Runners Rock around San Jose

By Leonard Lai Staff Writer

Runners lined up at the start line off intersection of Santa Clara Street and Almaden Boulevard yesterday morning at 8 a.m.

The crowd of spectators on the side of the road cheered and remained equally as excited for the race as they began.

Once the race began, it took more than three minutes for all 12,000 runners to pass the starting line signaling that the Rock 'n' Roll Marathon had officially begun.

“This is the fourth year we have done this race,” said Elizabeth O’Brien, former director of previous half marathons. “We’ll have a live band every mile of the 13.1 mile run.”

O’Brien said this half marathon was part of a series of Rock ‘n’ Roll races across the country. Runners are given four hours to complete the race with dashes, which includes the ‘Wee Woogie Man,’ but the half marathon had an official sponsor.

See ROCK, Page 2

Students celebrate Nigerian independence

By Regina Aguino Staff Writer

The Nigerian Student Association hosted a banquet where it served attendees a dinner of fried plantains, jollof rice, and chicken with sauce. The event was celebrated at the International House on Friday to celebrate Nigeria’s Independence Day.

A live band playing traditional Nigerian music was also featured at the banquet.

“Today's event is about celebrating Nigerian Independence Day, which was yesterday, October 1st, but we could do it yesterday because students had school,” said Echendu Emuoke, a sophomore political science major who is also secretary of the Nigerian Student Association. Emuoke also said Nigeria is now 49 years old.

Prior to Oct. 1, 1960, Nigeria was a British colony, after years of hard struggle and political turmoil, the country was able to achieve independence, according to the 12th anniversary Web site.

About 50 attendees participated in the banquet held in the dining room of the International House.

After the dinner, attendees were able to partake in a guest lecture by Kimberly Nkem Uweh, a junior business administration major who is vice president of the Nigerian Student Association, said the banquet was also a regional dinner for the International Student Association.”

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See BANQUET Page 2

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See BANQUET Page 2
Class without quiz encourages students to tackle heart disease with diet

By Andrea Marino
Staff Writer

We are going to die, there is no question about that, but it is a matter of how long, said Scott Davis, a dietetic major. "The major cause of death in men and woman in this country is cardiovascular disease," said Davis. Neal Scott, cardiologist at Heart and Vascular Health Center, explained that a Long and Healthy Life has about 30 percent of people over 65 in Clark Hall Room 206.

"If you add all the types of cardiovascular disease together, there wouldn’t be close to as much as diabetes to put the people in a healthy category," he said.

According to the American Heart Association Web site, in 2005, cardiovascular disease totaled 864,480 deaths or 559,512 deaths from cancer.

"The risk factors of heart disease are family history of the immediate family, high cholesterol, high blood pressure, smoking, diabetes, low physical activity and obesity," Scott said.

Recent studies have found that cardiovascular complications showed up in younger adults each year Scott said.

The American Heart Association Web site states that between 2002 and 2007 the number of people who have been diagnosed with diabetes increased in children between the ages of 2 and 17, making it the most high risk that the top 98th percentile is almost all of them.

"I even have a patient right now who at 20 had his first heart attack," he said.

The secret to a long and healthy life is simple, it is eating smarter and exercising more, Scott said.

Mahbub Ashktorab, a senior electrical major, said the lecture made him realize how important it is to have a healthy lifestyle.

"It’s not the most important, but I have never heard such a specific example before, such as one type of meal such as fish being good for your heart by another such as pudding," he said. "I am definitely going to try not eating that next time."

Mintch said the warning was not only for the runners, but for spectators as well.

"Any marathon is dangerous in places where you have large crowds," Mintch said. "We’ve manned everything from traps to heart attacks.

Mintch said she has run in the other marathons but never the one in San Jose.

"They keep you warm," Mintch said. "I know some people from my department who are in the race, though.

There were four supervisors, six in fat stations and 12 ambiance stations, one stationed at every mile, Mintch said.

Kinesiology senior Jossed Campos from Fresno State University, ran number 10154, came to run in the half marathon.

"I really like running here," Campos said. "It’s a fun course." He said his time ran in 1:09:48. In Mah-Keflezighi, ran number 1, came in first place overall with a time of 1:01:00, 2.5 second ahead of the 2nd place runner.

"It’s a big deal," Keflezighi said. "San Jose did a good job putting it together."

Keflezighi came in second place in the marathon during the 2004 Olympics, and he won a 2006 half-marathon duel in the Rock & Roll half marathon where he didn’t finish his run that year.

"Music is an inspiration, it keep me going," Keflezighi said. "The crowd was good, and their cheering kept me strong." San Jose native Joan Roffman, the lead singer of his band "The Phonometrics" performed on stage after the race was over.

