

## SPORTS

**Spartan guard to play against 'father figure'**  
Page 4



## OPINION

**Beating the odds: overcoming cancer**  
Page 9



## A&E

**Peanuts remains fixture for SJSU students**  
Page 8

# SJSU struggles to solve budget woes

## Students call on CSU board to end cuts

By Jill Abell  
Staff Writer

SJSU students participated in a phone campaign Wednesday in the Student Union to show the California State University board of trustees that students will not tolerate budget cuts.

"We're going to be calling the board of trustees of the CSU system to ask them to not increase student fees and no furloughs, because it's hurting the students," said Sue Pak, regional repre-

sentative of the California Faculty Association.

The California Faculty Association, a union for California State University faculty, provided cell phones to SJSU students so they could call the CSU board of trustees, said Herlinda Aguirre, a sophomore art history major.

Political science major Andrae Macapinlac said SJSU "adopted" CSU board members, Linda Lang and Kenneth Fong.

See **TRUSTEES**, Page 2

## Oil tax for higher education gains support

By Suzanne Yada  
Staff Writer

In the middle of drastic state budget cuts, a proposal to tax oil companies in California to fund higher education has won support with some student and faculty organizations.

The proposal, a bill drafted by Assemblyman Alberto Torrico, D-Fremont, is more complex than it seems, an economist at the Legislative Analyst's Office said.

According to the text of

the bill, a 9.9 percent tax would be placed on all oil and natural gas extracted in California.

The estimated \$1 billion raised will be split among the University of California, California State University and California Community Colleges systems, according to the bill.

Mary Do, a senior double major in business and environmental studies, said she was interested in finding out more about the proposal.

"I feel like a lot of stu-

See **TAX**, Page 3



[ Michelle Gachet / Spartan Daily ]



[ Chad Ziemendorf / Spartan Daily ]

Assembly Majority Leader Alberto Torrico is surrounded by supporters of measure AB 656 during the "Fair Trade for Tuition Rally" in front of Cesar Chavez Memorial Arc on Oct. 12.

Sharon Lim, a junior interior design major, makes a phone call to one of the members of the CSU board of trustees at the Student Union on Wednesday.

## Underrepresented minority students struggle with cuts

By Kyle Szymanski  
Staff Writer

Victoria Naranjo knows firsthand how budget cuts are affecting minority students.

"They are really affecting us by having furlough days, because we can't keep up with our studies," Naranjo, a sophomore criminal justice major, said. "Without being in the class, it is hard. I am a visual learner. Reading a book is difficult compared to learning the material in class."

Dennis Lopez, educational opportunity program director, said budget cuts have affected all students on the SJSU campus, but are especially tough on minority students.

"They have to come to the university and quickly adapt to the standards of the university," Lopez said. "When you come from schools or communities where you are part of the un-

derrepresented, there is a lot of strengthening you have to do to your academic skills."

Underrepresented minority students are students who are underrepresented in comparison to the proportion of the population and underrepresented in comparison to the portions who are eligible to enter the state university system as freshmen compared to the numbers who graduate, Lopez said.

Such ethnic minorities include African-Americans, Chicanos, Latinos and Native Americans, Lopez said.

Jack O'Connell, state superintendent of public instruction, revealed that many underrepresented minority high school students face challenges in the classroom.

As a result, these problems are carried over when these stu-

See **MINORITY**, Page 2

## Campus food drive helps feed needy children

By Dominique Dumadaug  
Staff Writer

There were two bins set up outside the Student Union on Wednesday.

They were brought to campus by the Black Masque Honor Society and funded by Associated Students.

They were from Second Harvest Food Bank, recently renamed Feeding America, and were used to collect nonperishable food for the food bank.

"We do a couple of community service events every semester," said junior anthropology major Nicole Miyahara. "The holidays are coming up and there's always a need for — holidays or otherwise — for food. So we decided to work with Second Harvest Food Bank, because they are the main food bank that distributes to all the shelters in

the San Jose area."

