

A & E

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Campbell has a plan for SJSU



[Dave Cabebe / Spartan Daily]

Oscar Marquez (left), a freshman business administration major, asks Tom Campbell (right) a question after the Don Edwards Lecture in Politics and History in Morris Dailey Auditorium on Tuesday.

By Jon Xavier
Senior Staff Writer

Pro-choice.
Pro-gay marriage.
Republican?
Gubernatorial hopeful Tom Campbell introduced himself to SJSU students Tuesday night, speaking to roughly 500 attendees at this fall's first Don Edwards Lecture in Politics and History. In the hour-long dialogue, moderated by political science professor Larry Gerston, Campbell presented himself as a different kind of Republican — liberal on social issues, but with a solid core of conservatism when it comes to

money.
Campbell said this blend is a good fit for an election environment where fiscal concerns are increasingly taking center stage. "Eleven-point-nine percent unemployment — it is really the issue," Campbell said, citing a figure by the California Employment Development Department. "If the economy weren't front and center I wouldn't have as good a shot," he said. "But it is front and center. People care about that more than anything else." The former U.S. representative has a track record of frugality to back up his claims. As a member of the 102nd

Congress, he was voted least likely to spend money by the National Taxpayers Union, a political group that seeks to eliminate government spending and lower taxes, according to a biography on his Web site. He's also held a number of key offices related to the budget, serving in the budget committee during his time as state senator and as director of the California Department of Finance in 2004, according to the same biography. Addressing the recent trouble passing the state budget, Campbell said troubles could be alleviated if California legislators stopped "budgeting on optimism."

He proposed a system where the state budget is based on the lower of either what legislators expect to make in the next year, or what they actually made the year before. In event of controversy, under his plan, the budget from the year before would carry over. "I definitely liked how he addressed the fiscal issues of California," said Priscilla Danandeh, a junior political science major. "I really hope, if he does get elected, he pulls through with what he said," she said. "He was really general, which was a little bit

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An estimated 7,000 students lack health insurance

By Kyle Szymanski
Staff Writer

Among the cost of classes, fees and books lies a financial burden that an estimated 20 to 25 percent of SJSU's student population chooses to ignore, according to the Student Health Center.

"We believe that somewhere between 20 and 25 percent of SJSU students are uninsured," said Roger Elrod, director of the Student Health Center. "That translates to about 7,000 SJSU students without insurance." Senior art major Jamin Favela said he believes it isn't the fault of students for not having health insurance.

"I don't know if it is a stupid thing for them to not have health insurance," Favela said. "It's lame that they can't have health insurance if they need it, because a lot of them don't have the right jobs that will provide them with health insurance."

"Most jobs students can get are part time with no benefits." For these estimated 7,000 students, the line between being healthy and finding themselves amid a catastrophic financial situation is paper thin, political science Professor Terry Christensen said.

"Many young people who are confident about their health choose not to buy insurance even when they can afford it," Christensen said. "Even those in good health get into accidents that can be financially catastrophic for themselves and their families."

The segment of SJSU stu-

dents who don't have health insurance are not alone when statistics are expanded to include the entire nation.

U.S. Rep. Mike Honda recently said at a community town hall meeting in Los Gatos on Sunday that an estimated 47 million Americans are living without health insurance, and in 2007, 67 percent of bankruptcies were caused by health care costs.

"Most jobs students can get are part time with no benefits."

Jamin Favela
Art Major

"It's statistics like these that make me an advocate of health care reform," Honda said.

But with health care reform being hard for some Americans to understand, and public opinion still varied on the correct methods of reform, what reform will entail is unknown, said James Brent, political science department chair.

"Americans are overwhelmingly in favor of some kind of reform," Brent said. "But beyond that there is little consensus."

Junior sociology major Alfredo Penuelas said he believes universal health care would be beneficial to Americans, but cannot realistically happen.

"It would be way too much for taxpayers to pay," Penuelas said. "But I think it would be

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Presidential directive will make changing your major more difficult

By Kaajal Morar
Senior Staff Writer

Students with 90 or more units will no longer be allowed to change their majors except by special permission, according to a presidential directive released on Sept. 1.

The directive, sent by President Jon Whitmore, states that it will go into effect the day after the Fall 2009 semester ends.

"Our goal is to help graduate as many students as possible by Summer 2010," said Cindy Kato, the director of academic advising and retention services.

Junior art major Miyuki Maruyama said she thinks it's better if students can change their major.

Maruyama, who is from Japan, said Japanese students are required

to declare a major before entering a university.

"I actually like the idea that you can change your major," she said. "You have more time to find out what you want to do."

Transfer students must declare a major in their application, according to the directive.

It also states that students who have already met their graduation requirements will be able to drop their classes with little to no penalty and graduate at the next available date.

Dennis Jaehne, the associate vice president of undergraduate studies, said, "If we determine a student is already done, and they are enrolled in Spring 2010, we will allow the student to drop all courses with no penalty and be graduated."

"The big change is that now we are looking and monitoring students as they get to 120 units, with an aim toward getting them completed as soon as possible, so that we can make room for the next group of students," Jaehne said.

Freshmen applicants may apply as undeclared, but must choose a major by the time they earn 60 units, the directive states.

Whitmore said he recognizes that the budget crisis has affected San Jose State.

"San Jose State University is operating today with a budget shortfall of \$42 million in state support," President Whitmore said during his fall welcome ad-

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New flight simulator offers student pilots a chance to fly on the ground

By Husain Sumra
Staff Writer



[Michelle Gachet / Spartan Daily]

Josh Harmagel, lead installer of Redbird Flight Simulators, shows staff how to operate the Redbird full motion simulator at the SJSU Aviation Facility on Wednesday.

Aviation students will now be able to use a full-motion flight simulator in some of their classes.

The department of aviation and technology has purchased a full-motion flight simulator called the Redbird FMX, which students can use to gain flight time, said Glynn Falcon, the director of the aviation and technology program.

"What we hope to do with this is get our entry-level students involved in flight simulation right off the bat," Falcon said.

He said the department hopes to use the simulator to build interest in aviation since aviation students can't take flight training at the university.

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Audio Slideshow
A 3 p.m. happy hour is only a few blocks from campus at Loft Bar and Bistro

Spartan Daily Blogs
Photo Blog
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New Photo Blog location

News Blog
Club Wet runs dry after brawl

News Blog
"Snuggies" walk the runway

[Kirsten Aguilar / Spartan Daily]

SOCCER SHUTOUT: Notre Deste de Namur on Wednesday night. Check out a slideshow on SpartanDailyPhoto.com.

Campus Images



[Hank Drew / Spartan Daily]

Carli Skardoutos (left), a first year criminal justice major, and Cassie Laine (right), a first year forensic science major, handle crime scene evidence as part of a justice studies class mock crime scene.

CAMPBELL

From Page 1

disappointing. I hope to read more about him, though," she said.

When asked his stance on Proposition 8, the ban on gay marriage that passed by a four percent margin last November, the Republican candidate said he believed people should have the right to be married, noting that "God creates straight people and he creates gay people."

"I was really surprised and pleasantly attracted to the fact that he is pro-gay marriage, and at least open enough to say that, even though that's not necessarily a popular thing for a Republican," said Jeff Lind, a senior behavioral science and sociology double major who describes himself as openly gay. "I really think that's good, because it's just something we need to move past and start making progress on," he said.

Campbell's stance on California State University tuition was equally clear — he wants to raise it.

This would be balanced by increases in Cal Grants, he said.

He also said it would help alleviate the problems he sees with the CSU system, namely

a lack of funding and the huge class sizes it creates.

"(It would) get more money for CSU — get more money for San Jose State," he said. "Do you like the size of the classes? No, people want smaller classes. Do you like not being able to add the classes you want, so you have to stay an extra semester? No, they'd like classes to be more available."

"All of that comes with more resources," he said. "I've got a way to get (the CSU) more resources. I think it sells itself."

Ultimately, Campbell said, he hopes that the attendees realize how deeply he cares about education.

"If you give a fair evaluation

"I've got a way to get (the CSU) more resources. I think it sells itself."

**Tom Campbell
Gubernatorial Candidate**

to what I've put forward as my priorities, and what I put up in detail as what I would support and defend in the budget, higher education is huge," he said.

The next Don Edwards Lecture in Politics and History is scheduled for Oct. 14 at 7 p.m. in Morris Dailey Auditorium.