"I’m for anything promoting health," Smith said. "It’s a really positive atmosphere." Scott said. "It’s all about parties, everyone’s families are coming."

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A variety of performing artists including singers, dancers and comedians took the stage for Akbayan’s ‘Ma Bo’ Hay’ talent showcase Thursday at McEerie Auditorium. The showcase is in celebration of Pilipino Heritage Month.

Some of the performing artists included performers, MS, AK, Gabe Bondoc, SJSU Beethoven and Drop n Harmony, according to the event program.

Ingrid Mapanao, a junior health science major, said she noticed with the public relations aspect of organizing the event, which included e-mails and ticket sales.

“The process of putting this event together took a long time,” she said. “But the turnout was really good, actually. I was kind of scared that we weren’t going to sell out, but I think we did sell out.”

Junior aspiring major Andrew Nguyen said he didn’t know anything about the event until a friend invited him.

“My favorite performer tonight is AJ Ravel, and I’m looking forward to seeing AM Kidd, because I’m a fan of Bay Area rap,” he said. “I’m really glad that my friend told me about this, because it’s actually pretty great.”

One performer was Hord Dsgn, an artist from Daly City who combines music and art and performs according to the event program.

“I just try to react with my own situation and exaggerate to the greatest degree and make them funny,” he said. “I thought it was a great show, and I’m really honored to be asked to be a part of it.”

Gabe Bondoc, a performing artist who sang and played his guitar, said the show was a lot of fun.

“For the most part, I had a wonderful time with all the people in the audience that were listening and singing,” he said. “I had a blast.”

Bondoc also performed with Joe-Jay and Passion, forming a trio that the program named “GLP.”

“Joe-Jay is really fun for GLP,” he said. “This is our first real performance, and we did it all for fun, and we really enjoyed ourselves.”

Another headlining group listed on the event flyer was Drop n Harmony.

Lionel Doumout, a member of Drop n Harmony, said it was great to perform again in front of an excited audience.

“We miss performing,” he said. “This is, like, our second performance that we’ve done in over 10 years, so we had a lot of fun out there, and I hope everybody enjoyed it.”

In addition to celebrating Pilipino Heritage Month, the program also said that the talent showcase strives to give back to various charities, such as Invisible Children, a group of young adults working to transform apathy into action.

Drink of Week

Seductively sweet drink surprises with stealthy amount of alcohol

By Ryan Fernandez

My 21st year of life is nearly over, and much to my chagrin, I have little experience with alcohol.

That is why I found myself sitting on a stool at Flames Eaterie & Bar during Saturday’s happy hour, debating my choice of beverage with my dining companion.

Nothing on the menu caught my fancy, so I asked for some advice from Sheila, our lovely bartender for the day.

She suggested a concoction that she called an “iced tea vodka.”

Sounds innocent enough, right?

For $6.95, she handed me a glass filled with ice, lemonade and Hound Dog Sweet Tea Vodka.

After raising my glass to her and to my bar mate, who drank water, I took that first tentative sip.

I was writing in my notebook the whole time, documenting the experience, because I wasn’t convinced that I would be able to retain my memories.

As I wrote, I was shocked at how light my head felt.

It wasn’t a bad interaction, but now and certainly jarring.

I helped my lips in appreciation and decided I could get used to the taste.

“Scarily seductive,” is the only phrase I could think of to describe the flavor.

While the taste of vodka never quite goes away, it’s not overwhelming. The drink gets sweeter the longer the ice is left to melt, but still retains an alcohol undertone.

Sheila said she made mine a little stronger than usual, which, thankfully, neither my friend nor my wallet allowed.

There was a strange pressure in my head that manifested itself in an impossible smile and a tendency to look around at everything without actually focusing on anything.

I found myself lighting theurge to gulp what was left of my drink and order another— which, thankfully, neither my friend nor my wallet would allow.

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By Regina Aquino

A local artists perform in Akbayan’s talent show

Local artists perform in Akbayan’s talent show Thursday night at McEerie Auditorium. Below: Singer and guitarist Gabe Bondoc.

By Ryan Fernandez

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Jeff Russell, a graduate student in history, and Victor Martinez said Cesar Chavez collection bins are located in each dorm and students can drop off their costumes.

Cindy Lien said she donated a costume drive will be held on Oct. 14, and Committee on New Student Welcome has collected about 100 costumes so far, said Jeff Russell, community projects leader for the programs.

"Everythine thing he did was in an organized fashion," he said. Collection bins are located in Clark Hall, Downtown Library, King Library, Student Union and Corner House Community Action Center, Russell said.

"It was a little behind on our costumes, but we definitely wanted to get as many costumes as we can, so the children can have a fun Halloween this year," he said.