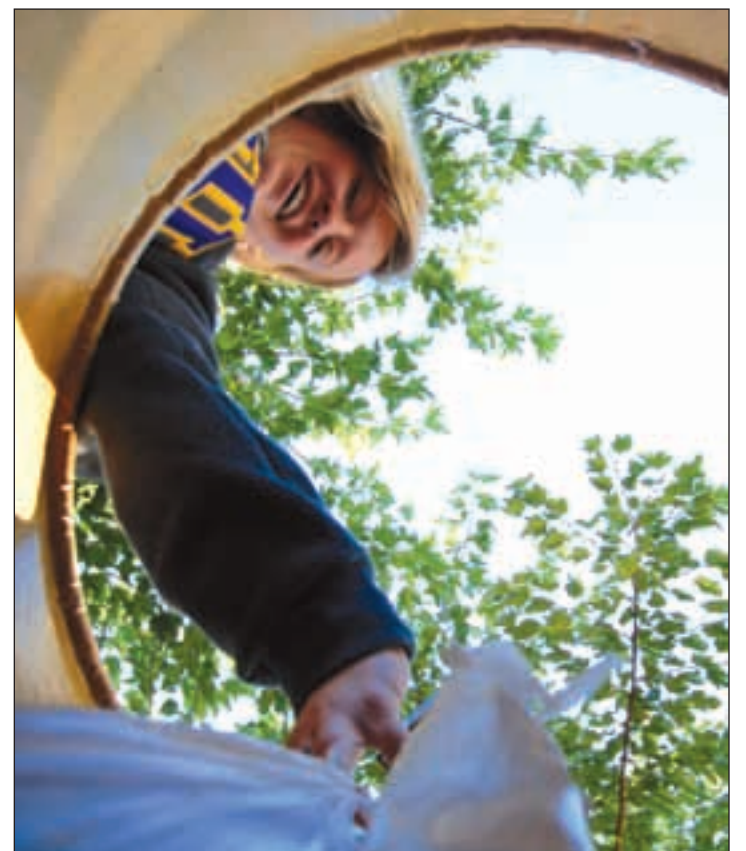
Miyahara said she had personal experience with the food bank.

"I've actually gone to Second Harvest Food Bank and helped pack boxes and helped pack food," she said. "It's nice to see what happens to the food."

According to the Hunger in America Web site, 15 percent of the people who seek help from the Second Harvest Food Bank are homeless, and 69 percent are people with children who are hungry or are at risk of going hungry.

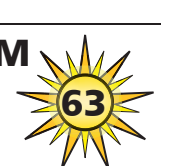
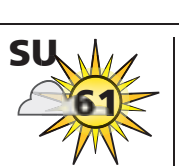
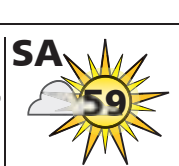
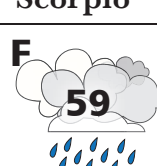
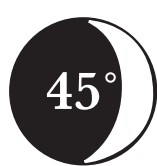
"Now, more than ever, there's definitely a need for canned food," Miyahara said. "With so many people out of work, it's not just the homeless that are needing food — it's families, and they need it

See **DRIVE**, Page 5



[ Kirsten Aguilar / Spartan Daily ]

Tamara Gardner, a sophomore business major, donates boxed macaroni and cheese to a canned food drive facilitated by Black Masque Honor Society on Wednesday in front of the Student Union.



### Spartan Daily Blogs

[spartandailynews.wordpress.com](http://spartandailynews.wordpress.com)

• The nation's largest gay newspaper publisher closes

[spartandailyphoto.com](http://spartandailyphoto.com)

• Column by incoming Photo Editor Stefan Armijo

The Spartan Daily will not be printing on the following days:

**Nov. 25, 26**

Our next issue will hit the stands  
**Monday, Nov. 23**



# Students clean campus during SJSU Recycle Day

By Leonard Lai  
Staff Writer

Continuing the three-day-long “Green-A-Palooza,” a campuswide event to promote environmental awareness, the Environmental Resource Center hosted SJSU Recycles Day on Wednesday in the Student Union.

Anna Le, co-director of the Environmental Resource Center and an environmental studies student, said SJSU Recycles Day is to encourage students to live a more sustainable lifestyle.

“We want to make students more aware of how the environment is being treated,” she said. “We’re offering a lot of freebies to create incentive for students to stop by and learn about what they can do to help the environment.”

Le said everyone who participated at an information booth was a volunteer.

“This is the best attendance we’ve had in our three years of hosting SJSU Recycles Day,” she said.

Students managed to collect 16,000 cigarette butts and fill a fish tank with them, Le said.

“We’re not necessarily saying people should stop smoking,” she said. “We want students to realize to pick up after themselves.”

Senior biology major Julia Kamoroff said the university has a compost system.

“Composting is when you separate trash and place them in an environment where it can break down properly and not produce methane, while turning trash into dirt,” she said. “Otherwise, trash would be sitting in a landfill.”

Kamoroff said there are small-scale compost bins for individual households and large-scale compost processing plants for universities and cities.

“Individual compost bins could take up to two weeks to decompose trash placed inside, so composting dairy and meat products would not be a good idea as it would attract rodents,” she said.

Kamoroff said dairy and meat products can go into large-scale compost bins because they burn faster.

“An apple in a landfill could take up to a year to decompose,” she said. “I could read the date and year from a newspaper that was breaking down from 50 years ago.”

Kamoroff said she wanted to try to encourage students to reduce their ecological footprint to benefit the environment.

