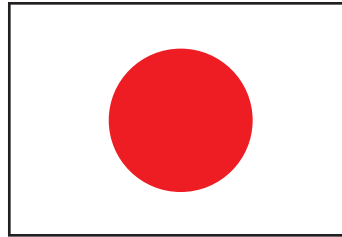


OPINION

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Spartan Daily

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Wednesday, April 28, 2010

www.TheSpartanDaily.com

Volume 134, Issue 45

'Take Back the Night' events engage SJSU

Undie run promotes assault awareness



Almost two dozen residents of Campus Village took to the walkways of the SJSU campus in their underwear at 4:30 p.m. on Tuesday.

"This is the second year we're doing the Undie Run to raise awareness about sexual assault in our community," said Stephanie Walker, a senior interior design major who helped organize the run and is seen in purple boxers above. She said the run was part of larger program called "Taking Back The Night."

"Their main focus is to make sure that it is OK for anyone to just go out into the night and feel safe in their community," she said. "We felt that this (focus) fit into our program."

One rape survivor participating in the Undie Run said she hoped that running in her underwear would help people understand that no matter what someone wears, it does not give them permission to rape. CUTLINE STORY BY DANIEL HERBERHOLZ, PHOTO BY MATTHEW SANTOLLA / SPARTAN DAILY

Students protest sexual abuse in dusk march

Ashley Finden
Staff Writer

One in four women at SJSU will be raped by the time they graduate, said junior English major Thomas Trull.

In a march for uniting women against sexual assault, a group of 30 people shouted chants as they marched around SJSU on Tuesday evening.

"We're here to take back the night, make it a safer place for everyone," said David Emmert, a psychologist and faculty counselor for SJSU Counseling Services.

Jennifer Gacutan-Galang, the wellness and health promotion coordinator, said there is a "Take Back the Night" foundation that assists in promoting activities, such as the march or the resource fair which included information on where to get violence information in the

community or on campus.

One in six men will be sexually assaulted in their lives, said Bonnie Sugiyama, assistant director of the women's resource center and the lesbian, gay, bisexual and transgender center.

"A lot of people don't understand that they have people that are close to them that have experienced violence in their lives, because it is so personal, people don't share it," Sugiyama said.

The event was organized by offices and student-led groups on campus, such as "Men Creating Change," "Peer Health Education," "MOSAIC Cross Cultural Center" and "Womyn on Womyn's Issues," said Rochelle Breyman, a junior health science major.

Men Creating Change and Womyn on Womyn's Issues advocate against sexual violence

See **PROTEST**, Page 3

Student nurses family life with newborn daughter

Double major
balances raising child
with school

Jenn Elias
Staff Writer

No class or professor could prepare Sandra Monroy for an event that would change her life.

Twenty-year-old Monroy, a junior nursing and sociology double major, found out she was pregnant on July 19.

After the initial shock, Monroy said she smiled and embraced the discovery.

"When I first found out I was pregnant, I was excited but scared at the same time because of school," she said. "And nursing is a hard major, especially trying to get in the program."

Monroy's boyfriend is the child's father and declined to offer comment.

Monroy said people doubted her

ability to manage being a student while pregnant.

"I had people telling me, 'It's going to be so hard — you can't do this,'" Monroy said.

She said even her mother doubted her in the beginning.

"I had some choice words for her," said Sandra's mother, Liza Slaughter. "It wasn't in the plan I had for her."

After a lot of prayer, Slaughter said she realized she needed to support her daughter and maintain their close relationship.

"I support whatever she does," Slaughter said.

Monroy said she had more reasons to go through with the unplanned pregnancy than not to go through with it.

"Yeah, I'm young and in school, but I have a lot of support," she said. "And I'm Catholic and don't believe in abortion."

She said she had some difficulty adjusting to changes brought on by the pregnancy and felt awkward when people touched her belly.

"When I run into people I know,

all they ask about is the baby and the pregnancy, and it's like they forgot about me," Monroy said. "I feel like people don't see me as a person, they see me as a thing."

She said she received a lot of strange looks, which irritated her.

"I would always have something smart to say," Monroy said. "Now, I've gotten used to it and my friends are the ones who get protective."

Independent Woman

Monroy said she likes to finish everything she starts and didn't see pregnancy as a reason to stop going to school.

"Usually, people take time off and then they don't go back," she said. "That's not going to help me."

Monroy said she planned to attend classes until she gave birth, and that her teachers accommodated her by providing take-home tests and sending assignments via e-mail.

She said she also took a course online, which saves her from having to walk to class, and

See **BABY**, Page 8



Sandra Monroy and her mother, Liza Slaughter, look on at Monroy's newborn baby, Jayla, who was born less than a week prior.

BRIANA CALDERON / SPARTAN DAILY

Weather



TH	F
Hi: 60°	Hi: 65°
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THE SPARTAN DAILY.COM

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Whether it's volunteering with animals, reading to kids or donating bone marrow, there are plenty of opportunities for students to get involved in the San Jose community. Read how at spartandailynews.wordpress.com.

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BRIANA CALDERON / SPARTAN DAILY

See www.thespartandaily.com

Director explains Union renovations

Salman Haqqi
Staff Writer

Transparency was one of the issues at a town hall meeting at Morris Dailey Auditorium, which addressed the expansion and renovation of the Student Union, said Tomasz Kolodziejak, Associated Students director of intercultural affairs.

Catherine Busalacchi, executive director of Student Union, Inc., said she wanted to give some insight into the process that lead, to the decision to renovate the Student Union and quell concerns many students have about the project.

Busalacchi said the Student Union is a private corporation, and its operating budget is entirely separate from state funds.

"The Student Union is a non-profit corporation and one of five private corporations at San Jose State University," she said. "You need to understand that our (Student Union) budget is separate from the university's budget. We don't receive any state money and we don't receive any state support."

Kolodziejak said he was pleased that the town hall meeting, which 35 people attended, took place, because it gave students a chance to voice their feelings about the issue.

"I'm really glad this town hall meeting happened, and that a lot of students came to get their answers cleared,"

Kolodziejak said. "I think it should be more transparent. Cathy mentioned the seismic threats — those are real threats and there needs to be renovation, and as long as there is transparency in the process."

The cost of the new Student Union, which is scheduled to begin construction this summer, is an estimated \$91.5 million.

Busalacchi said one of the reasons behind the expansion plan was the result of a seismic study of buildings on campus.

"In March of 2006, the CSU did seismic studies of the various buildings on campus," Busalacchi said. "The Student Union was one of two buildings on this campus that had seismic issues. We are mandated to fix those issues."

Kolodziejak said students need to understand the funds set aside for this project are specifically earmarked for it and cannot be redirected for other purposes.

"There was a comment from a student that maybe they should put more money into different departments," Kolodziejak said. "Well, this money can't, because it's not a state-owned building, and this should be clear."

Paul Yula, a senior animation and illustration major, said he has many reservations about the project and the manner in which information about it has

been handled.

"My concerns are the secrecy of the plans and the urgency of the plans," Yula said. "Unless you're one of the small groups that takes time to come inform yourself, essentially be an activist, you can't find the information. I think it's an over-ambitious plan, it's like they're trying to outdo the King Library."