It will be a conversation with another Republican contender for governor, Steve Poizner.

AVIATION

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"This school doesn't allow actual flight training, but we can simulate," Falcon said.

Seth Bates, department chair for aviation and technology, said the Redbird FMX was easy to use.

"It was exciting," Bates said. "Oddly enough, after a few minutes of almost-level flight, I began to feel a little airsick."

The inside of the Redbird FMX can be customized to resemble different types of lightweight general airplanes, said Josh Harwagel, lead instructor for Redbird Services.

Harwagel said the customizable parts include an instrument panel, the steering wheel known as a yoke, and the accelerator known as the throttle.

The Redbird FMX can move on all three axes, Harwagel said.

It can roll, move left or right, or tilt up and down, he said.

The Redbird FMX moves using three electric motors that move in small, quick increments, Harwagel said.

He said the motor's quick increments limit power consumption.

An instructor's console, which resembles a Tablet PC, comes with the Redbird FMX and allows the instructor to change the pilot's flying environment, Harwagel said.

"As the instructor, you can give the student something unexpected to keep them on their toes," he said.

The inside of the Redbird FMX is lined with monitors that resemble the windows of a cockpit that display computer-generated imagery of the terrain that are based on the video game "Microsoft Flight Simulator," Harwagel said.

Falcon said the base price for the Redbird FMX is \$60,000 and that the department paid for it with a surplus it had developed.

Debbie Creed, administrative support coordinator in the department of aviation and technology, said the Redbird FMX was made by Redbird Services and was the only full-motion simulator under a million dollars.

"It's very state of the art," Creed said.

She said the SJSU classes that will be using the Redbird FMX are Aviation 2 and Aviation 192.

Falcon said the department has another flight simulator from 1988, but that it didn't have visuals or motion.

Harwagel said Redbird Services used a customized version of "Microsoft Flight Simulator" to run on the Redbird FMX and that the university could download software updates to keep the machine up-to-date.

The Redbird FMX can be assembled with hand tools and broken up into small enough pieces to move through doors, he said.

Harwagel said the unit does not need much maintenance because of the electric motors, but that it should last at least 15 years.

DIRECTIVE

From Page 1

dress on Aug 20. "What this means is that San Jose State cannot operate in the same way that it has in the past. We cannot serve as many students, we cannot offer as many courses, and we cannot employ as many people as we did when I stood before you at this time last year."

Kato said students with 120 units or more who wish to change their major must receive consent from their major adviser, associate dean and the director of the academic advising and retention services.

Those students must receive assistance from their academic departments to help them complete their degree as quickly as possible, Kato said.

She said students with a high number of units will have their classes registered for them by the academic advising and retention services or their major adviser.

Andrae Macapinlac, vice president of Students for Quality Education, said education is not valued when students are forced to graduate to get them out of school.

"It's normal for college students to change their major," Macapinlac said.

Vanessa Bullman, a senior recreation management major, said she supports the changes.

"People don't know what they're doing and that annoys me," she said. "A lot of people are just lazy and don't go to class. They may not be the majority, but they mess it up for others."

She also said Whitmore isn't trying to be mean. "He's not deliberately trying to be a jerk to get rid of these people," Bullman said.

She said the main reason for the change is because of the budget cuts.

"We're aware that there are advising issues," Kato said.

Sometimes students don't meet with their adviser or know that they need to apply for graduation, she said.

The directive will help take more steps toward bettering the advising system, Kato said.

Stasiu Nabozny, a senior political science major, said the responsibility lies elsewhere.

"That's a symptom of a bigger problem," Nabozny said. "The problem is that the state has been cutting higher education system with wild abandon."

Macapinlac said he agreed. "Whitmore is working with the resources he has," he said. "I think

the most productive thing we can do is to work together, because the real blame lies at the top."

Kato said more classes are going to be offered during the winter and summer courses to help students get the classes they need.

"Everyone knows how terrible the class situation was this fall," Kato said. "That's not going to get any better unless we help students graduate."

"We're very aware of deadlines," she said. "But that's not the same thing as a student that says, 'I took 15 units, and I was going to drop it, but I forgot when the deadline was.'"

For students who are double majoring, Kato said that the university is still trying to find a solution that will accommodate them.

Macapinlac said students should be as prepared as possible for the real world.

"I think students will feel unprepared to go into the workforce if things continue the way they do," said Macapinlac, a senior political science major.

Kato said administration is trying to make the change smoothly.

"We're trying to do that with as little pain as possible," she said.

Your Facebook page could cause potential employers to look the other way

By Angela Marino
Staff Writer

Employers are relying on social network Web sites such as Facebook and LinkedIn, to determine your worth as a prospective employee, so it may be the right time to take down that keg-party picture, said a professional career consultant.

"Be aware of what your profile has on it — it can be dangerous, even if your profile is private" said Marcia Stein, a career transition consultant for Stein Consulting, Inc.

Freshman Liliane Opis accounting major said she never thought she was at risk of losing a potential job, because her profile is private.

"I never thought about how you can put your profile private, but employers can still see the tagged photos posted by your friends," she said.

On Tuesday in the Costanoan room in the Student Union, about 30 students attended the event "What Does Your Facebook Page say About you?"

The event was organized for students to learn the positive and negative aspects of social media, according to the SJSU alumni as-

sociation Web site.

"As an employer I am looking at your Facebook to get a sense of who this person is, but incriminating pictures will stop me from considering you for the job," Stein said. "Even if your profile is private that doesn't mean that it can't be found."

Another aspect of your Facebook account that employers may look at is the sense of humor you use, Stein said.

If your humor is not obvious, with emoticons or textual jargon such as "ha ha" or "lol" the content could be misconstrued as offensive to employers, she said.

"When I was growing up there was an expression, 'It is not what you know but who you know,'" Stein said. "It is still true but now we just say 'Networking.' It is still very important today in getting a job."

When looking for a job, it is important to create a web of contacts that relate to the field you are interested in working, Stein said.

"You network by going to networking meetings, which I strongly recommend," she said. "If you only rely on Web sites such as Craigslist and CareerBuilder your success rate is going to diminish."

Employers are more likely to

hire someone they know, such as someone in their network that knows you and recommends you for the job, Stein said.

Rangoli Sinha, a 2009 software engineering graduate, said she wasn't sure if she should start a social media account with Facebook or LinkedIn.

"I was considering how useful social media accounts are in the industry now," she said. "This presentation helped me understand how to use these online tools when looking for a job."

The Internet is a great tool, but it must be used wisely, because when something is deleted or restricted it may be accessed from a friend's page or somewhere else, Stein said.

It is wise to be cautious of what you are posting, no matter if that content is public or private content, she said.

"I am graduating this semester, so the presentation really helped me with my LinkedIn account," senior psychology major Heidi Lam said. "I hadn't really done anything with it since I opened the account."

"I am also going to be more careful of what I post on my Facebook as well," she said. "I wasn't aware that major employers relied so heavily on it for employment."

HEALTH

From Page 1

great to have it."

Enrolled SJSU students can obtain basic primary care and wellness counseling appointments without charge, Elrod said.

However, SJSU students must have health insurance to have major medical costs or emergency services covered, he said.

Many students who are 22-years-old and younger are covered by the insurance policy that their parents or guardian might have, Elrod said.

Students who are not covered under their parents' plan can try to purchase their own insurance as a way to obtain health care services, he said.

Such policies can run at least \$1,000 per year without providing a lot of coverage, Elrod said.

The policies in place are a clear signal that health care should be broken down and given to the government, senior music major Danny Owens said.

"I don't want a profitable industry out of something that is supposed to give me health," Owens said. "I think the countries that have socialized medicine have the right idea, and all of them have it completely figured out."

CD Review: Muse "The Resistance"

The highs and lows of a trio's musings

By Suzanne Yada
Staff Writer

Fans of classical music, Queen and Depeche Mode are going to drool over Muse's new album "The Resistance."

For those who were hoping for more of the fist-pumping anthem rock Muse showcased in previous albums "Absolution" and "Black Holes and Revelations," download a handful of new tracks (legally of course!) and stick to the older albums.

"The Resistance" is full of extreme highs and schizophrenic lows.

When the album hits, it's the most amazing piece of music you will hear this year. When it misses, it's confusing, ill-fitting or anticlimactic.