She said dirt left over from

compost decomposition is rich with minerals, and could be used in a garden as fertilizer.

“People have posted on craigslist before about offering to sell dirt or give it away for free,” Kamoroff said.

On the Home Depot Web site, fertilizer sells for more than \$10 a bag.

Andrew Idul, a senior environmental studies major, said he helped manage the Santa Clara call center booth.

“We’re here to promote recycling,” he said. “If someone calls into our hotline, we let them know where the nearest recycle center — closest to where they live — is located so they won’t have to travel far to get to one.”

He said with the Christmas season coming up, volunteers at the booth were also offering tips on how to recycle for the holiday season.

“Most wrapping paper can be recycled, but the one you have to watch out for is the one that use metallic-colored ones,” Idul said. “Christmas trees can also be taken to be turned into compost.”

Booth volunteers were also handing out bags for car oil filters, magnets with the call center’s phone number and notepads made from recycled paper, he said.

## TRUSTEES

From Page 1

“Each university adopts two trustees,” Macapinlac said. “We call it ‘adopt’ them, but it’s actually more like harassing these trustees.”

Pak said the goal of the phone campaign is to get more funding for the California State University system.

According to the National Public Radio Web site, CSU Chancellor Charles B. Reed said CSU Universities cannot continue to admit more students without receiving adequate funding.

“If we call each trustee member 20 times, I’ll be happy,” said Joshua Barousse, a graduate student in public administration.

He said there are 25 members in the CSU board of trustees.

Macapinlac said another part of the phone campaign is to address the long term solution of a bill called AB 656 — a bill that would impose an oil and gas severance tax to fund California higher education.

Senior chemistry major

Dennis Kitainik said he thinks the AB 656 bill will also tax oil consumers instead of oil companies.

“Ironically enough CSU board members are all heads of companies,” Barousse said. “For instance, Linda Lang is the chief executive of Jack in the Box.”

According to the CSU Web site,

Kenneth Fong is the founder and CEO of Clontech Laboratories.

Macapinlac said the CSU board of trustees met to discuss other ways to address state budget cuts for higher education.

Pak said instead of a rally, CFA planned to take other courses of action such as the phone campaign, along with fax and letter campaigns.

“We had over 10,000 faxes last year over two days from 23 CSU campuses,” she said.

Barousse said the California Faculty Association is faxing

approximately 2,000 complaint forms, collected from the beginning of the semester, to CSU Chancellor Reed.

“Last time we ended up breaking his fax machine,” Barousse said.

Barousse said the goal of the phone campaign is to remind Californians of the original plan for the CSU system when it was first established.

“We established that every Californian can get affordable, quality education, and that’s what we’re fighting for,”

Barousse said the phone campaign booth shared space with the Environmental Resource Club booths because affordable, quality education is related to environmental awareness.

“We’re reaching them (the CSU board of trustees) at their place of work and telling them not to cut our fees,” Macapinlac said. “We want them to know that students won’t take it lightly.”

# Survey reveals student learning habits and skills

By Marcos Blanco  
Staff Writer

Student demographics, general education and major advising were among the topics discussed between about 15 SJSU faculty members in IRC 101 yesterday to discuss the results of the 2008 American College Student Survey.

Sharon Willey, assistant vice president of student affairs, said the survey was administered by the National Association of Student Personnel Administrators and Student Voice.

“We are the only CSU who participated in this survey,” she said.

Willey said the survey was conducted electronically in 2008, but was first piloted in 2007 and said the survey was taken by 36,000 students from 45 colleges and universities.

Willey said the survey had more than 300 questions in 11 categories and most of the respondents who took it were juniors and seniors.

According to the survey, 3,995 of 22,309 SJSU undergraduate students responded, representing a 17.7 percent response rate.

Among the categories from

the survey were demographics, college expectations, health and wellness, campus involvement and diversity.

The most discussed category among the faculty members was college expectations with an emphasis on learning preferences in the classroom for SJSU students.

According to the survey, 41 percent prefer learning in lecture, 32 percent prefer class discussion, and 18 percent prefer experiential learning.

“It’s consistent nationally, too,” Willey said.

“It surprised me,” said Eloise Stiglitz, associate vice president for student services, regarding the figures for classroom learning preferences.

“It makes me wonder what (the students) are there for,” Stiglitz said.

“If you are engaged with the material, you will learn more. The class discussion format requires students to be more accountable and responsible.”

Stiglitz said she was also “surprised and disappointed” by the low percentage of students who feel their leadership skills have improved by being involved with campus activities.

**“Students are complex people. The better we understand the complexity, the more we can help them to be more successful.”**

- Eloise Stiglitz  
Associate Vice President  
for Student Services

According to the survey, 54 percent of SJSU students feel their leadership skills have improved, as opposed to 62 percent of students from other colleges and universities.