Hillary Bradfield, a senior animation and illustration major, said her concerns about the construction plans were that school was spending money students can't afford.

"It's costing me money that I don't have right now," Bradfield said. "Everything I'm paying to the school is through loans and financial aid and money that I make working in the summer. And I'm never going to see this project finish."

"I'm not even sure it's going to be finished, seeing how the economy is right now, so I have absolutely no optimism about this project."

Busalacchi said the construction of new buildings is always planned considering present circumstances and with the future in mind.

"When you look ahead, you can't just think about what we need now," she said. "You don't build buildings for now. You have to build for the future, because the building is going to be around for a lot longer."

Students soak in science program

Hank Drew
Senior Staff Writer

SJSU students huddled under the Duncan Hall awnings to escape the rain Tuesday as they waited in line for lunch to honor the university's scientific community.

SJSU "Giga Q" provided students in the Success in Science and Success for Transfer programs, and College of Science faculty a chance to reflect on the merits of the science "boot camp" program.

Event organizer Michael Randle said this event marked the 10-year anniversary of the program.

"One of the things we have been trying to do for the last 10 years is we're trying to build a community of scholars at San Jose State," said Randle, lecturer for the two classes. "We want to create a peer group that gets excited about high grades and success."

"We want these students to strive beyond average. We bring the community together in events like this so that the students can see that they are not alone."

Junior biology major Arjavi Regmi said she originally signed up for Success in Science in

2007 as a way to connect with people, but also ended up enhancing her education.

"In the beginning, I was like, 'Hmmm. I don't think this class is going to help me that much,'" Regmi said. "But then, later on, after my freshman year, compared to my friends, I learned a lot of stuff."

Michael Parrish, Dean of the College of Science, said he agreed with Regmi's thoughts about this program's social aspect.

"This event is a celebration of the first year experience communities that grew up around Success in Science, and Success for Transfer," Parrish said. "There's a community that is built up — a learning community — where students continue to do events together. This is probably the biggest event of the year."

One student joined the festivities despite expressing some concerns about the class content.

Will Turner, a senior Management Information Systems major, said he started out as a physics major, but ended up changing majors after the class his freshman year.

"Truthfully, I feel like a lot of stuff we had to do was busy

work," Turner said. "None of it pertained to our majors."

He said the teacher sent the class out side on a scavenger hunt for important university documents.

"You can find all of that online. They should have just showed us how to do that instead of making us run around."

General education advisor Michael Randle proclaimed Turner's experience as proof of the system's validity.

"That's the point — yes, it did work for you," Randle said.

Randle said both of these classes are tough, but he feels the students are rewarded for the work and cited a recent department experiment.

"About two semesters ago, the college of science placed its biology students on probation as a class, and we ran the data on the probation students," he said. "And to make a long story short over 70 percent of them got off probation the first semester."

Randle said he was heartened that Turner still attended the event despite his concerns.

"In spite of all of that he comes back to the community," Randle said. "The community is bigger than the major. The community is ultimately about being a part of San Jose State and being successful at San Jose State."

"It's OK if you leave, but I also want you to understand that you are still part of the community."

Athletes recruit students for bone marrow donor drive

Melissa Sabile
Staff Writer

The SJSU football team has come up with a new way to help out the in the community by hosting the "Get in the Game. Save a Life." program, adding 264 new names to the "Be the Match" bone marrow donor registry Tuesday afternoon at Yoshihiro Uchida Hall.

"It's to get on the bone marrow registry and build it up," said head coach Mike MacIntyre. "It's a thing that football teams are doing all over the country and it's mainly done in the East. We are the first team to do it on the West Coast in football."

MacIntyre said the program was brought to SJSU because the National Marrow Donor Program needs a wide variety of ethnic backgrounds and the Polynesian and Asian bank registry were lacking.

He said he felt this area of the country would help add to the list.

"I registered myself when I coached for the Dallas Cowboys," he said. "I saw what a need it was to be able to help young people. It's so easy, you just swab your cheeks and if you can help somebody save a life when you're able to help them transfer your bone marrow to them through the blood platelets. It's an easy thing to do."

Wendy Dunn, football operations coordinator, said students fill out a form and then get their cheeks swabbed to put their name on the registry, but no blood will be drawn unless a student becomes a match.

Perry Bowens Jr., the recruitment manager for the "Be the Match" program, said the process is easy and they are looking to get as many people on the registry as possible.

"The chances of being picked are right about one in 20,000," Bowens said. "It all depends on genetics and who is out there. I get calls every day from people that have been on the registry for 15 to 20 years who have never been selected, so it's just genetics."

He said his daughter was contacted almost immediately after she was placed on the registry, but that it wasn't common

for things to happen that way.

"Should you match somebody as a result of this drive, we will be in contact with you in four to six weeks," he said.

MacIntyre was not the only one involved in Tuesday's bone marrow registry drive, the entire football team and coaching staff were there volunteering their time to save a life.

"It's an opportunity to be able to save a person's life and all you're doing is just donating a little of your time," said defensive line coach Bryant Young.

He said the goal of the drive was to build awareness and to get more people to participate.

"It's possible that you may be called," Young said. "But if you are, you have the choice to make a change and help somebody. Help save a life."

Ben Zorn, a sophomore kinesiology major and an offensive guard, said he was glad to get his cheek swabbed and be placed on the registry.

"It makes me feel pretty good," Zorn said. "I have the potential to save a life."

He said if he is chosen as a match, he is not scared of the process to give blood or bone marrow.

"I've given blood before, that's one of the most popular procedures," he said. "And the other one, I'm knocked out anyway, so I'm not really concerned."

Devin Newsome, a senior kinesiology major and wide receiver, said the team is trying to get as many people registered as they can.

"It's the right thing to do," Newsome said. "Anytime you get a chance to help someone in a small way or a bigger way like this helping them out with bone marrow, it's a great thing to do."



Matthew Zuniya, a junior business management major, tested during the "Get in the Game. Save a Life." exercise at Yoshihiro Uchida Hall. KIBIWOT LIMO / SPARTAN DAILY

He said doing the registry drive helps build the team's morale.

"If we can go out and go to high traffic areas and bring a lot of people out, it means we are being visible on campus and a lot of people are seeing us," he said. "That means we are helping make a difference and it feels good to do it with other people on the team."

Duke Ihenacho, a senior business marketing major and safety, said the team just wanted to get the student body involved.

"We thought it would be a good way to help people that are at the risk of disease," Ihenacho said. "They brought it to our attention and we felt like it would be a good way to help."

Ryan Otten, an undeclared sophomore and tight end, said he hopes the team's involvement with the "Get in the Game. Save a Life." program will en-

courage other football teams to participate as well.

"We're the first school on the West Coast that's doing it," Otten said. "Hopefully there will be other WAC teams, maybe some Pac-10 and just a whole bunch of schools around here. I think the goal for the program is to even-

tually get it nationwide, so we're kind of starting it off right here."

Otten said if he does happen to match with someone, he would donate to help save a life.