Frontman Matt Bellamy's voice sounds as if Thom Yorke learned how to belt it like Freddie Mercury and warble like Jeff Buckley.

After this album's release, Muse has officially stepped out of its reputation of being the "poor man's Radiohead." The band is now a modern person's Georges Bizet, the French composer best known for his opera "Carmen."

It's impossible to truly dig deep into the album without having a basic knowledge of classical music.

Not only does Bellamy play Chopin and Saint-Saëns pieces throughout tracks on "The Resistance," but the songs in and of themselves have movements that reflect common symphonic structures.

For example, "Exogenesis" is cut into three movements — Overture, Cross-pollination and Redemption.

The harmonies, the musicianship and the grandiose operatic heights are mind-blowing.

I have hopes this album will help turn on many rock fans to the wonders of classical music.

On the downside, the lyrics are eye-rolling and overly preachy. They're distracting from the complicated and beautiful compositions.

"The Resistance" is one of the first albums available in the new iTunes LP format. It comes with three videos, extra photos and some brief explanations about the songs.

The digital package was a bit disappointing, since I'd already watched two of the three videos on YouTube.

You can also stream the album for free at Muse's official Web site, but digital files never capture Muse's full sound. Get the CD.

Highlights

"Undisclosed Desires" gives me quiet chills. It's Depeche

Mode meets Timbaland meets oh-my-Lord-that's-good music. This track has quickly catapulted to my top five favorite Muse songs of all-time.

That's saying something, because "Supermassive Black Hole," "Time is Running Out" and "Butterflies and Hurricanes" are very stiff competition.

Muse played "Uprising" during the band's U.S. television debut at the MTV Video Music Awards last Sunday.

It's the one track that brings back Muse's good old fist-pumping sound. I can't wait to see this one live. (By the way, Muse will readily admit to diverse and sophisticated influences. But c'mon boys, you stole this song's riff from Blondie's "Call Me," and you know it.)

"Exogenesis" is a straight-up three-part symphonic piece about populating Mars. If that isn't the definition of awesome, I don't know what is. It helps that the music is a brilliantly gorgeous blend of violins, pianos and electric guitars.

The song "United States of Eurasia" is as diverse in its sound as its name. I'm stunned that the band can meld an over-the-top Queen tribute with an orchestral Middle Eastern sound, then launch into a rendition of Chopin's "Nocturne In E-flat



[Photo Courtesy of the Muse official Web site]

Muse: Bass player Christopher Wolstenholme (center), lead singer Matt Bellamy (left) and drummer Dominic Howard (right).

Major" without skipping a beat.

This is a feat attempted in other songs on the album, and this is the only track other than "Exogenesis" where it truly works.

Lowlights

"Unnatural Selection" starts out with so much potential, and then just falls flat. "I Belong to You" has the same problem. When these songs shift gears they lose any coherence. Muse has definitely gone overboard with mid-song breakdowns.

I had a reasonable expectation that an Orwellian song about sex as a political statement wouldn't be lame. Thanks for proving me wrong, "Resistance."

You set yourself up so well with your ethereal intro, piano melody and enjoyable harmonies,

then let yourself drop to a chorus Blink-182 could have done.

Bravo.

A first for me: I've never called a Muse song God-awful before, but "Guiding Light" is God-awful. It's just about as cheesy as its soap-opera namesake. That's bad.

But even with those stinkers, the highlights on "The Resistance" are still irresistible.

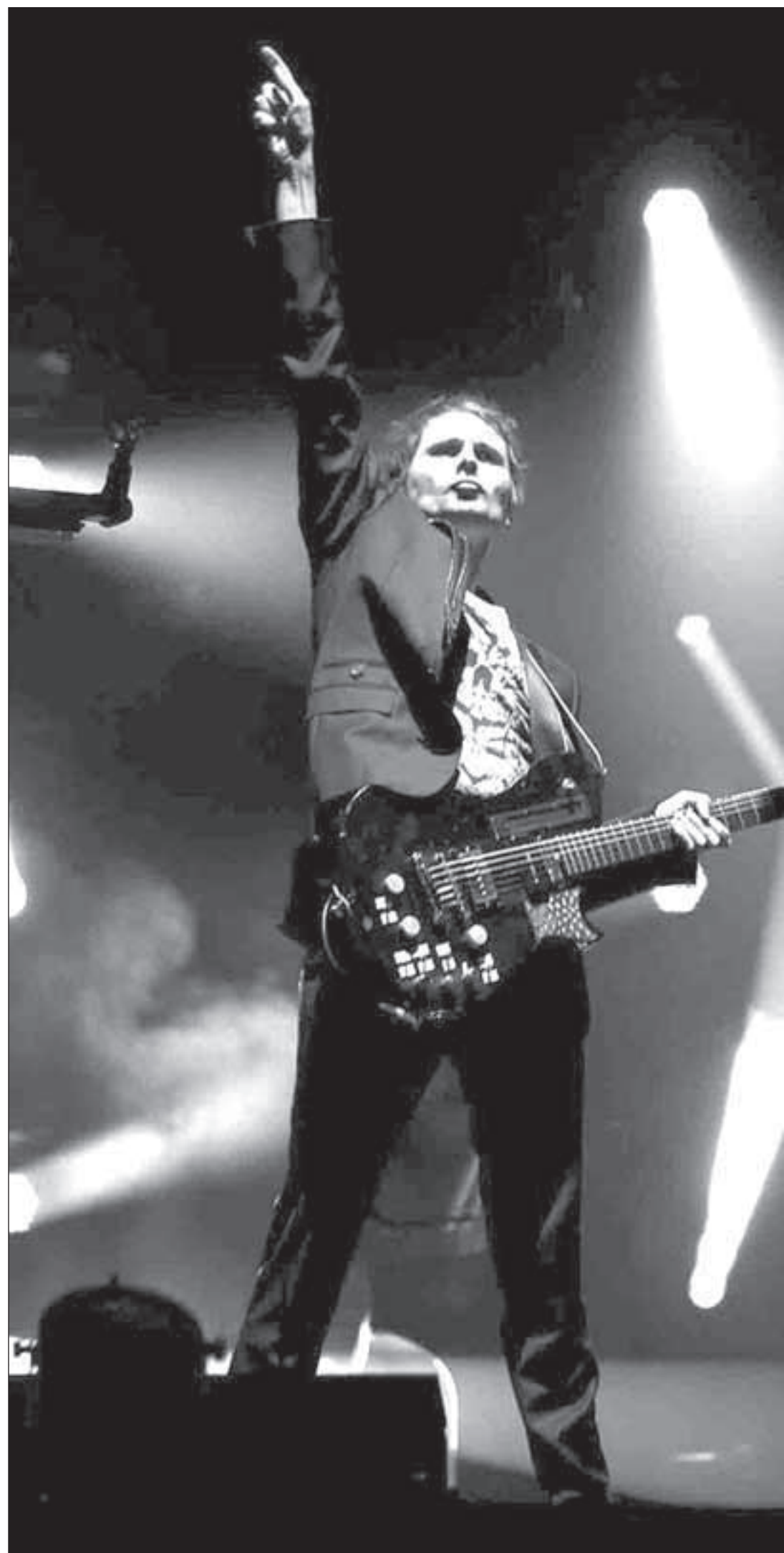
I always thought Muse was going to take over the U.S. like they have taken over other countries. They're poised to do just that.

But for new listeners, it helps to listen to the band's last two albums before hitting play on this experimental rock record.

Then you'll be able to see Muse's full range of majesty.

"The Resistance"

- ★★★★ "Uprising"
- ★★★★ "Resistance"
- ★★ "Undisclosed Desires"
- ★★★★ "United States of Eurasia (Collateral Damage)"
- ★★★★ "Guiding Light"
- ☆ "Unnatural Selection"
- ★★★ "MK Ultra"
- ★★★ "I Belong to You (Mon Coeur S'ouvre A Ta Voix)"
- ★★★ "Exogenesis: Symphony" (Parts 1, 2 and 3)"
- ★★★★★



[Photo Courtesy of the Muse official Web site]

Muse lead singer Matt Bellamy during a live performance in Teignmout, United Kingdom earlier this month.

American Leadership Forum—Silicon Valley presents
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To register visit www.alfsv.org, email alfsv@alfsv.org or call 408-554-2000.