“We need to help them in orientation,” Stiglitz said.

“We need to help them look at a plan,” she said. “We’ve talked about having a leadership minor with the deans and administrators, but it doesn’t have an academic home.”

Stiglitz said the academics should be challenging for students and said the survey represents a “holistic view” of the students on campus.

“Students are complex people,” she said. “The better we understand the complexity, the more we can help them to be more successful.”

## MINORITY

From Page 1

dents attend college, Lopez said.

There has been a 376 percent increase from 326,000 to approximately 1.5 million English language learners in California high schools for the past 28 years, according to a presentation by O’Connell.

According to O’Connell’s presentation, the number of students eligible for free and reduced-priced meals in California high schools has increased from approximately 1.7 million to 3.1 million in the past 18 years.

Lopez said a high proportion of the underrepresented minority students at SJSU come from families who are in economic distress.

“Underrepresented minority students have to face and overcome the difficulties that all students face,” Lopez said. “Yet among the underrepresented students, there are additional challenges if they come from areas of concentrated poverty or if they are the first in their family to attend college.”

Students who come from families who are in economic distress are forced to assume greater debt and more work outside school, Lopez said.

Osmin Pena, an undeclared sophomore, said the increasing price of housing has put more stress on him.

“It is so tough to go to school and go to work,” Pena said. “With budget cuts, it is getting outrageous. With the price of housing going up, money is a big issue.”

With underrepresented minority students facing increasing challenges inside and outside the

classroom, Lopez said it becomes increasingly important for SJSU to offer services that could aid students in their studies.

“It’s going to be important to monitor and mitigate the impact by offering as comprehensive an array of services as possible,” Lopez said. “With the budget cuts, furloughs, and upcoming cuts, that will be difficult.”

One program that helps underrepresented minority students at SJSU is the Educational Opportunity Program. The Educational Opportunity Program is designed to improve access and retention of historically low-income and educationally disadvantaged students, according to the CSU Web site.

The program offers admission, academic and sometimes financial assistance to eligible students.

While the need for these programs is extensive, Lopez said, budget cuts have prevented these programs from growing.

He said when he took the job as Educational Opportunity Program director a year ago, he was told he would be hiring additional academic advisers for the Educational Opportunity Program.

Budget cuts have forced the program to eliminate one Educational Opportunity Program academic adviser position, Lopez said.

The Educational Opportunity Program currently has 2.5 academic advisers who work with the program, but that number will be reduced by one when a position is cut in December because of budget cuts, Lopez said.

As a result, the Educational Opportunity Program has resorted to advising students in large groups, Lopez said.

During a recent span of meet-

ings, the Educational Opportunity Program advised students in groups of 10, 15 and 40.

Lopez said some student affairs programs, such as the ASPIRE/McNair Program on campus, have offered their services to the Educational Opportunity Program to help serve its students.

The ASPIRE/McNair Program recently offered to take 30 Educational Opportunity Program students to a graduate program conference at UC Santa Cruz.

“This is an example of another unit in the university being proactive and offering to include EOP students,” Lopez said

Silvia Tellez, a sophomore justice studies major, said she is concerned about future students who will have trouble attending SJSU because of enrollment reductions.

“For low-income people and people of color, budget cuts are hurting those students who are not here yet,” Tellez said. “They are not getting in or they get in and decide not to continue because it is too much for them.”

Nancy Hernandez, an EOP mentor, said she is concerned the lost class time because of faculty furloughs will negatively impact students.

“The main concern for me is we are paying a lot more money and getting a lot less time in the classroom, which is totally unbalanced,” Hernandez said. “If we are paying more, we should be getting more for our education.”

Despite the difficulties, student Pena said nothing will stop him from finishing his education.

“I may have to take out some loans, but my job right now is to stay in school,” Pena said.

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# Student veterans group offers support to veterans in college

By **Ryan Fernandez**  
Staff Writer

SJSU student veterans can connect with other military personnel on campus while helping out the local community as part of the SJSU Veterans Student Organization.

“We want to let people know we are here, even though we might not have much of a presence,” said Damian Bramlett, vice president of community service for the Veterans Student Organization.

Bramlett, a graduate student in justice studies, said the organization was founded in February 2009 as a way to address the needs of veterans on campus and provide a support network for veterans entering college.

“This way, they know they’re not alone on campus,” he said. “They know that there are other veterans here.”

Andrei Ingalla, SJSU special programs coordinator and VSO staff adviser, said there are 98 members in the organization.

“Most members are students, but some are faculty,” he said. “Membership is open to all, but the organization tends to draw veterans.”

Bramlett said the organization also serves the family members of servicemen and women, and

people who are currently serving in the armed forces.