"From what they explained, it's really not as bad as everyone thinks it is," he said. "When people think bone marrow, they think big, painful process. From everything we've heard, it's not as bad as it's perceived to be."

Some students came to sign up and swab their cheeks in hope of making a difference.

"I saw one of the football players standing outside of Spartan Complex, and he just told me it was a really good cause," said Breanna Peyton, a freshman liberal studies major. "I mean, you could save a kid's life. I'm nervous about how it's going to feel, but I think it'd be really cool."

Bush Lai, a senior child development major, said he was walking to class when he heard about the drive.

"I just saw the sign, that's why I came in here," Lai said.

Lai said he was not nervous, but was excited about being a potential match.

"I would definitely donate," he said.

Other members of Spartan

Athletics were also getting involved with the program.

"The football players went to our dorms, they stopped us and showed us the fliers," said freshman Anthony Dixon, a business management major who plays for the SJSU basketball team.

Teammate Aalim Moor, an undeclared freshman, said he and Dixon came to show their support for a fellow Spartan team.

"The football players said it was for a good cause, so we came over to show support," Moor said.

Dixon said he's not sure whether he would be a match, but he liked the idea of being on the list.

"I feel pretty good, to know that if you could be one of the ones to get chosen, it would be pretty cool," Dixon said. "But we're still happy to put our names out there."

MacIntyre said he is excited for the outcome and plans to be a part of the program again in the future.

"I want students to know that they have an opportunity to save a life," he said. "And if you just have to give a little bit of blood one time or so, it's all worth it."



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PROTEST

From Page 1

and rape, said Trull.

“It’s meaningful to me, because I see so many people’s lives affected by violence and sexual assault, and I want to be more proactive with these dedicated people,” Emmert said.

Corri Inouye, a senior child and adolescent development major, said it is sexual assault awareness month.

She said the march was to increase understanding and awareness on campus regarding date rape or any kind of sexual assault.

Inouye said the march is a place for sexually assaulted survivors to come and discuss their experiences.

“College is kind of a rough time, because there’s a lot of alcohol involved, and so a lot of girls just accept it if somebody has sex with them when they’re drunk, or vice versa,” Inouye said.

She said the purpose of the march is to let people know what the limits are.

“Unless you give consent, then it’s not OK,” Inouye said.

Breyman said she was happy to see so many people rallying.

“I fight to end violence, and we believe

the first thing to do to end violence is to educate everyone ... and so tonight, we’re rallying and we did a march around campus,” Breyman said.

She said she is a peer health educator and wants to bring about awareness to the campus.

“‘Take Back the Night’ is a national movement, and it stemmed from 100 years ago, when women didn’t feel safe walking out in the streets,” Gacutan-Galang said. “We did specifically target parts of campus that were dark and scary to walk around.”

She said some parts that are intimidating to walk by include the front of the library and the Fourth and Seventh streets garages.

Junior psychology major Nathan Biggs said he became involved with the march because sexual assault is an issue that affects everyone.

“I don’t think it’s really acceptable for women to be the only ones who are advocating against sexual abuse, sexual assault, violence,” Biggs said.

He said 96 percent of sexual crimes are committed by men, but that 96 percent of men do not commit those crimes.

“There are a lot more men who don’t think it’s OK, but we don’t speak up,” Biggs said. “I want to role-model for other males to show that it is all right to support this sort of issue.”



Denise Mendez (holding megaphone), a senior psychology major and the cofounder of Womyn on Womyn’s Issues, leads the Take Back the Night march around SJSU on Tuesday. The event is coordinated with marches on other campuses all over the United States. STEFAN ARMIJO / SPARTAN DAILY

Title IX policy repeal supports women’s gender equality

Marlon Maloney
Staff Writer

Last week, the Obama administration repealed a 2005 Title IX revision made by the Bush administration that many saw as a loophole in the gender equality policy.

Title IX is a 1972 law that requires gender equity in education programs and activities that receive federal funding, according to the Department of Education website.

Lawrence Fan, sports information director for Spartan Athletics, said the repeal strengthens Title IX.

Since being passed, Title IX has significantly increased opportunities for women and girls in academics, athletics and employment, according to the Women’s Sports Foundation.

“I think Title IX does a great job of supporting females in the classroom as well as on the sporting field,” said Sarah McAtee, SJSU volleyball player and sophomore pre-professional kinesiology major. “It’s great that women have been given the opportunity to become successful with the same support from the government as men have enjoyed for long before this law was put into act.”

Ally Reynolds, a former women’s basketball player and SJSU student said she also felt that SJSU offered an unbiased athletics program.

“I was here on scholarship, but in the end, college wasn’t for me,” said former women’s basketball player Ally Reynolds. “I was happy they gave me the chance and all, though.”

Now returned to its original form, a three-part test is

used to decide whether an institution is in compliance with the policy, according to the Department of Education’s website.

Institutions must prove opportunities for male and female involvement in athletics are proportional to student enrollment.

They must show program expansion in areas of interest to the unrepresented gender in athletics and they must prove that all requirements and interests of an unrepresented gender have been met.

The 2005 revision to the policy changed the third part of the test to allow institutions to gauge athletic interest through the use of e-mail surveys, according to the Department of Education website.

This revision was seen as a loophole by critics, because institutions were able to say that non-response was proof of interests being met.

“We’ve been in compliance,” Fan said. “We know what’s expected of us and we act accordingly. ... SJSU did the right things in the 1990s so that student athletes of the 21st century would have the opportunity to enjoy a Division-I intercollegiate athletic experience.”

According to a 2007 report by the Women’s Sports Foundation, SJSU has received an A in Title IX compliance.

“I mean, they were real hard on us with the time commitments and everything, but it seemed like the guys had it the same,” Reynolds said. “The way we shared the practice court times seemed like things were pretty fair — at least while I was here.”

With an “A” grade, SJSU’s athlete-to-student-body proportions vary by 0.4 percent and are in compliance with every portion of the Title IX policy, including scholarships, according to the Women’s Sports Foundation report.

Women’s athletic participation at the school went up 30 percent between the 2001-02 school year and the 2004-05 school year, according to the foundation report.

Today, SJSU has 10 women’s intercollegiate athletics teams and six men’s teams, according to the Spartan Athletics website.

Despite the disproportionately large number of female teams, male athletes still outnumber female athletes at SJSU, as a result of the large roster size required for a football team, Fan said.

“It’s no secret that the male athletes are held on a much higher pedestal compared to the female athletes, but the athletic department does not show any bias,” McAtee said. “The

Spartan athletics department is like a family, the athletes are taken very good care of and they genuinely care about every athlete in this program, regardless of sex.”

SJSU’s athletic offerings have been steady for more than a decade.

“Since 1997, there haven’t been any changes to the current sports offerings,” Fan said. “In the 1990s, SJSU did add women’s cross country, women’s soccer and women’s water polo as part of its Title IX plan to be in compliance with the Office of Civil Rights.”

Men’s water polo and swimming were discontinued in 1981, partially because a lack of

interest and also a lack of facilities, Fan said.

There is a men’s hockey club made up of SJSU students, but Fan said it has no affiliation with the intercollegiate athletics program.

If the budget stays the same as it is now, any attempt to add a sport would essentially require another sport to be discontinued, Fan said.