Cindy Lien, a business major with a concentration in marketing and communications for Adobe Systems, Inc., intro-

Herrera said. "A meaningless tion, but doesn't do any good in helping needy children." From Page 1

COSTUME EARN WHAT YOU WANT Earn up to $150 per day being a mystery shopper.

Make $5-$25 per hour part-time or full-time.

PROOFREADING

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For those who might be like me, you need to question in public debate: when you see the leveraging device being used by the earthquake in Sumatra and the Asian region.

According to CBS News Web site, the earthquake in Sumatra struck Wednesday at dawn with a magnitude between 8.6 and 8.8. CBS News reports a death toll of 150,000 and 1 million people injured.

British aid is being sent — supplies such as shelter, health care, food and water — to help those affected by this quake.

The death toll will rise, and people are still missing. When I hear of or mention the name of Elizabeth Smart, I break out of like most of my peers — most of us are so involved in our own megalomaniac problems.

Even those who aren’t anxious of being noted by God made man in his own right for the first time for some reason, have the notion that this isn’t what Darwin said in 1859, that while clearly still useful, man did not evolve from apes in the last 14.5 years. I mean reasonable people don’t have to believe in an ape-man theory. This is why I’m impressed.

Well, among many other people, there have had a hard time reconciling the enormity of change and growth and disregard accusations of ignorance.

I think it is time that SJSU learns to practice what they preach in their communications.

We need to educate ourselves more about this type of catastrophe. Because thinking about what we’re not doing in the wake of such tragedies could cause irreversible damage to families and loved ones.
By Amber Simons
Staff Writer

An enthusiastic crowd cheered as the Spartans beat the Trojans 10-2 Saturday night.

The SJSU hockey club played USC Friday and Saturday, outscoring the Trojans by a combined score of 22-4. SJSU dominated the offensive zone, consistently scoring on USC while keeping the puck out of its defensive zone for the majority of the game.

Robbie Vaughan scored a goal in each period for a hat trick. The Spartans began the third period deeply as they racked up penalty minutes. However, the team had a six-goal lead against the Trojans at the beginning of the period.

“I thought we played well for the first two periods, but the third period we really started scrambling and lost it,” said head coach Ron Glasow. “I wasn’t really happy with the third.”

Andy Dickerson, SJSU hockey club president, said the team has depth.

Mickey Rhodes scored two goals and assisted on goals by Sam Cimino and Andy Dickerson. Rhodes took down a guy in front of the net, Glasow said. “Because, I mean, the guy had given him a butt-end right in the throat. I don’t know if any one player could do it.”

“Staying out of the box is important.” Vaughan said. “Our team over the past couple of years has got a lot of penalties, and we need to figure out how to stay out of the box.”

In the last nine minutes of the game slew-footing was called on Rhodes, who had to leave the ice. “I don’t know if it was a slew-foot like they said,” Rhodes said after the game.

Rhodes 19 penalty minutes brought his career total to 316. “He actually didn’t do bad,” Glasow didn’t think the penalty was warranted. “Although the Spartans won the game, the pace slows down, and we lose our intensity when we lose,” Vaughan said. “Staying out of the box is important.”

The lines really came together as one,” Rhodes said. “All four lines scored and that’s always a good thing.”

Team members described the games against USC as a test of pressure preparation for tougher games ahead. “Discourages us from playing to a level at the end, but I think we really need to show up our defensive zone,” Dickerson said.

“We’re playing better teams in the coming weeks. They’re going to take advantage of a couple of our holes if we don’t do something about it.”

Richie Norris said he thinks the team is pacing. He said at the end of the game, the pace slows down, and the team loses intensity when it slows down.

Titanic Mickey Rhodes, No. 91 (right), celebrates with his team after scoring the fifth goal of the game, putting the Spartans up 5-0 against USC Saturday night. Rhodes finished the game with two goals and two assists.

“Discourages us from playing to a level at the end, but I think we really need to show up our defensive zone,” Dickerson said.

Glasow said, “We just gotta end that now.” USC wants the greatk challenge that Rhodes said he was expecting, but he was happy with his team’s work. “The lines really came together as one,” Rhodes said. “All four lines scored and that’s always a good thing.”

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“We’re playing better teams in the coming weeks. They’re going to take advantage of a couple of our holes if we don’t do something about it.”

Richie Norris said he thinks the team is pacing. He said at the end of the game, the pace slows down, and the team loses intensity when it slows down.

Titanic Mickey Rhodes, No. 91 (right), celebrates with his team after scoring the fifth goal of the game, putting the Spartans up 5-0 against USC Saturday night. Rhodes finished the game with two goals and two assists.