“Their age doesn’t even matter,” Bramlett said. “We have one member who is a Vietnam vet.

Junior business major Mark Hannah, president of the VSO, stated in an e-mail that he became involved with the organization to benefit other people by sharing the knowledge and experiences he gained in the Marine Corps.

“The leadership skills and traits I have don’t fade like memories,” he stated. “Neither do the honor, courage, commitment, Marine Corps emblem and the American flag that is tattooed on my heart.

History Professor Jonathan Roth said the Veterans Student Organization was an outgrowth of a meeting with Marine Corps Maj. Gen. Anthony Jackson, an SJSU alumnus.

“We were looking for ways to make SJSU have a more friendly and inviting atmosphere for veterans and military students,” he said.

Bramlett, who is in his second semester as vice president of community service, said the VSO is working on two charitable drives this semester, the Sacred Heart Canned Food Drive and Toys for Tots program run by the U.S. Marine Corps Reserve.

“We’re always looking for stuff to do around the community,” he

said. “I’m trying to find ways to get veterans involved.”

For the Sacred Heart Canned Food Drive, Bramlett said the VSO is collecting food alongside the SJSU chapter of the Sigma Alpha Lambda national leadership and honors organization.

“There’s a collection bin in the Mosaic center,” he said. “We started collecting about three weeks ago, and the final pick up is Thursday afternoon at 4:30.”

Bramlett said the VSO is also collecting toys for the Marine Toys for Tots Foundation in conjunction with the San Jose U.S. Marine Corp Reserve Center.

“We’ve got a bunch of promotional stuff set up, but everything only solidified the week before last,” he said. “On Dec. 9 and 10, there’ll be some Marines around with a donation bin.”

Bramlett said students do not have to wait until then to make donations, and can drop off toys in the Burdick Military Library, located in Industrial Studies building Room 219C.

“Damian (Bramlett) and I have orchestrated two events, but that’s about it,” Hannah stated. “Most of the officers and members are busy dealing with their economic situations and time has been razor thin.”

# ‘Strive for College’ helps low-income high school students enter college

By **Ryan Fernandez**  
Staff Writer

Strive for College Collaborative is a national organization dedicated to helping qualified, low-income high school students get into college.

“Education can break the cycle of poverty,” said Roberto Garcia-Ceballos, director of Strive for College’s SJSU chapter. “Any student who wants to pursue a university career, whether public or private, we will help them.”

Ceballos, a senior sociology major, said SJSU’s chapter has existed for three semesters, but has been active for two semesters.

“The first semester was just to build our infrastructure,” he said. “We had to create our curriculum, recruit and train mentors and find a high school to work with.”

Ceballos said the SJSU chapter is currently working with students at San Jose’s Del Mar High School.

While Strive for College is focused on getting high school students to apply to four-year universities, Eloise Stiglitz, a member of the organization’s board of directors, said the organization will help students trying to enter other educational institutions.

“We want them to be most successful at the school that is best for them,” she said.

Ceballos said Strive for College is a one-on-one mentoring program designed to motivate high school students to apply for college.

“Graduate and undergraduate mentors will be guiding students through the application process,” he said. “Though we’re working to get them to apply to college, our ultimate goal is to see them graduate.”

The Strive for College mentoring process takes about one year to complete, Ceballos said, beginning in the last semester of high school students’ junior year.

“We’ll help them out with filling out their applications,” he said. “There are workshops to help them write personal statements, research scholarships and just deal with the stress of applying.”

Siglitz, SJSU associate vice president of student services, said she works with the organization to fulfill a personal commitment to help high school students gain access to a university education, regardless of socioeconomic status.

“High school students get help on their way to college with things like grades and choosing the right classes, but that help drops off at the very end,” Stiglitz said. “We provide help at the last part of the transition.”

Stiglitz said Strive for College creates a win-win situation for

college and high school students.

“It lets our students develop leadership and interpersonal communication skills, which they use to help high school students enter college,” she said.

According to the Strive for College Web site, founder Michael Carter created the initial organizational model in 2006 and used it to help students at Eskridge High School in Wellston, Missouri.

In 2006, the Strive for College Web site stated that one out of Eskridge’s 30 graduating seniors enrolled in a college.

The Web site stated that after Strive for College became involved in 2008, 24 of the 27 students who graduated that year went to a university.

Jacob Stiglitz, Strive for College’s chief operating officer, stated in an e-mail that he was the first employee of the national Strive for College Collaborative and helped Carter turn Strive for College into a national organization.

“In Jan. 2009, I convinced him to hire me, effective Aug. 2009, in order to begin transforming Strive for College from a student organization into a national non-profit,” he stated. “Together, we have been working to achieve that goal ... We will hopefully be operating 15 to 20 chapters in 2010, with four or five full-time staff members.”