American Leadership Forum
Silicon Valley



Restaurant of the Week: Loft Bar and Bistro

Celebrating casual, classic American cuisine

By Jennifer Hadley
Staff Writer

After a hard day's work, Loft Bar and Bistro is a trendy stop for some classic American eats and drinks. Most students might think of Loft Bar and Bistro as a nightclub, but by day it is a restaurant.

Loft Bar and Bistro is located in downtown San Jose, just two blocks from campus, at 90 S. Second St.

I arrived around 5 p.m. while jazz music, laughter and chatter filled the air.

The only lighting came from tiny red lights dangling over the bar, the windows and a small skylight.

A brick wall, clay red walls and a dark staircase enclosed the restaurant.

There weren't many students dining in the restaurant. It was mostly adults just getting off work and stopping by for a bite to eat or for a drink or two from the bar.

The atmosphere was intimate and romantic, but the noise level was not ideal for an intense conversation. The dining area on the bottom floor might hold around 100 guests.

The friendly bar manager recommended I tasted two of the restaurant's newest drinks — the "Great White" and the Mango Mojito.

The "Great White" was made with Cruzan Mango Rum, Bacardi Limon, and mango and pineapple juice. It was tasty, but after a few sips it was too sweet for my taste.

The Mango Mojito was extra minty, bubbly and just sweet enough. It was the best mojito I've tasted. It was made with pineapple sweet and sour, mango flavored rum and of course, fresh mint and soda.

Surprisingly, it was a busy Tuesday night with two large parties for the servers to attend. Because of the crowd, I didn't have one set server. I still got what I needed, but the servers rotated between tables.

The restaurant offered traditional appetizers such as buffalo chicken wings and calamari, but it also offered some



[Jennifer Hadley / Spartan Daily]

The Loft Bar and Bistro features an upstairs dance floor and outdoor dining area. It is located at 90 S. Second St.

unique options including sun-dried tomato garlic soup and steak bites.

The steak bites were tender chunks of meat served with a creamy, mushroom flavored, cabernet dipping sauce. It came with colorful vegetables on the side — and these were not the basic broccoli and carrots you get from other restaurants.

Instead there were big pieces of sweet, sun-dried tomatoes, zucchini, squash, carrots, corn and green beans.

I also tried the sliders, which were traditional miniburgers with the basics — fluffy bun, fresh tomato, lettuce, mayo and beef patty in the middle.

The burgers had a homemade feel, be-

cause they weren't dripping with grease, and they were served with a pile of salty, crunchy onion strings in the middle of the plate.

Although the steak bites and the sliders were just appetizers — I was full. I could have stopped there and been well on my way, but there was one entree I still wanted to taste.

The Panko Crusted Chicken Breast is one of Loft Bar and Bistro's most popular entrees. It was a generous serving of chicken covered in Japanese bread crumbs, topped with a sweet, honey-mustard sauce.

The chicken was served with more

of the vegetables with sun-dried tomatoes that I was obsessed with, and garlic mashed potatoes, which were plain compared to everything else.

A dance floor occupied the upstairs room, but because it was being used by a party, I was not able to check it out.

Loft Bar and Bistro would be a great restaurant for a celebration or to go to after class with a few friends to share appetizers or grab a few drinks. It is a bit pricey for a student's wallet, with every entree more than \$15.

It does have a happy hour, Monday through Friday from 3 p.m. to 7 p.m. with \$6 select appetizers and \$5 select

drinks, according to the restaurant's Web site.

The Loft Bar and Bistro hosts live jazz music every Thursday night and disk jockey music and dancing Friday and Saturday night from 10:30 p.m. to around 1 a.m., according to the Web site.

The full menu is available Friday and Saturday nights until 10:30 p.m., and then they switch to a limited menu until about 1 a.m.

This story has an **Audio Slideshow** at theSpartanDaily.com



[Jennifer Hadley / Spartan Daily]

The Steak Bites are one of Loft Bar and Bistro's appetizers.

Two in one?
Restaurant & Bar

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Agenda Lounge
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San Jose, CA 95113-2804
(408) 287-3991

Fahrenheit Ultra Lounge and Restaurant
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Alternativo En Espanol

Artist	Song
1. Los Amigos Invisibles	Mentiras
2. Juan Son	Mermaid Sashimi

Electro

Artist	Song
1. Simian Mobile Disco	Synthesise
2. APSCI	"Til The Windows

Jazz

Artist	Song
1. Sergio Salvatore/ Christos Rafalides	Dark Sand
2. Eldar	Virtue

Sub Rock

Artist	Song
1. GWAR	Damnation Under God
2. The Mumlers	St. James Street

Urban

Artist	Song
1. The Redland	What It Means
2. Crooked I	Shoulda Made You My Wife

Spartans look to contain Cardinal ground attack

By Ryan Buchan
Senior Staff Writer

Since head coach Dick Tomey was hired in 2005, his teams have had trouble slowing down Stanford senior tailback Toby Gerhart.

The Spartans thought they had an answer for Gerhart, holding him to 27 rushing yards in the first half of last year's game.

Gerhart bounced back in the second half and ran for 121 yards.

"Gerhart is a great running back," Tomey said. "He had the best year last year any running back has ever had at Stanford."

This Saturday, SJSU will have one more chance to try to contain the senior running back as it faces Stanford.

Gerhart has averaged 7.8 yards per carry in three games against Tomey's Spartans.

Gerhart has run for at least 140 yards the last two times the Spartans have played Stanford.

"Every year he brings his A-game and he seems to know how to gash us, especially when we really need to stop him," senior defensive end Justin Cole said. "He is probably one of the better runners we face all year. We know what we are going to get with Gerhart."

"He is going to come at you and keep coming at you as long as he has two legs."

Only one Football Bowl Sub-division team has allowed more rushing yards than the Spartans 593 yards in two games.

"We got to work hard on run defense — period," Tomey said. "Right now, we are abysmal against the run, and we are abysmal running the ball."

Tomey said running backs Pat-

rick Perry and Brandon Rutley may not play because of injuries. He added he is hopeful both guys will be in the lineup.

The Spartans' options in the backfield are Lamont Mulrow, who is playing in his first NCAA Football Bowl Subdivision season after transferring from Sierra College, Chris Reese, Cameron Island and Dominique Hunsucker, who Tomey said may switch back to playing offense after spending time on defense.

"You got to have a lot of running backs in football now-a-days, because they are getting smacked all the time," Tomey said. "So, you just have to have more than one ... more than three."

Jordan La Secla will be making his first collegiate start at the quarterback position.

Last week against Utah, La Secla came off the bench and threw for 242 yards, one touchdown and an interception, which came off a Hail Mary on the final play.

"I thought for a guy who has only played one college football game in its entirety ... he did a terrific job," Tomey said.

Depending on how the game goes, Tomey said senior quarterback Kyle Reed, who started the Spartans' first two games and has not led a touchdown drive yet this season, could see some playing time.

"The way you evaluate quarterbacks are on their win-loss record — not their statistics," Tomey said. "We will be looking for the guy that will lead us to victories."

The Spartans defense will be without defensive end Mohamed Marah, who is suffering from a labrum tear in his shoulder, which



[Photos by William Cooley / Spartan Daily]

SJSU quarterback Jordan La Secla, No. 12, prepares to throw a pass in Saturday's 24-14 loss to the Utah Utes.

may require season-ending surgery.

Cole will fill in for him at defensive end. He played linebacker last season, but was a defensive end before that.

Playing defensive end "is like riding a bike for me," Cole said.

"I have played it for so long that it is always going to be relatively easy for me to transition back into playing defensive end,"

he said. "That's where the team needs me — I will play it."

Last week, both Stanford and SJSU floundered in the fourth quarter.

Stanford held a 17-10 lead going into the fourth, but could not stop Wake Forest's offense. Wake Forest quarterback Riley Skinner marched the Demon Deacons down the field and scored on a 1-yard run with two seconds left to win the game 24-17.

SJSU was tied 7-7 against Utah going into the fourth, but the defense could not stifle the Utah offense any longer as they scored 17 points to take home a 24-14 victory.

"We didn't finish the job," Tomey said. "We had a chance to finish the job, and we didn't get that done."

The Spartans have not beaten Stanford since 2006, the last time Stanford played in San Jose.

"We have a long history with

Stanford," Tomey said. "We have a lot of respect for Stanford as an institution. We would prefer if Stanford would choose to come here like one in every three or four. I think that is the part that bothers me."