To start a new program requires new coaches, travel expenses to be covered, athletic equipment must be purchased and as a Division-I school, scholarships must be provided, Fan said.

In some cases, new facilities must be provided as well.

Under Title IX, there would have to be proof of interest in a new sport and ability to compete at an intercollegiate level, according to the Department of Education website.

Since Title IX was enacted, female high school athletic participation has increased by 904 percent and female college athletic participation has increased by 456 percent.

“I am especially thankful for Title IX, because I probably wouldn’t have gone to college had it not been for the scholarship that I received to play volleyball here, and that scholarship is a product of title IX,” McAtee said.

“I think Title IX does a great job of supporting females in the classroom as well as on the sporting field.”

Sarah McAtee
Sophomore kinesiology

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Off the beaten path in the city by the bay

TRAVEL

Kathryn McCormick
Staff Writer

I hate San Jose. To keep myself sane, I go to San Francisco about twice a week.

Last Saturday, I ventured north along the very familiar Highway 280, listening to NPR and enjoying the cool air pouring in through my hot car’s open windows.

It was about 1:20 p.m. when I got off the freeway and drove up San Jose Street into the city. I made my way over to my favorite part of town, the Mission, and parked in the Bartlett Street Garage.

I’d heard there was going to

be a vegan bake sale that day in Dolores Park, so I walked the three blocks over to check it out.

When I got to the park, the bake sale was nowhere to be seen, but as usual, the park was far from deserted.

The place was packed with people, most of whom were watching the fifth annual Walk Against Rape, put on by San Francisco Women Against Rape.

There was music, dancing and spoken-word performers. I stuck around for a while, but having not eaten yet that day, my stomach told me to keep moving and track down some food.

I walked back over to Valencia Street, where I went to lunch at one of my favorite restaur-

ants, Cha-Ya. The place is small and sterile looking, with closely arranged tables and chairs and minimal decoration.

Despite this, I find Cha-Ya very welcoming, with its large front window facing the street and its pleasant waiting staff. The fare is vegan Japanese and it’s always delicious. The restaurant is always full.

I ordered my usual, the Hana Gomoku bowl and miso soup. When it arrived, the bowl of sushi rice, tofu and mixed vegetables didn’t disappoint.

The soup, too, was hot and satisfying. While I ate, I watched the hilarious “Delocated” on my iPod. If you don’t know what I’m talking about, google it. You’ll thank me later.

I finished my meal, paid the \$9 bill and left, wanting to see what else Valencia Street had to offer that day.

I headed over to Modern Times, an excellent bookstore owned and operated by feminists. I picked up some new ‘zines and a copy of Bust Magazine, then made my way over to the register.

There was a cluster of workers and their friends hanging around, and we commiserated about the day’s lack of vegan bake sale while the cashier rang up my \$12 total.

Eventually I left and headed down the street to Dog Eared Books.

Dog Eared Books is probably my favorite bookstore in the city. The store is artfully decorated, with colorful paintings and pictures.

There’s always something weird and interesting on the shelves and in the discount pile.

It has a wide variety of new and used books, including first-edition paperback pulp novels and picture books chronicling John F. Kennedy’s assassination. It also has a variety of magazines, ‘zines, records and vintage dress patterns.

After wandering around the store for a while, I bought an \$8.95 book of old photo booth pictures, 1980s copies of Playgirl, big-eyed ceramic cat figures, giant owl necklaces, 1960s animal and fruit-shaped staplers, 1940s pill boxes, general knick-knacks — you name it. The store is the ultimate campy fantasy, come true.

After some extensive roaming around and talking with the store’s delightful owner, I settled on a \$3 button made from an old beefcake magazine, featuring some dude’s junk in a pair of underwear, and headed out the door.

The day was hot so I walked over to La Copa Loca. I love that place because in addition to traditional gelato, it has lots of vegan options. I got a couple



(Above) A store called Room is packed to the gills with vintage treasures at Valencia Street in San Francisco.

(Below) Rooky Ricardo’s Records at Lower Haight in San Francisco.

KATHRYN MCCORMICK / SPARTAN DAILY



The Hana Gomoku bowl from Cha-Ya Vegetarian Japanese Restaurant on Valencia Street in San Francisco.

KATHRYN MCCORMICK / SPARTAN DAILY

LOOK OF THE WEEK



Photo and interview by Daniel Herberholz

Name: Andrea Henneman
Year, Major: Junior, photography
What inspired your look today?
“My teal pants were dirty, so I went for the purple ones. And then I had to pick the red shoes because I liked red and then I needed a red shirt because of that.”
What do you love most about fashion?
“I love that it’s so unique — you can change it up to be whatever you want. It’s all about defying what’s normal.”
Where are your favorite places to shop?
“I like really cheap stores, but I really enjoy going to Charlotte Russe.”
In what clothing are you the happiest?
“Jeans, Converse and a T-shirt. Or anything that makes me look good.”
What is your most treasured item of clothing or accessory and why?
“My new year’s dress that I made this past year. It’s gold.”

of scoops of chocolate soy gelato for \$3.25 and headed back out into the day.

After wandering around the neighborhood and getting my Mission fill, I got in my car, paid my \$6 garage fee and headed to the Lower Haight to look for records.

I ended up at Rooky Ricardo’s. If you’re like me and love digging through stacks of old records, Rooky’s is a good place to go.

The owner, Dick, is a total doll and is always playing something cool, such as hokey 1950s Christmas singles or cry-your-eyes-out ‘60s girls group songs. I picked up some records — a \$5 Grace Jones LP and a \$2 Al Green 45 — and caught up with Dick for a bit, then got back in my car and drove to Golden Gate Park.

For as much of a tourist trap as it is, Golden Gate Park is exceedingly beautiful, so it’s worth the crowds of people posing in front of things and taking pictures.

When I got to the park, it was about 5:30 p.m. I walked through the botanical garden, taking in the pond and the people around it.

The pond was murky and calm, disturbed only by the occasional fish skirting along just beneath the water’s surface. The grass field surrounding the pond was fairly crowded, with clusters of families and groups of friends scattered around, enjoying the day’s fading sunlight.

I left the pond to wander through the garden’s flower trails, enjoying the calla lilies, wild flowers and bright-colored flora.

After walking through more

of the park, I decided to seek out some dinner.

I ended up driving back across town, through the Mission and up to Bernal Heights.

I went to my favorite Mexican food spot, Tacos Los Altos, where I got a regular veggie burrito to go for \$6.52.

By this time, it was 8:20 p.m. There weren’t any bands playing

that night that I wanted to see, so I hit the road back to Campbell, listening to Mika Miko and eating my burrito as I drove.

All told, my Saturday getaway cost \$57.72, plus \$17.17 for gas. Yes, that’s a lot of money, but it facilitated an awesome day away from San Jose, so I can’t say I mind being broke for the week.



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Spartan boxer captures championship belt



Chuck Parra hefts the championship belt he earned at the 2010 National Collegiate Boxing Championship, which he said he does not like to show off. The championship was held on April 10 at the West Point Academy. THOMAS WEBB / CONTRIBUTING PHOTOGRAPHER

Donovan Farnham
Staff Writer

The SJSU boxing club took home a championship Belt and a third-place medal in the 2010 National Collegiate Boxing Association Championship on April 10.