# TAX

From Page 1

dents are interested and do care,” she said. “It affects everyone.”

**Oil severance tax**

California is the only oil-producing state in the nation that doesn’t have an oil tax, said Justin Garosi, an economist with the Legislative Analyst’s Office, a non-partisan government office that provides fiscal and policy analysis.

California produces heavy sour oil, a different kind of oil than what is found in states such as Alaska, he said.

“It’s not as valuable because it takes longer to refine, and it’s more expensive to refine,” he said.

Garosi said the oil supply in the state is limited.

“We haven’t found a lot of new oil, and our existing ones are being depleted,” Garosi said.

Torrico said the bill was meant to serve as a stop-gap to pump money into the education system while it is available.

“I certainly hope California leads the way for the transition from fossil fuels to alternative energy,” he said. “I hope at some point they stop using it. In the meantime, we should stop giving away oil for free and start charging oil companies to help make education affordable.”

Assemblyman Pedro Nava, D-Santa Barbara, introduced a similar oil severance tax bill in October, but the money would go to several state programs, not just higher education, according to a news release on Nava’s Web site.

Torrico said he would rather see the funds go to higher education.

“I’m not opposed to other ideas, but I want to make sure we are going to raise over a billion dollars and secure it for education,” he said.

**Numbers origins**

The Legislative Analyst’s Office arrived at the \$1 billion figure when Gov. Arnold Schwarzenegger proposed a similar oil severance tax in February in his rejected budget proposal, Torrico said.

Garosi said the number was calculated based on the amount of oil produced in the state, the average price of oil and the tax rate.

William Hamm, an economist who formerly ran the Legislative Analyst’s Office, said that calculation didn’t take into account the declining amount of oil produced by the state.

“The one thing we know 100 percent for sure, if you impose that tax, you’re going to today make some oil wells unprofitable to operate,” he said. “You will accelerate the day when other oil wells become unprofitable and will be shut down sooner than they should be.”

Hamm, who works for the consulting firm LECG, said though the wells may shut down, demand won’t go away.

“The tax by itself isn’t going to affect the demand for oil,” he said. “That oil will have to be replaced. We will increase our dependence on foreign oil.”

Hamm is a co-author of two studies on oil severance taxes, “Comparison of Oil Tax Burdens in the Ten Largest Oil-Producing States” and “Economic Impacts of an Oil Severance Tax.”

The former study stated that an oil severance tax would make California oil companies the most heavily taxed in the nation, taking into account other taxes such as property and corporate taxes.

The latter study stated that an oil severance tax would cost the state 9,850 jobs and cost the state \$1.3 billion a year in increased oil imports.

**Report Objectivity**

Both studies were commissioned by the Western States Petroleum Association, a trade organization representing oil companies in six western states, according to the studies.

The other author, Jose Alberro, is the founding CEO of PEMEX Gas and Basic Petrochemicals, Mexico’s state-owned oil company, according to the LECG Web site.

Andrae Macapinlac, vice president of Students for Quality Education and a supporter of the oil tax, said he views the funding behind the studies as a sign of bias.

Macapinlac, a senior political science major, said the College Republicans at SJSU used information from those reports to protest a pro-oil tax rally Oct. 12.

“This isn’t a grassroots movement,” he said of the protest. “It’s coming from the top down.”

Hamm said any research done at the consulting firm is strictly independent.

He said he spent 17 years earning a reputation as a nonpartisan analyst.

“The most important asset I have is my credibility,” Hamm said. “There’s no way I would put my name on a report that I didn’t think wasn’t objective and reliable.”

Hamm said he and Alberro remain neutral on an oil severance tax, and the organizations that fund the reports cannot change the results of their studies.

“In all cases, in all the work I do, I insist I have complete control of the reports,” he said. “They can choose not to release the report, but they can’t change the content.

“I don’t know if the petroleum association agrees with all those conclusions or not.”

**Union-funded research**

The California Faculty Association commissioned its own research report through Blue Sky

Consulting Group, a public policy and economics consulting firm, titled “Examining the Fiscal, Economic, and Social Impacts of the California State University,” according to the report.

The report also cites a 2005 economic impact study of the CSU system that found every \$1 spent by the university generates \$1.83 for local economies.

The report also cites research from the Public Policy Institute of California, which states that by 2020, 39 percent of jobs will need college-educated workers, but only 33 percent of the state’s workers will have bachelor degrees.

**Good cop, bad cop**

The bill was sponsored by the California Faculty Association, the statewide teachers’ union for the CSU system, according to the text of the bill.

Liz Cara, the SJSU CFA chapter president, said the statewide teachers’ union supports the bill.

“We’re looking for any possible way to fund higher education,” she said. “We recognize that there needs to be funding sources from the CSU in particular.”