Gerhart's rushing vs. SJSU

	Attempts	Yards	TDs
2006	13	82	0
2007	12	140	1
2008	22	148	1



Wide receiver Marquis Avery, No. 9, catches and secures the ball against Utah's R.J. Stanford, No. 25. Avery caught seven balls for 85 yards with a touchdown against the Utes.

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Spartans blast Argonauts despite slow start

By **Husain Sumra**
Staff Writer

For the first 13 minutes of the game, the Spartans didn't register a single shot on goal. But it would only take one shot to wake them up.

Colby Moore's goal in the 14th minute put the Spartans ahead, and they never looked back in Wednesday night's 5-0 victory over Notre Dame de Namur at Spartan Stadium.

"This was the result we had to have," said head coach Gary St. Clair.

Forward Colby Moore found the net for the first time this season on an assist from defender Dan Addiego, who crossed it

from the left side of the field only to find Notre Dame goalkeeper Joseph Mora, who parried it away.

Moore streaked across the front of goal and pounced on the rebound for a tap-in goal.

"All our hard work that we put into practice — we try to put it out on the field and it showed today with our shutout," midfielder Steve Sanchez said.

Two minutes later, the Spartans won a penalty kick resulting from a handball by the Notre Dame defense in the penalty box, and Oscar Monjaras pushed it to the right as Mora guessed wrong, diving the wrong way, giving SJSU (2-4) a 2-0 lead.

The Spartans added a third

goal as midfielder Ricky Dorrego shot the ball over the goalie and into the corner from within the penalty box.

Before halftime, midfielder and co-captain Nick Cukar blasted a shot into the right corner of the goal, giving SJSU a 4-0 lead going into halftime.

"I received the ball in the middle and saw Nick making that dashing run down the line, tried to play it to him, got it a little behind him, but he got it back and just cut it inside and finished it," midfielder Justin Castro said.

Both teams registered nine shots in the first half, but Notre Dame's efforts were continuously wide of the net as goalkeeper Jonathan Lester didn't register a save

in the first half.

The Argonauts (0-7) switched goalkeepers at the half but the Spartans continued their scoring ways as midfielder Justin Castro fired a shot into the lower left corner of the goal from just outside the penalty box.

"I didn't hesitate," Castro said. "I just took my chance."

Castro said the ball was bouncing toward him and he just ripped it with his left foot.

"I was very pleased with the quality of some of the goals," St. Clair said. "We could have had 10 easily."

The Spartans finished the game with 19 total shots, and Lester didn't register a save.

"I thought the performance

was OK, at times it was quite good," St. Clair said.

St. Clair said despite holding the Argonauts to two shots in the second half and 11 for the game, there was room for improvement.

"I'm looking for consistency in players," St. Clair said.

St. Clair said the team's focus was on conference play and that

improving consistency was important.

"This is a race to get better," he said.

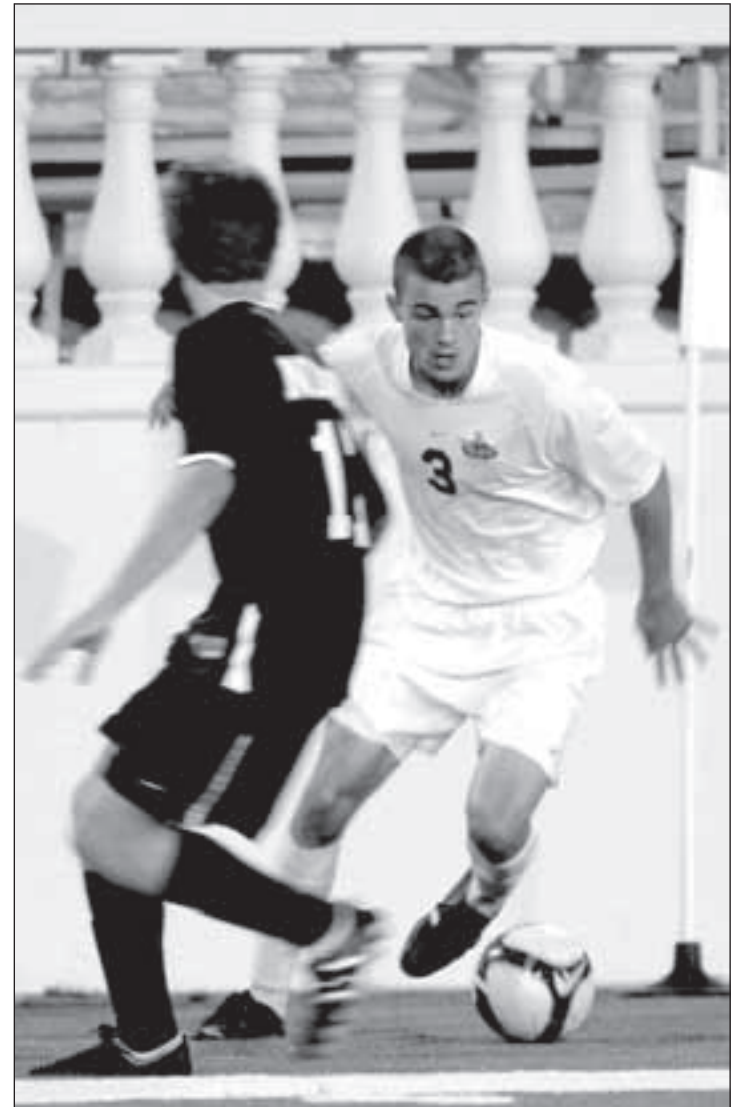
The Spartans take on Cal Poly this Sunday in San Luis Obispo.

St. Clair said the Spartans would need all their players in peak physical condition for Cal Poly.

"It'll be a bloody war," he said.



SJSU midfielder Josh Boemecke, No. 18, controls the ball against Notre Dame de Namur's Arturo Gomez, No. 15. Boemecke assisted on the Spartans' fourth goal, which was scored by midfielder Nick Cukar. The five goals the Spartans scored was their highest total of the season.



[Photos by Kirsten Aguilar / Spartan Daily]

Defenseman Nick Murphy, No. 3, dribbles to his left against an Argonaut player. Murphy and the Spartans' defense shutout Notre Dame de Namur and did not allow a shot on goal. The shutout was the Spartans first of the season. Their last shutout occurred when they blanked New Mexico last season.

Photo Blog

This story has a slideshow on the photo blog

spartandailyphoto.com

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Previous Puzzle

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

SUDOKU

Difficulty: 1 of 31

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

TODAY'S CROSSWORD PUZZLE

ACROSS

- Human species
- Jungian term
- Swedish lady
- Eye doctor's report
- Domestic
- Common dog
- Island
- Catholic letters
- Scandinavian
- Hebrews' 40 points
- Blind and average
- Madison grazer
- Like some mammals
- French language
- Lack
- Phase
- It's Texas
- Formerly 1907 name
- Not assumed
- Beats the blues
- Room
- Computer
- Red Shirts
- Lazy Jim
- Longest bags
- It's not an object
- Places at bridge
- Chemical salt
- Patch
- Stare cover
- Heads to go on
- Wooden house
- Not a cap
- It's temp
- Sister's pet
- Fun
- Mr. Green's
- Two's share here
- Element markers

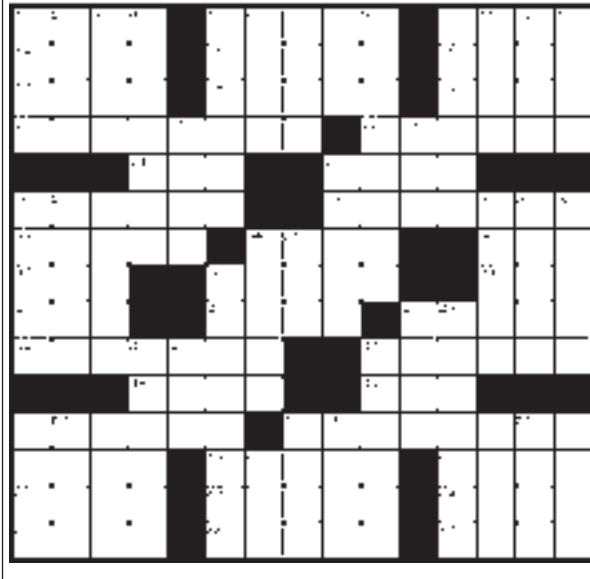
DOWN

- Local
- Four-color state
- Knock-knocks
- Don't eat
- Future phrases
- Longest road
- Carton's
- Carton's
- Language
- Language
- Spacecraft station
- Archaeologist's find
- For settlement
- Circles
- Tease
- Phonetic
- Count hats
- Source: water
- Answer
- Bring in the sun
- Poker par
- Make happen
- Prey