Fighter Chuck Parra took first place and fighter Oscar Gomez took third place, as each fought cadets from the nation’s military academies, according to club Presidents Alan Cheng, a junior mechanical engineering major, and Jessie Sanchez, a senior kinesiology major.

Parra, a senior human resources major who fights in the light heavyweight division, said fighting at West Point Academy against cadets from the Army, Navy and the Air Force was a daunting challenge because of the tradition of the academies.

“Walking in there was definitely intimidating,” Parra said. “Fighting there when you are seeing a bunch of cadets everywhere, when they are going to be rooting for their team, and a person like me who’s only representing San Jose State.”

Oscar Gomez, a sophomore mechanical engineering major, fought against the Army champion of the welterweight class. Gomez said he felt intimidated during the match, but managed to put the tradition of the academies and their history aside to win the matches.

One of the strategies the team used against the Armed services was not taking the fighters head on, instead moving to a flank to land punches for points, said Vince Alvarez, a coach for the team.

This is similar to the way a matador avoids a bull in its contest, he said.

This sentiment is echoed by head coach Candelario “Can-

dy” Lopez, who said this is one of the few advantages SJSU fighters have against the cadets and their forward attacking strategy.

“The object of boxing is to hit and not get hit,” Lopez said. “These guys and their little precious brain cells, we want to save them. It’s a thinking man’s sport. The most successful people in there are thinkers.”

Lopez said he wasn’t surprised by Parra’s win or his national champion standing because of his competitiveness, physical ability and common sense.

In the semifinal round, the 5-foot-10-inch Parra fought against an Army fighter who is 6 feet 3 inches tall, Parra said.

Parra said the height difference forced him to punch using an upward motion, which caused an old injury to flare up, which he said ended up dislocating his shoulder.

The round was stopped and his shoulder was moved back into place, allowing the fight to continue, Parra said.

“When your adrenaline is pumping and you are hearing the crowd, and everyone



is doubting you, you are doing whatever it takes to win,” Parra said.

Despite the injury, the match seemed one-sided in favor of Parra, said Alan Cheng, a president for the club.

“I thought he was going to take him out in the first minute,” Cheng said. “He became overly aggressive and overused his right hand. He got overly excited and he almost took the guy out. When I thought he was about to finish the match, he needed to slow down. If it wasn’t for his shoulder, it would have been a more (one-sided match).”



(Above) During practice on Tuesday, Parra jabs at a pad held by boxing club coach Candelario “Candy” Lopez. (Top right) Parra poses at the practice facility. THOMAS WEBB / CONTRIBUTING PHOTOGRAPHER

“Do you have champagne tastes and a beer budget?”

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SJSU Graduate Student

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Jag är inte den personen du tror att jag är

När vi ser människor vi inte känner sa bildar vi oftast förutfattade meningar om dem.

Jag måste erkänna att jag gör det hela tiden.

Det har hänt att jag har tittat på människor och trott mig veta exakt vad för personlighet de har.

Det värsta med det är att jag brukade låta mina förutfattade meningar hindra mig från att lära känna vissa personer.

Ett exempel är att jag brukade tro att överdrivet välklädda människor var ytliga och därför inte värda min vänskap.

Jag försökte aldrig riktigt att ta reda på om det stämde.

Istället envisades jag med att inte ge



Anna-Maria Kostovska
Language: Swedish

dess

personer en chans.

Men när jag insåg att andra människor gjorde precis likadant när dom såg mig så bestämde jag mig för att ändra på mitt beteende.

Det är väldigt frustrerande när andra människor tror att jag är någon som jag absolut inte är.

Jag skulle kunna skriva en hel lista av nedvärderande ord som har använts för att beskriva mig som person endast baserat på mitt yttre.

Jag har mött människor som har trott att jag är en knarkare bara för att jag ser ut som jag gör, jag har ett flertal tatueringar och piercingar.

Jag har även mött människor som har

kallat mig ointelligent för att de tycker att jag ser sådan ut.

Varken knarkare eller ointelligent stämmer in på mig.

Visst har jag provat droger, men det är många år sedan jag senast använde mig av olagliga substanser.

Och jag tror inte att jag kvalificerar mig som ointelligent eftersom jag endast är en månad från att ta examen på San Jose State University i journalistik.

När jag ser mig själv i spegeln så ser jag troligtvis en helt annan person än den du ser.

Jag ser en intelligent person som är på rätt spår i livet.

Men kanske viktigast av allt är att jag ser samma person som jag alltid har varit.

Det är endast efter att jag har gått igenom lager efter lager av min personlighet som jag ser mina tatueringar och piercingar.

Mina tatueringar och piercingar har

förändrat mitt utseende, inte mig som person.

Jag inser att livet i vissa situationer hade varit enklare om jag såg ”normal” ut, men

Det är endast efter att jag har gått igenom lager efter lager av min personlighet som jag ser mina tatueringar och piercingar.

jag tänker inte dölja mina tatueringar eller ta ut mina piercingar bara för att övertyga andra om att jag är en bra person.

Jag är nöjd med det utseende som jag har valt att ha.

Jag tycker att mina tatueringar och piercingar är fina.

Du behöver inte hålla med mig om det.

Om du väljer att tycka illa om mig på grund av hur jag ser ut så får du göra det.

Men jag tycker att det är på tiden vi alla inser att skenet ibland bedrar.

Bara för att jag ser ut på ett visst sätt betyder det inte att det är något fel på min personlighet.

Det betyder heller inte att alla som har tatueringar och piercingar uppför sig exakt likadant som jag gör.

Jag har lärt mig att inte döma personer på grund av deras yttre och du borde göra detsamma.

Det kanske låter som en kliché, men det är insidan som räknas.

This is a special edition of the opinion editorial page.
The writers expressed themselves in the language of their choice.

Những nghĩ ngợi về nguồn gốc của tôi

Tiếng Anh là ngon ngữ thứ hai của tôi và tiếng Việt là ngon ngữ đầu tiên. Điều đó chỉ xảy ra trong tám nam đầu tiên của đời tôi.

Mặc dù cha mẹ tôi chỉ nói tiếng Việt điều đó không đủ với tôi vì tôi đã xử dụng qua nhiều Tiếng Anh, vì dù coi TV hay chơi với bạn bè trong trường.

Mặc dù tôi sanh ra ở Mỹ nhưng tôi luôn tự hỏi rằng có ý nghĩa gì khi tôi là người Việt Nam. Những điều đó có đủ truyền thống và văn hóa để gọi tôi hay là phải được dạy dỗ và sinh sống ở Việt Nam có đầy đủ giá trị là người Việt Nam.

Khi tôi sống ở Mỹ, tôi vẫn được dạy dỗ theo truyền thống của gia đình người Việt. Ba mẹ tôi và tám cô chú tôi luôn luôn gặp nhau hàng tuần và luôn luôn gần nhau giúp đỡ nhau.