Students for Quality Education, a student activist group affiliated with the teachers’ union, has also been an ardent supporter of the bill, said Julian Rosenberg, group

“In this economy, it’s a matter of give and take,” the senior mechanical engineering student said. “Is it 9,000 jobs now or millions of people educated later?”

The CSU remains neutral on the bill, said CSU spokesman Erik Fallis.

“The CSU hasn’t historically taken a position on specific tax measures,” he said. “It’s really the responsibility of the legislature and the governor to fund California’s priorities.”

The College Republicans at SJSU are against the tax, said Jonathan Sandhu, a recent political science graduate.

He said the bill won’t fully address the budget shortfalls and will cost jobs at the same time.

“When people complain about 10 percent increase, I say it’s a risk (you need to take),” he said. “College is an investment. If you don’t think a 10 percent increase is worth that investment to getting an education and a better job, then you should spend their money elsewhere.”

Rosenberg said he supports the bill.

“It’s proven that money put into education comes back to the state economy several times over,” he said. “We need to make a good investment, and this is a profitable way to do that.”

**“I certainly hope California leads the way for the transition from fossil fuels to alternative energy. I hope at some point they stop using it.”**

- Alberto Torrico  
Assemblyman, D-Fremont

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# Oliver's challenge

## Spartan guard faces former team

By Ryan Buchan  
Senior Staff Writer

Spartan shooting guard Adrian Oliver returns to Seattle on Friday, reuniting with his former team and coach Lorenzo Romar, when SJSU faces the Washington Huskies.

"He turned me into a man," Oliver said of Romar. "My first year was my first year away from home. ... I turned to him as a father figure"

Romar said he tries to stay in contact with Oliver and went to watch him play against Boise State last year.

"It goes beyond the game of basketball," Romar said. "I pull for him."

Oliver said he has nothing to prove against his former team.

"You can't think like that," he said. "I feel like our team has something to prove first and foremost. I am not going out there and playing with revenge or nothing like that. That is not my mind-set, but our team does have something to prove."

Quincy Pondexter, the Huskies second leading scorer, was one of the players Oliver said he was closest with.

"My roommate was Quincy when I was down there, so we were kind of closer than any body else," Oliver said. "He came in with my same draft class. Just getting up there talking to him would be nice, but we are there to do a job."

Romar said he expects the former Husky to play well Friday night.

"I think he is going to come out as an assassin," he said. "I know him well enough to know he is going to be on the top of his game."

Oliver played 37 games for the Huskies from 2006-2007, starting 13 and averaging 4.5 points per game.

"I thought if he was patient, things would work out well for him," Romar said. "When it was all said and done, I wish the best for him. The main thing is he is close to home now. He is so close to his family."

Oliver said he left Washington to be closer to his family in Modesto and take care of some issues at home.

He transferred to SJSU in Dec. 2007 and played his first game as a Spartan on Dec. 20, 2008 against Northern Colorado, scoring 27 points.

The Huskies come into the game with a 3-0 record, a No.14 ranking in the AP poll after defeating Portland State 111-55 on Sunday.

"They have blasted a couple of teams that are quality teams," said SJSU head basketball coach George Nessman. "They are very, very hard



[ Joe Proudman / Spartan Daily ]

**Adrian Oliver, No. 2, drives to the basket against a William Jessup defender in the Spartans' 89-63 win at Walt McPherson Court Monday night.**

to beat up in Washington. ... Obviously it is a big challenge. We are excited about it.

That is how you catch your teeth as a team, you go up against the top 20 teams and get in there and battle. And that is what we are

looking forward too."

The Spartans played their first game on Monday, winning 89-63 against William Jessup.

The Huskies had 8,236 fans at their last home game while the Spartans drew a crowd of 1,399.

"The 'Dawg Pack' is still one of the best (student sections) in the nation," Oliver said. "When I was there, I fed off their energy. I just want to tell the other guys not to pay attention to them and play like it is a scrimmage."



[Joe Proudman / Spartan Daily ]

**Spartan receiver Kevin Jurovich, No. 6, is tackled by an Idaho player in the Spartans 29-25 loss on Oct. 10.**

## Reeling Spartans welcome Hawaii at home

By Ryan Buchan  
Senior Staff Writer

SJSU football coach Dick Tomey may be coaching for the last time when SJSU plays his former team, Hawaii.

Tomey announced on Monday that he is retiring from coaching at SJSU, adding that he probably won't coach again.

"I feel like if the team hasn't put everything into the season so far, then that's a personal issue they need to look at, and that's completely unacceptable," said SJSU linebacker Justin Cole. "There is not a switch you can flip on. 'Well coach Tomey is leaving lets turn on the switch, let's start winning now.'"

Tomey's first head coaching job was at Hawaii in 1977, and he coached them to a 63-46-3 record in 10 years.