PREVIOUS PUZZLE SOLVED

LIAN	USST	GUIT
LADA	ATLAS	TOTO
KSTI	SEAL	HALL
SEAT	BASTILL	FE
ISAK	STULL	
CAMEDS	EAFFLAPS	
ONCOS	BACLI	IPAL
DOT	QUJLY	ITIO
CHIR	USERS	WHONG
INTLA	CO	HAUNTS
LOU'S	ROGS	
PLEDGE	FEER	SOLO
VOTU	WALID	EMTU
TORE	SWED	IALU
SEED	LEUS	SBTA

1. Knocks
2. Newspaper
3. People
4. Westerner
5. 24
6. 42
7. 45
8. 46
9. 47
10. 48
11. 49
12. 50
13. 51
14. 52
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16. 54
17. 55
18. 56
19. 57
20. 58
21. 59
22. 60



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Starving student faces the challenges of Ramadan



Husain Sumra
Staff Writer

As a part of the Muslim holy month of Ramadan, I, along with Muslims all throughout the world, have been fasting from sunrise to sunset for 30 straight days, since Aug. 22.

Ramadan is the ninth and holiest month in the Islamic calendar in which Muslims fast and purify themselves through good deeds and by offering extra prayer.

Unfortunately, I go to SJSU where it can get very hot —

beads of sweat come as often as breaths of air, and an icy beverage becomes a necessity.

That isn't the worst part, even when you factor in that water is a no-no from dawn to dusk.

The worst part comes in the disconnect it creates with people who aren't fasting.

Turning down lunch offers can become tricky when you've had no food for eight hours, and you can't decide how to say, "No."

Saying "No, thank you" could work, even though you risk having the other person wonder why you don't want to go to lunch with him or her, and when they ask you just seem like a liar.

Opting to tell them bluntly that you're fasting doesn't work either, as you then become a disciple of the Kanye West school of manners.

The best option is combining both answers, but the lack of food and waking up at 4 a.m. creates a nice lack of focus that turns any decent answer into a simple, "Uh."

It also becomes painfully obvious that just because I'm fasting doesn't mean the rest of the

world is fasting along with me.

Watching students between classes with a nice footlong Subway sandwich or a soothing Jamba Juice certainly is challenging, but it's not close to the challenge of talking to someone while they're eating.

For instance, talking to someone while they slurp on a "Razzmatazz" when it's more than 90 degrees outside isn't a recipe for success.

Your eyes — even though you don't mean it — tend to drift in the direction of the drink, which can result in odd looks and even offers of a sip of the aforementioned beverage.

That brings us back to having to reply to an offer to eat when

you can't, except this time, you run the risk of making them feel bad about having the food item in front of you.

If you do manage to make the person feel bad, they'll try to avoid drinking that "Razzmatazz" as much as possible.

Of course, there are some positives to these awkward encounters.

I do end up educating people about the month of Ramadan.

Even though I have to wake up at 4 a.m., and I don't eat anything until about 7:30 p.m., it allows me to test my willpower. That happens quite a bit.

It allows my family to come together every night, much like Christmas Eve.

At the end of Ramadan there's a day of celebration called Eid al-Fitr, and that allows me to miss work and school. Nothing wrong with that!

I also get to experience what the less fortunate feel.

Sure, I could get water and food whenever I want, but with Ramadan I can feel a sliver of what people who don't have easy access to everyday essentials feel.

If you do catch me eyeing your nice cold bottle of water during class, don't worry.

I'm just fasting.

Husain Sumra is a Spartan Daily staff writer.

Hopping on board the pity-party train



Stephanie Vallejo
Bird's The Word

FML.

A widely overused acronym that sums up one specific, crappy event.

Luckily, it's not so overused at the F My Life Web site.

On my bad days, I visit the site and laugh at another person's expense.

I read page after page of daunting tales, ranging from a girl being dumped on the phone while her ex-boyfriend orders a sandwich, to a boy waking up in boot camp saluting with morning wood.

Now, here's the skinny.

Anyone can submit up to 300 words, but it isn't guaranteed to be published on the F My Life home page for all to sympathize or make fun of you.

First it's screened and determined if your life is worthy to be seen by the thousands of pairs of eyes viewing the site daily.

Here, my friends, is a sure-fire way to exploit your daily shits and giggles. Just don't assume your tall tales will be given the recognition you expected.

Can I be the first to say, "Thank you people of the world?"

Thanks for publishing your woes and letting me exploit and rate your lives.

You make my life seem like a walk through a fluffy marshmallow garden.

But why would anyone allow their horrible experiences to be given the "I agree, your life sucks" or "You totally deserved it" rating?

I guess it's because people love to tell each other their drama — that means boys, too.

Take this sad soul's experience:

"Today, after 13 years of engagement, my fiancée and I split. As is, with the day, we

changed our Facebook relationships to make it official. I logged back on tonight to find her mother, the woman I've spent the last year looking after and having a good time, 'liking' the break up. FML."

I commented saying he deserved it.

Making a girl wait 13 years to marry you? Please.

The person who should really create an account is President Obama.

I bet if he was posted on the main page we could spot it right away because it would say, "Today I introduced a really awesome health care plan. I worked night and day on it for weeks and finally got the nerve to address it. People booted. FML."

Obama should take note of the short and sweet posts on this Web site and take into consideration why 300 words is the limit to post.

Mr. President, your health care plan is too long.

Do you really expect your ideas to just flow out to the public and be respected?

You're not campaigning, remember?

I respect the fact that you're trying to prove to us why your voters — me not included — elected you, but now your job is to convince the rest of us.

Dawn will break on the day you cower down, and I think today is that day.

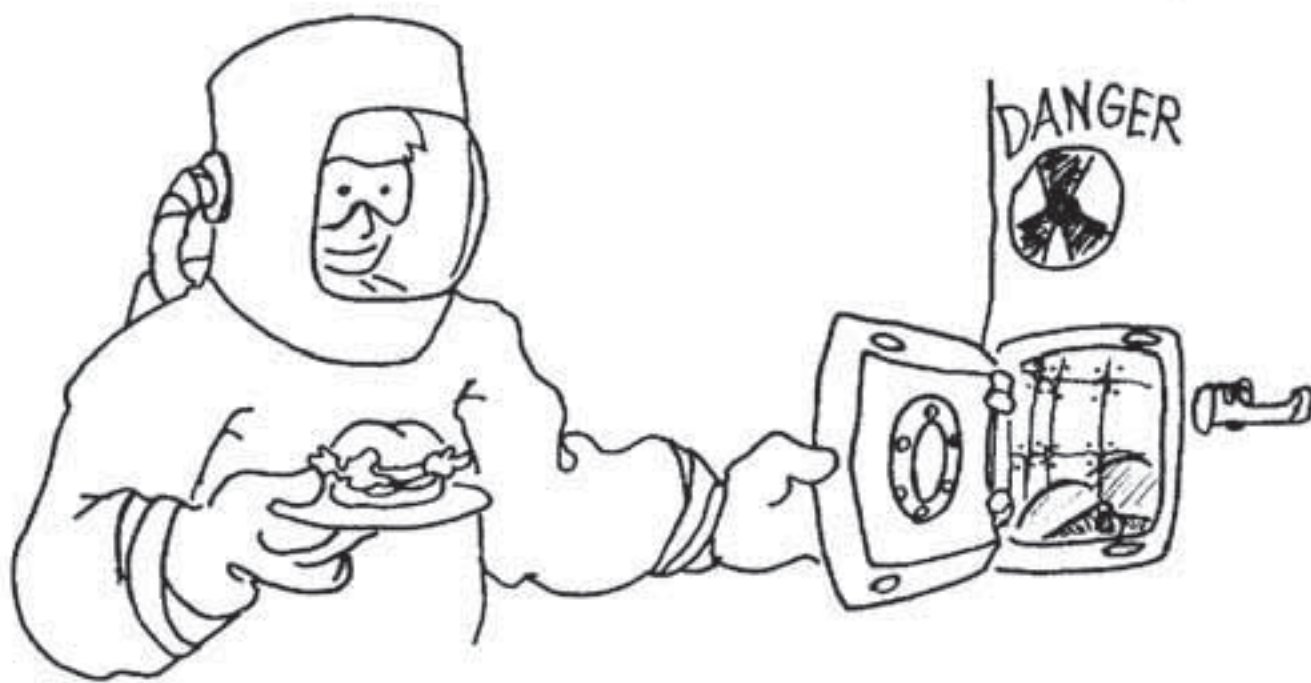
Create an account and see how good it feels when someone thinks your life truly does suck. I'd imagine your ratings would be half and half.