Khi mà xe của Ba tôi bị hư thì cô tôi sẵn sàng trả tiền sửa xe cho ba tôi, bởi vì lúc đó cô tôi là người làm ra nhiều tiền hơn ba tôi.



Minh Pham
Language: Vietnamese

Ông bà nội tôi luôn luôn di chuyển từ nhà con này đến nhà con khác, tùy ý muốn của ông bà nội. Đó là một giá trị truyền thống gia đình.

Giống như nhiều gia đình Việt Nam khác ba mẹ tôi được dạy dỗ, nuôi dưỡng từ một đời sống nghèo nàn.

Cho nên mọi người sống chung trong một mái nhà, để tiền để giúp đỡ nhưng đứa con lớn sắp lấy vợ, chồng sắp sống một đôi song riêng.

Những kỷ niệm tôi nhớ mãi khi gia đình quây quần, những đứa trẻ chơi đùa, đàn ông thì ngồi uống

rượu và ăn còn đàn bà thì lo nấu nướng những món ăn, lo sắp xếp và bày dọn lên bàn.

Đại gia đình tôi là những người tị nạn ở nước Mỹ cùng một thời gian và tự mình xây dựng một gia đình.

Tôi và em gái tôi thường xuyên gặp gỡ với các anh chị em họ của tôi nên chúng tôi coi nhau như anh chị em ruột.

Cho tới bây giờ cũng vẫn rất gần gũi.

Trong sự dấy dõng con cái đánh đòn là luật lệ không cần giải thích. Tôi nhớ rất rõ, tôi và hai em gái tôi đã sợ đến run người khi mẹ tôi xuống bếp để lấy roi.

Không có gì làm cho mẹ tôi tức giận bằng khi tôi hỏi mẹ tôi “Tại sao?” Mẹ tôi sẽ la lên “Sao? Sao ha? Tôi nói như vậy là như vậy.”

Hình ảnh mẹ tôi là người được giáo dục chu đáo ở Việt Nam hình như làm cho mẹ tôi trở thành yếu đuối và thiếu tự tin ở Mỹ.

Trong hầu hết người Á châu văn hóa và truyền thống là phải tuyệt đối vâng lời. Chống đối bằng hành động hay lời nói là một sự không được chấp nhận, là hủ xấu.

Hình ảnh mẹ tôi là người được giáo dục chu đáo ở Việt Nam hình như làm cho mẹ tôi trở thành yếu đuối và thiếu tự tin ở Mỹ.

Tôi nghĩ đó là một bài học lớn mà tôi đã học được về văn hóa của nước tôi. “Sự quan trọng là nghe lời người lớn.”

Nhưng gia đình tôi động thời cũng hấp thu sự thay đổi đời sống ba mẹ tôi li dị sau 14 năm lấy nhau, sự việc này là một điều không được chấp nhận ở Việt Nam.

Ba tôi không bắt tôi trở thành bác sĩ, nung luôn khuyến khích tôi làm bất cứ điều gì tôi thấy hạnh phúc. Bởi vì tôi sinh ra và lớn lên ở Mỹ không có nghĩa là tôi không phải là Việt Nam.

Nhưng gì tôi được giáo dục, những câu chuyện mà tôi đã kể trên và sự hiểu biết văn hóa que hướng tôi điều đó rất có ý nghĩa với tôi khi tôi là người Việt Nam.

Và đó cũng là một điều rất quý khi được sinh sống ở nước Mỹ.

Cái lý tưởng của xứ này là sự đáng tán dương của những người tự do và cho mọi người trên thế giới.

Những người tị nạn Việt Nam và gia đình họ là một phần trong số người đó.

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

SUDOKU

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7					9			
		5			2		8	1
		1		2				3
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		8			7			

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2÷			11+		3÷
5-			2÷	1-	120x
3-					3
1-			3-		5-
10+	8+			3-	9+
			10+		

TODAY'S CROSSWORD PUZZLE

ACROSS

1 Cabbage dish
5 Quantity baked
10 Miss Trueheart of the comics
14 Shade of green
15 Quebec school
16 Story-telling dance
17 "White Wedding" singer
18 Ward off
19 Press
20 Ducks or geese
22 Germ
24 Mary — cosmetics
25 Really big tees
26 Sigh or murmur
29 Proposal
32 Like dandruff
36 Motel treebie
37 Element in salt
39 — Dawn Chong
40 Primitive people (hyph.)
43 Custard base
44 Candles and such
45 Fencing sword
46 River in France
48 — hoo!
49 Articles
50 Libra mo.
52 Fragrant tree
53 Made eyes at
57 Baltimore team
61 Good dirt
62 Exciting
64 Town meetings
65 Mediterranean landmark
66 Strange
67 Dogmas
68 Club, briefly
69 Organic compound
70 Herbal soothers

PREVIOUS PUZZLE SOLVED

HALO	WAH	ISIS
ACIDS	ARGO	SHOE
FLAIL	SEAL	LAWN
TURNED	IN	LLAMAS
	UNA	WOE
PINATA	DAWNS	
EPOCH	MONETARY	
TORO	DAZED	MOUE
DARKENED	POACH	
NICER	PLANKS	
PAN	TOT	PIE
ADORED	GOT	ANTISY
SITE	ICES	DOUSE
HERA	NARY	SANITA
AUEL	GYM	HAISH

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DOWN

1 Prune
2 Beach resort
3 Slugger
4 Kind of secret (hyph.)
5 Tart fruit
6 — -deuce
7 Go one better
8 Mr. Kadiddle-hopper
9 Spiral or coil
10 Need for water
11 Franc's replacement
12 Disorderly one
13 Rational
21 Asphalt
23 Weather, in poems
26 Theater seater
27 Arduous
28 Steamy dance
29 Wet and spongy
30 Utah neighbor
31 Me, too!
33 Crinkled fabric
34 Shell's bevy
35 Ja and da
37 — Lanka
38 Cousins of "um"
41 Pick
42 Bring up-to-date
47 Bates of "Psycho"
49 IX opposite
51 Giggie (hyph.)
52 Young chicken
53 Wingless insect
54 A great deal
55 Fleming and Smith
56 Poor grades
57 "Garfield" dog
58 Be an also-ran
59 "Cope Book" aunt
60 Back talk
63 Craft or skill

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Cómo ser gringo en una clase de cultura hispánica

El término “gringo” no me ofende. Después de años en clases de español llenas de estudiantes latinos y seis meses viviendo en Centroamérica me he acostumbrado bastante a que me llamen gringo. Sin embargo, como otros términos similares, mi reacción al nombre depende mucho en el contexto en que se usa. Por ejemplo, se puede decir la frase, “él es judío,” políticamente correcto. Así la frase sirve simplemente como clasificación. Se le puede llamar “judío” porque este es el grupo a que pertenece. Pero si se dice la misma frase en un tono diferente, se convierte en una declaración francamente antisemética. Similarmente a los judío, no me molesta ser clasificado como gringo pero me ofende

ser perseguido por ser gringo. ¿Por qué me ofendería este título? Es una clasificación verdadera, el grupo al que pertenezco. Soy gringo. El término es también tristemente est- recho porque soy más que un gringo callado con acento raro en el fondo de una clase de español. Soy de un pueblo pequeño y homoge- neo. Soñaba viajar y vivir en otros países para escapar mi pueblo aburrido. Por eso



