowing the final goal of the game: a slap shot from Stamkos — who leads the NHL in both total points and goals.

“I don’t think we were thinking about it too much,” Marleau said of the scoreless streak. “I think each game’s a little bit different. We had our chances, it’s just a matter of getting it on net and bearing down.

The victory was the third time in five games that the Sharks won by the score of 5-2.  

“Five seems to be the number,” Sharks head coach Todd McLellan said. “It’s either five, or a goose egg. There were some players who rose to the occasion because of Jumbo’s (Thornton’s) suspension, and it was nice to see. We’ve got another 70 games to play, and we’re confident in the group we have that we will score goals.”

San Jose State University students, plan on making new friends this year? Get their digits  

LG, friendly phones for friendly people.

Save 10% off basic monthly service charges with a qualified plan.  
Just mention code 2591861.

*Limited time offer subject to Wireless Customer Agreement. Credit approval maybe required. Activation fee up to $36/value. Coverage and services, including mobile broadband, not available everywhere. Connection fees and other conditions and restrictions apply. First month's service plan fee is $5.00 and will be automatically charged to your credit card on or before the 16th of each month. For complete service plan details, including rates and fees, visit at&t.com. Service not available to government or public agency employees; or to persons who are not the equipment owner, or who are not authorized to use the equipment. For complete service plan details, visit at&t.com. Equipment purchase or lease maybe required. One device per plan. Discounts may not be combined. Offer subject to change. If you have questions about available discount and/or your eligibility you can contact local company by telecommunications carrier. LG, AT&T, and the AT&T logo are trademarks of AT&T Intellectual Property. Copyright © 2010 LG Electronics, Inc. ALL RIGHTS RESERVED. All materials in this advertisement that feature any LG Electronics, Inc. service plans, trademarks, copyrights or trade dress, are the property of LG Electronics Inc.