Stopping by this site may seem pointless, but it sure beats ratemypoo.com

Stephanie Vallejo is the Spartan Daily opinion editor. "Bird's The Word" appears every Thursday.

Ruminations

illustration by Carl Evans



Dinner at the science building.

Respecting the way food was made to be eaten



Scott Reyburn
Grinds My Gears

You know what really grinds my gears?

That guy who eats all that tasty food on the Travel Channel.

You know, Adam Richman.

I mean, who does he think he is — an older, fatter Joey Chestnut?

Richman is the host of a somewhat new TV show on the Travel Channel dubbed, "Man v. Food."

The premise is that he travels across the United States to soak in the culture and food of one particular city in each episode.

He tours the restaurants for the first half of each episode, and in the second half he takes on whatever particular food challenge one of the restaurants he visits offers.

I've never seen the show until my friend recently introduced me to it through Netflix "watch instantly" on the Xbox 360.

In some of the episodes I've seen he was challenged to drink five 24-ounce malted milkshakes

in 30 minutes, eat a seven-pound, grand breakfast burrito in an unlimited amount of time, and eat a giant pancake named the "Mac Daddy Pancake."

I can drink five 24-ounce malted milkshakes in my sleep!

If McDonald's served the McRib again, I would be the world champion of a McRib eating contest, hands down.

I took a trip to Las Vegas this summer, and while strolling up and down the strip, I passed by the old run-down Sahara Hotel and Casino.

Plastered on a giant billboard outside of the casino was a giant burrito, advertising the six-pound burrito challenge at the NASCAR Cafe.

The burrito's cheesy, meaty, fluffy, sour-creamy and heart-stopping-saucy delectableness-topped me dead in my tracks.

And I uttered to myself, "I have to attempt eating that."

I can never pass up a good challenge, regardless if its food related.

Sadly, I never got a chance to devour the six pounds of burrito goodness.

It wouldn't have been a great idea to possibly ruin the rest of a vacation day by having my body bloated with a bunch of burrito.

Rickman has even made his way to San Jose. For that episode he stopped by Henry's World Famous Hi-Life to chow down on some ribs, SmokeEater's to take on its "Hellfire Challenge" of one-dozen wings dunked in the restaurant's hot sauce, and Iguanas to eat its five-pound burrito ironically named "Burritozilla."

Chestnut ate Iguanas' infamous "Burritozilla" in three minutes and 10 seconds.

Try as I must, I, or anyone else, would never get close to his mark.

Food contests are one of the hottest sports right now, so that technically makes Joey Chestnut SJSU's No. 1 sports celebrity.

With the rise of more competitive eating contests leads to the question of whether it's unhealthy to eat the excessive amounts pro-

fessionals do in a small window of time.

Some competitive eaters, such as Takeru Kobayashi, are extremely fit and don't show any signs of obesity.

Maybe I'm in the wrong profession and should follow in Chestnut's hot-dog-bun-crumble trail.

Scratch that.

I'll go on a diet instead and cut out all the fast food and eating challenges. Although working for the Spartan Daily doesn't help.

Here's to being sober of fatty foods for two hours and counting.

Scott Reyburn is the Spartan Daily online editor. "Grinds My Gears" appears every Thursday.

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Letters to the editor must contain the author's name, address, phone number, signature and major. Letters become property of the Spartan Daily and may be edited for clarity, grammar, libel and length. Only letters of 300 words or less will be considered for publication.

Published opinions and advertisements do not necessarily reflect the views of the Spartan Daily, the School of Journalism and Mass Communication or SJSU. The Spartan Daily is a public forum.

New Deal compared to our current economic ills

By Alicia Johnson
Staff Writer

Guest speaker Harvey Smith paralleled President Obama's vision of "change," and the country's current economic conditions, with FDR's New Deal as part of the Soul of the People series Tuesday night.

Smith, project adviser to California's Living New Deal Project, spoke to an audience of about 20 people about the Federal Writers' Project, just one of many programs initiated by Franklin Roosevelt to lift America out of the Depression.

Smith encouraged attendees to push the current administration for a new, New Deal, suggesting that the country has lost momentum since Election Day.

"We're hoping under the Obama administration we can bring back some of those aggressive programs ... (that) really helped some of the American people," Smith said.

Some history was needed before entering the Soul of a People presentation held at Dr. Martin Luther King Jr. Library — such as who President Franklin Roosevelt was, and what his New Deal initiative meant.

The Federal Writers' Project was created in 1935 as part of the New Deal's Works Progress Administration.

The project put thousands of writers, artists, teachers, historians and other white-collar workers to work documenting the events that occurred during the Great Depression, according to the Library of Congress Web site.

It was originally put in place to produce a series of guide books under the name "American Guide," according to the Web site.

Richard White, a history teacher at Merryhill Middle School in Milpitas, said he learned something new about the Federal Writers' Project.

"I think what was really valuable was seeing how many proj-

ects still have a legacy today, seeing how many projects are alive and kicking, and how many of the structures are still alive," White said.

He said there are echoes of the Great Depression in today's recession.

"There's a lot of similarities going on ... regulation issues, a complete lack of regulation caused the stock market crash in '29," White said.

"We have an effort now that is trying to parallel the New Deal, but we are really seeing banks and corporations get all the bailout money, and we haven't seen enough down at individual's level," she said. "People are struggling, and people want something done."

Soul of the People is a series of programs in conjunction with the release of the documentary by Spark Media, "Soul of the people: Writing America's Story."

The film aired Sept. 12 on the Smithsonian Channel HD and

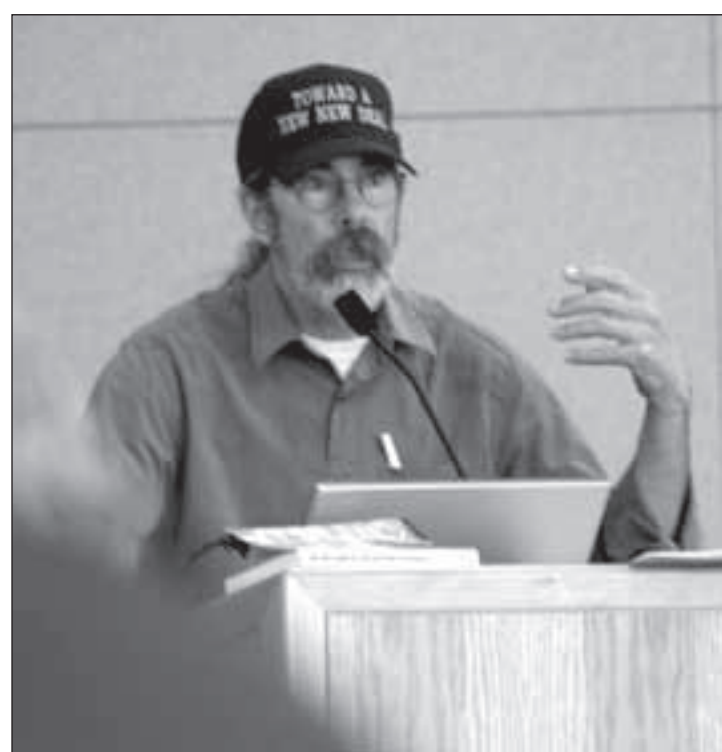
focuses on stories of the people who were part of the Federal Writers' Project.

San Jose Public Library was one of 30 libraries that received the grant to host the presentations, and one of the libraries on the West Coast, said Paul Kauppila, a reference and instruction librarian at King Library.

"[The program] is funded by a grant from the National Endowment for the Humanities," stated Kauppila in an e-mail. "There are five programs in our series."