Eric Van Susteren
Language: Spanish

decidí aprender espa- ñol. Tengo un nivel de respeto inmenso para todas las culturas his- pánicas. Aunque me da vergüenza admitirlo, antes de salir para estudiar en Costa Rica, esperaba assimilarme completa- mente a la cultura cos- tarricense. Rapidamente me di cuenta que mi papel en una cultura como la de Costa Rica no era lo que había esperado. Para muchos allí, era turista, señal de dólar y gringo. Nada más. A la mismo tiempo, odiaba otros grin-

gos en Costa Rica. Era la culpa suya que los ticos (costarricenses) no confiaban en mí. Echaba la culpa a otros gringos por el hecho de que no pude asimilarme en la cu- lura tica durante mis seis meses allí. No quise ser tico, pero no quise ser clas- ificado como sólo un gringo. Probaba convencerme de que era algo más con hechos parcialmente correctos como estos: No soy estudiante, soy amante de la lengua española. No soy turista, soy residente del país de Costa Rica. Tal vez me estaba mintiendo. Soy un hombre blanquísimo de un pueblo pequeño en California. Siempre me ha interesado la cultura hispánica, pero mi comprensión de la cultura viene de un re- voltijo de influencias mezcladas.

Fui educado en el idioma español por españoles en el estado de California, cuya cultura hispánica se domina por mexica- nos. La mayoría de mi experiencia con la cultura hispánica y con el español hablado viene de mi tiempo en Costa Rica, un país bien conocido por aprovecharse de turistas, de gringos. Aunque tengo ligados a estos grupos, no pertenezco a ninguno de ellos. Pero por es- tar ligado, soy más que sólo un gringo. No hay palabra que me describa com- pletamente. Entonces si me ves como sólo un gringo llámame “gringo,” lo acepto or- gullosamente. Si me ves tal como soy, llámame “Eric” porque esta es la palabra que viene más cerca a describirme.

The english translated articles can be found online with the foreign language version of these opinions.

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どれだけあなたの人生を表すのですか

あなたはあなたが今、良いか悪い人間になる方法を自分自身に考える時間を要した事がありますか？

一部の人は彼らがされる方法になった理由は彼らの文化、家族、社会階級、政党などと言う。

しかし、それは全て言い訳のように聞こえないのでしょうか？

今もそういうふうを考えるのは残念だと思っているが、あなたがあなたでいるのは、あなただからだと実現した。

混乱？基本的に、あなたはあなたがされる方法だ。

自分の行動に非難何でもしてください。しかし、いつかの外傷や生活の状況を変える場合を除き、言い訳は、ドラムの中空しているのであった。

私は、今はいずれかの生活の中で最も時宜を得た最高の時間を再評価したり、実際の自分にしていたりする時間だと思う。それで、あなたは満足している場合はとても若く、人生のピーク時にはされて、あなたは自分に集中するチャンスがある。

最近、私はいくつかの困難な時期を経てされている。それで、私は健全な方法でストレスを処理しようとして多くの方法を試してみた。しかし、すべてが限られた時間までしか続かないと思われ。

このストレスは私が誰だと、私は本当にその人だと、もう一度推測された。それから私の弟は私に今までの最も刺激的な本当のことを言った：“人生は10％があなたに起こることについてだ、残りはどのようにそれらのことを認識するのかだ。”



Ashley Finden
Language: Japanese

奇妙なことに、その言葉私は通過していた全ての事を明確に表示するのに助けてくれた。

私はまだ私の瞬間を持っているのは知っている。しかし、彼は私に語ったことについて考えるとそれは制御不能およびバラバラに崩壊なるから私の脳を停止した。

この一つの引用は魅力的にとても有用だったが、私がそれの理由は知っていると思う。

この地球上で自分は含まれて一人一人に状況やイベントは起こる。それでは、あなたは他の人からなぜ特別なのですか？

あなたが誰かはあなたの状況やイベントを処理する方法による。

人生はカオスだ。時には人と私は、それが手に負えないと言う。なぜならば、実際にはあなたはあなたに起こる一つ一つのを制御できない。しかし、あなたは状況を対処する方法をコントロールできる。それによって、異なる結果もある程度オープンする事ができる。

私があなたは毎日適切に行動すれば人生は完璧されと言っている訳でもない。残念ながら、悪いことも起こる。しかし、問題を最善するように頑張

ることができる。

だから、私はあなたの育成や文化を関係なく、あなたの人生を制御する事ができると思う。

安っぽい聞こえるよね？はい。

しかし、現実と言うとあなたは学校、仕事、他の仕事、インターンシップまたは人生と呼ばれるあの小さなことに挟まられるとあなたが止めることができな感じで物事は狂気の旋風に落ちて来る。私はそれを経験したことがある。あんまり良い経験ではなかった。

しかし、そうなるたびに弟が私に語ったことを私の頭の中に忍者的ように這いつて来て騒乱を制御する。

私は突然過去のせいにするのは辞めて自分のせいだと告白する。私が知っている中で一番良い方法で問題を解決するようにする、ただしそうするのは簡単ではない。また、自分のブraidはある程度捨てる必要もある。

その後、私はどのような経験があったかが決定する。

あなたがある問題をどうやって処理することはその章の終わりではない。要約は全てだ。

あなたの人生に反映した時、どのように反応する、それは良い質問だと思う。

最悪の結果としてあなたはあなたがなることを狙った最高の人ではないと認識する場合がある。それは修正しながら前進する。

理解感がある人であること恐れてはいけない。人間一人一人はそうだ。しかし、それは彼らがそれを扱うことができるか否かの問題だ。

This article reads left to right.

داشتن بحران میانسالی در دانش گاه

بعضی از دوستای دخترومن میزاری؟

من اسمم سگ انتخاب کردم

تو هوا وقتی یکی صدداش میزنه معلوم نیست از کجا میاد و میپره به اسمم واتسیون که یک دغه یک بولدداگ فرانسوی

اسمهای سگهای ایندو حاضر کنم رویال تنزبام"، فقط و اسی اینکه که اسمم پرنیدی بود در فیلمه "دچارلس اسپانیولی به اسمم هرندکی، ویجرانز به اسمم ویلارد و یک کینگ یایک

دوسته پسر نداشتن ایراده من باشه یاشاید من

یاد میدادن، من ندیدم، یاشنیدم چیزی دم رو که باید پدر مادرم به من شایده

آوردن که در دو فامیل اوژو ببینن اوچدن منزله ما و این ویڈیو رو اوچد روی ویڈیو، یک فامیله فارسی وقتی تایتانیک

جالب بودم. ولی خیلی متأسف شوادم رو دیده بود. من منزنه یک داستانم مادرم ۲ بار تایتانیک

آخره فیلم رو هم میدونستن چیه تمامه فیلم. و از این بدتر، که ممه رو رد کنن بره. تقریباً میشد که قسمت عشقی و سرکسیه فیلم هر دو پدره ریچوت رو ورداشتن

ولی این یک چیزه غیره منظره نبود صرت که تا آخره عمر طول میکشه، بعله، عشقی

میکنه و اتفاقاته بد میوفته با یک تکه یه بزرگه یخ تصادف اصله فیلم این بود که یک کشتی

که قلیبم تحملش رو داشته باشه. به این زودی، چون من مطمئن نیستم یایک عشقه طوفانی نداشته باشیدی، ولی از یواشکی ازدواج نکنیدی، شاید که من یه اوستخان-عشقی مم پس خامش میکنم،



Shiva Zahirfar
Language: Farsi

ازدواج کرد در یوتا و من خوشحالم که دوستام ژاکلین تابستانه گذشت

احساسه بزرگ شدن به من دست داد دوباره

میکشمشون، دوستم الیسا هستش شد به دوستهام بگم اگه ازدواج بکنن بلاخره آخرین مورد که بایس

و دوسته پسرش این دغه سرکرت نبود عشقه بین دوسته من

که اگه هیچ احساسی در مورده پسره که باباش میره بیرون زداره، و گفت بود که هیچ احساسی در مورده پسرری در تابستان، الیسا به من گفته خانوادم برم به یک مسافرته طولانی قبل از این که من با

پیدا نکنه، دوستیش رو به مم میزنه

رفتم به دینده دوستم الیسا با خانوادم، وقتی برگشتم التراس، بعد از دو هفته مسافرت

زیاد به مم چسبیده بودن. هر جای که و من خیلی تعجب کردم که از علاقیه دوسته پسرش انجا بود،

اون پسره میرفت، این هم میرفت.

کمتر از یک سال با مم نامزد کردن بعد از شناختنه مم دیگه برای کرد این بود که در سال ۰۲ سالگی چیزی که جنو خیلی متعجب

“اگه بچت دختر بود، اسمش رو چی از حالا براش اسمم بچه انتخاب کردن.

میکنم زندگیم مثله یک زندگی سگه در سن ۰۲ سالگی، من فکر

چون از کربه میترسم، گفتم سگ البته میگفتم کربه، ولی

هیچوقت صحبتشرو با ما نکرده بود با یک جردی که در سربازی بود و شدم، یکی از دوستام ازدواج کرد ۷۰۰۲، سالی که از دبیرستان تهم تابستانه

هیچکدوم از دوستامش هم نمیدونستن اینترنتی داشت با اون پسرره، و اون عشقه

اون خیلی ناراحت به نظر میرسی، ولی در دهنه ساله آخره دبیرستان، من نمیدونم که چجوری اونآ آشنا شدن

من هم نیومد، و هیچ عنبرخواهی هم نکرد حتا تولوده

با دوسته پسرش صحبت میکرد و بعد جای اینکه با ما باباش، داشت رو میکنم، مثله اینکه توی اتاقش حال که فکرش

شنیدم که توی رزو با مم ازدواج کردن یک بار اون پسررو دیدم، و بعدش من فقط

اجتماعی مدیه دوستامش هم از روی دوستمون ازدواج کرده سالت شبکه قدمیدن که این

جایی که شوهرش سربازی میکنه. حاضر، اون در آلمان زندگی میکنه، در حاله

احساس کردم که دارم بزرگ میشم در اون زمان بود که من یه خورده

من که یاز ازدواج کردن، یامیشه به دوستای دبیرستانی یکی از سه تا داستانهای که مربوط این فقط

نامزد شوبدم.

چقدر من از این موضوع خبر نداشتم. بومد که چه چوری اینقدر عاشقه، و در غروسیش بومد. ولی بازم در تعجب

This article reads right to left.

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BABY

From Page 1

has scheduled a big break in the middle of the day in case she felt tired.

On Monday mornings, Monroy attends a 7:30 yoga class.

Hatha Yoga instructor Laurence Caughlan said yoga is one of the best activities for pregnant women because it makes them more limber, and said Monroy attended class regularly and was able to keep up with the rest of the class except during stomach positions.

“Very rarely do I have students come to class when they are as far along in the pregnancy as Sandra,” Caughlan said.

Monroy said she would sometimes have contractions in the middle of class and would be tempted to come home, thinking to herself, “Please be over, class — I’m in pain!”

“Sometimes, people try too hard to make things easier, and it makes me feel helpless,” Monroy said.

Monroy said her sorority sisters at Sigma Theta Psi supported her throughout the pregnancy and held a baby shower for her.

“Anything I’ve ever needed, they’ll come to the house and take care of things for me,” Monroy said. “I felt loved because my family is so far away.”

Baby Life

Monroy said she decided to give birth naturally, having accepted the ramifications of going through labor without the use of drugs.

“People said, ‘Oh, you’re going to ask for an epidural,’” Monroy said. “I have a high pain tolerance and I want to do it naturally.”

After nine-and-a-half hours of unmedicated labor and a cesarean section, Jayla Nevaeh Wilson was born at 3:44 a.m. on March 20, 2010.

“The first time I saw her, I couldn’t stop smiling and wanted everyone to leave us alone so it could just be me and her,” Monroy said.

Monroy said her doctor told her to take at least six weeks off for bed rest

before beginning any physical activity, but that she had to force herself to recover faster to continue the rest of the semester.

“The first day I got home, I just flopped on the bed on my stomach, and it felt so nice because I hadn’t laid on my stomach in so many months,” Monroy said.

Weeks after giving birth, Monroy said some of her excitement had worn off.

“The two hours of sleep every night is catching up to me,” she said.

Monroy said it takes two to three hours to get ready to go somewhere because she has to cater to her daughter’s needs.

“I have to make a bunch of trips to and from the car, little-by-little,” she said.

She said she returned to school just three weeks after giving birth and is now behind in her homework.

“When I was pregnant, I did everything until spring break,” she said. “And during spring break, Jayla would stay calm enough for me to do homework.”

Monroy said she hopes she’ll sleep better so she can catch up on homework.

“I am being realistic and I know the rest of the semester is not going to get any easier,” she said.

Andrea Lopez, a senior music theater major, said she is also a mother and is currently pregnant.

“Homework is the hardest part of managing being a mother and attending classes,” she said. “I don’t let negativity get in the way, because my future is more important to me than anything else.”

Future Plans

Monroy said it’s difficult to leave

her daughter when she leaves for class.

“The whole time I’m at school, I keep thinking about her,” Monroy said. “She’s only 2 weeks old, and I hate leaving her.”

Monroy said she plans to continue being a full-time student while looking for a job and being involved with her sorority.

She said she plans on utilizing the Associated Students Child Development Center.

“I don’t have regrets, but if I could do it over again, I would have waited until I graduated,” she said.

Monroy said that in her experience, a lot of people have a pessimistic view on student pregnancy.

“People think it’s the end,” she said. “Yeah, things will be harder, but life isn’t easy.”



Sandra Monroy walks down Fourth Street to school on March 14. Monroy walked to school nearly every day to stay healthy and active during her pregnancy. BRIANA CALDERON/ SPARTAN DAILY



Sandra Monroy, a nursing and sociology double major, sits idle during her yoga class on March 14. At this point she was already nine-months pregnant. BRIANA CALDERON / SPARTAN DAILY

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