Those programs include titles such as "Slave Narratives from the Federal Writers' Project," and "Kenneth Rexroth and the San Francisco Poetry Renaissance," according to the National Endowment for the Humanities Web site.

Although FDR's New Deal initiative was introduced more than 75 years ago, students are still able to get involved in the recovery of the country's current economic crisis, Smith said.



[Dave Cabebe / Spartan Daily]

Harvey Smith, project adviser to California's Living New Deal Project, was the guest speaker during "Soul of a People: The Federal Writers' Project in California" in the Dr. Martin Luther King Jr. Library on Tuesday.

Steinbeck had a way of making you care, teacher says

By Amber Simons
Staff Writer

"[The Grapes of Wrath] still has an effect today on poverty, sense of community, immigrant issues and housing issues," said junior English major Cynthia Harper after the Soul of a People presentation on the novel.

Around 30 people attended the presentation on John Steinbeck's "The Grapes of Wrath," by English Professor Susan Shillinglaw Tuesday night in the Dr. Martin Luther King Jr. Library.

Emmanuel Epigmenio, a junior occupational therapy major, said, "I read [The Grapes of Wrath] in high school, and I wanted to read it in college to

further understand the book outside of high school."

"The Grapes of Wrath" is a book about a family that leaves its Oklahoma farm during the depression to migrate to California in hopes of work but ends up homeless.

Paul Kauppila, a reference and instruction librarian who organized the event, said he wanted to hold interesting activities for the public.

He said he found this presentation informative and useful for the community.

"There are similarities in the book with how the country is today," Kauppila said.

There are a lot of government action parallels, he said, such as

the question of the need for another New Deal.

Shillinglaw, who teaches an upper division English course about Steinbeck at SJSU, shared her knowledge with the group.

She began her presentation with a song, "The Ghost of Tom Joad," by Bruce Springsteen.

Shillinglaw said she began with the song because she felt it has the same call to "participate, engage and to care" as Steinbeck had in his book.

"I salute Bruce Springsteen," she said.

Shillinglaw said people have a history of coming together through music, song and stories.

Shillinglaw said Steinbeck "had a way of making you care

about these issues."

In her presentation, Shillinglaw described "The Grapes of Wrath," some of Steinbeck's other writings, history on Steinbeck and a few teaching methods.

Junior psychology major Richard Ortiz said he attended the event because he wanted to learn about Steinbeck.

"I wanted more background information on how he [Steinbeck] developed the book," he said.

Shillinglaw said Steinbeck growing up in the Salinas Valley contributed to his writing "The Grapes of Wrath" and his other stories and books.

"He had an important sense of place," she said.

After "The Grapes of Wrath"

was published, it became a national conversation about poverty that the country hasn't seen since, said Shillinglaw.

Steinbeck was addressing a social problem and a need for change, she said.

"I have always liked '(The Grapes of Wrath) as a book," junior English major Cynthia Harper said.

In the 1930s, Steinbeck was thinking about a care for nature, Shillinglaw said.

This is a great part of discussion today in issues such as global warming, she said.

There are even references in Steinbeck's books on ethnic variety in California, Shillinglaw said.

And in the book there is a big

reference to the powerful and the powerless in work settings, she said.

"It [The Grapes of Wrath] still has an effect today — on poverty, sense of community, immigrant issues and housing issues," Shillinglaw said.

Shillinglaw said "The Grapes of Wrath" is "not a summer read for high school."

She said it is better to read in or after college when you have "a little pain under your belt."

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Overloaded backpacks would make Atlas shrug

By Leonard Lai
Staff Writer

"I am a habitual backpack carrier, and it hurts," said Rebecca Olsen, a senior environmental studies major.

Yesterday was backpack awareness day, and 79 million individuals will carry bags or backpacks back and forth to school, according to a National School Backpack Awareness Day pamphlet.

Austin Ocampo, a junior occupational therapy major, had setup a backpack awareness table, along with others in the occupational therapy department, outside the Student Union.

"I know it's not fashionable, but the best kind of backpack to bring is one that rolls on wheels," Ocampo said.

A backpack on wheels won't be on your back, so it won't cause any strain on your body, Ocampo said.

Paul Tandoc, a graduate student in occupational therapy, said a backpack should weigh no more than 15 percent of your body weight.

Tandoc said students at the table demonstrated activities such as weighing backpacks, and going over backpack designs and tips that lessen strain on the body.

"People who wear their backpacks with straps as loose as possible are hurting themselves," Tandoc said. "Whenever they move, their backpack will bounce around, and if you're carrying a laptop, then the laptop will most likely bang into they back."

Students who ride motorcycles should try to carry their helmets in their hand or around their shoulder — don't strap it to his or her backpack, it would just increase load size, Tandoc said.

Twenty-three thousand students in 2007 visited the emergency room because of backpack-related injuries, according to the



[Michelle Gachet / Spartan Daily]

Business major Michael Walter weighs his backpack at a Backpack Awareness Day booth outside the Student Union on Wednesday.

pamphlet.

"I've had a lot of shoulder and neck problems," said Michael Walters, a business major concentrating in entrepreneurship. "I constantly am looking for opportunity to take off my backpack."

Walters said he has gone out of his way to leave his backpack at the security table at the Dr. Martin Luther King Jr. Library, regardless of where he was coming from — just to eat somewhere for 10 minutes and come back, taking about 20 minutes out of his day.

Junior hospitality major Mumba Lacy said she was looking for

ways to lighten her backpack.

"I don't like my backpack to be heavy," Lacy said. "I'm almost trying to find ways to make it lighter."

Leaving textbooks at home and only taking necessary items could lighten a backpack quite a bit, she said.

"I don't need to bring textbooks if I can just take notes in class," Lacy said.

Every third Wednesday of September is National School Backpack Awareness Day, according to the pamphlet.

A.S. ELECTION BOARD
POSITIONS WANTED

<p><input checked="" type="checkbox"/> CHIEF ELECTIONS OFFICER</p> <p><input checked="" type="checkbox"/> VICE CHIEF</p> <p><input checked="" type="checkbox"/> DESIGN & COMMUNICATIONS MANAGER</p>	<ul style="list-style-type: none"> • Serve as Chair of the Election Board • Nominate candidates for the Election Board • Prepare budget request • Oversee the Other Election Board Officers and Members • Provide reports to the A.S. Board of Directors • Oversee all logistics of all student elections <ul style="list-style-type: none"> • Provide and facilitate candidate orientations • Assist in supervision of all polling locations • Design and develop electronic ballots • Assist with oversight of all student elections • Assist the Chief and serve as Chief in his/her absence <ul style="list-style-type: none"> • Design all publicity as needed for the A.S. Elections • Design and help publish the Voter Information Guide • Design advertisements and work with the Spartan Daily and other media to place advertisements • Oversee the distribution of fliers, ballot information, and Voter Information Guides • Design and display banners in designated locations • Prepare signage for polls and directional signs
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APPLICATIONS AVAILABLE AT STUDENT INVOLVEMENT
and are due back by October 2 • interviews will take place the week of October 5-9

<p>QUALIFICATIONS (Design and Communication Manager)</p> <ul style="list-style-type: none"> • Desire to work as a team to facilitate a fair election process for SJSU • Commit to attending a one-day retreat in mid January • Attend weekly meetings <p>ADDITIONAL QUALIFICATIONS (Chief/Vice Chief)</p> <ul style="list-style-type: none"> • Experience in varied student leadership positions • Previous Election Board experience preferred • Ability to successfully advise members of the Election Board 	<p>ABOUT THE A.S. ELECTION BOARD:</p> <p>The Associated Students Election Board is a group of students dedicated to overseeing the election process at San Jose State University. The board is responsible for all aspects of elections, including establishing an election timeline and guidelines, informing students about running for office, publicizing election dates and promoting student participation, advising candidates about rules and regulations, facilitating referendum voting where applicable, and overseeing at least two days of elections in April. The A.S. Election Board carries out its duties by employing three executives, including the Chief Election Officer, Vice Chief, and Design and Communications Manager.</p> <p>The Board is also made up of five Election Consultants, as well as All-Campus Members who are responsible for the daily management of the election process, voting and making decisions in cases where rules have been violated, and communicating with candidates throughout campaigning and elections.</p>
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To learn more please contact:
Rich Kelley | A.S. Election Board Advisor | richard.kelley@sjsu.edu | (408) 924-2924