Hawaii goes into Saturday's contest on a two-game winning streak.

"I think in the last couple of weeks they have gotten a couple of real good wins for themselves," Tomey said. "I think they have got their season turned around in the right direction."

"So we are facing a team that is a very hot team right now, a team that is used to winning and has a history of winning," he said. "We are fortunate to beat them last year in the islands, which everyone knows is very difficult to do. I think we are facing a team that has a lot of confidence."

The Warriors are 4-6 and need to win their final three games to become bowl eligible.

The Spartans have been out of bowl contention since losing to Nevada on Nov. 8. They are still looking for their first win against a NCAA Football Bowl Subdivision

opponent.

Last week's loss to Utah State was the Spartans' first loss to an FBS team that is not bowl eligible this season. The Spartans trailed 14-0 at halftime against the Aggies on Saturday, but scored nine points in the third quarter to pull within five.

Utah State scored 10 unanswered points in the fourth quarter to give SJSU its eighth loss of the season.

"When we have that opportunity to win, we just have to close the game in the fourth quarter," Tomey said.

The Warriors have the best pass offense in the Western Athletic Conference, averaging 351 passing yards per game.

Though the Spartans have struggled defensively this season, giving up 36.9 points per game, they have the conference's second-best pass defense, giving up 185.7 yards per game through the

air, despite losing three starters from their secondary last year.

Two of those players were drafted into the NFL.

SJSU has not defeated Hawaii at home since 1997.

The last time Hawaii played in San Jose, the Spartans squandered a 14-point fourth quarter lead as Hawaii won 42-35 in overtime on their way to an appearance in the Sugar Bowl.

After losing the Sugar Bowl, Hawaii lost head coach June Jones, along with many of its most talented players.

"I think coach Jones knew before he left there was going to be a huge drop off in skill level," Tomey said. "I think they have fought their way back, they were in a bowl last year. The team changed completely. ... I think they have made the transition and they are getting back on their feet again."

**"I feel like if the team hasn't put everything into the season so far, then that's a personal issue."**

- Justin Cole  
Linebacker

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# College pressures can lead to depression

By Angela Marino  
Staff Writer

One of the great barriers to treating depression is that while it is common, people don't talk about it, an SJSU psychologist said.

Most people who are depressed do not have suicidal thoughts, but it can happen, said David Emmert, a Counseling Services Center psychologist.

"Suicide results in a desire to get release from unbearable pain, not the actual desire to die, but more of an escape from the sadness and worthlessness feeling," he said.

Desiree Ansari, a freshman public relations major, said she approached a friend about her unusual behavior.

"She sleeps all day long and cries all the time," Ansari said. "She is struggling to transition from being away from her family to living in the dorms, and she is thinking about transferring closer to home."

Approximately 17 percent of SJSU students reported experiencing symptoms of depression within the past 12 months, according to the Student Affairs Administrators in Higher Education Web site, which describes the organization as a voice for student affairs administration and policy.

In a 2009 study, researchers found that 15 percent of graduate students and 18 percent of undergraduate students have considered attempting suicide in their lifetimes, according to the Suicide Prevention Resource Center Web site, which is published by the U.S. Department of Health and Human Services.

**Causes of Depression**

Emmert said college students are prone to perfectionism and self-critical thinking until about the age of 25.

"Some common thoughts among people this age are, 'If I can't graduate, then I am never going to get a good job and what's the point of even living,'" he said.

It is typical to have a lot of pressure during the college years, Emmert said.

Many factors are compiled when a student is depressed, he said.

Certain anxiety factors could be a student who is the first to graduate from college within their family or the high cost of tuition expenses, Emmert said.

Brad Bridgewater, a junior justice studies major, said one of his friends has not been the same after the friend got a full work and school schedule.

"He works at Best Buy full time, as well as taking five classes, and he hasn't been able to hang out with us for six months, because his workload is so stressful," he said. "When I talk to him on the phone, I can tell that he has changed, and something may be wrong."

Cielo Avalos, a health education consultant for the Office of Suicide Prevention at the California Department of Mental Health, said it's not that college students are more prone to depression — it is how they handle major changes in their lives.

"The new environment has a lot to do with when depression could occur," Avalos said. "College students at a young age leave a supportive environment and it is replaced with an unfamiliar place that can seem unwelcoming and difficult to fit into."

In a poll engaged by 1,759 students from across the country, they were asked what aspect of college they find the most stressful, according to Ulifeline Web site, which is an online resource for college students to research and discuss their mental health issues.

The Ulifeline Web site's poll results showed that 27.6 percent of students answered academics, 20.2 percent answered fitting in and making friends, while 20 percent answered dating and relationships.

According to the program's Web site, Ulifeline was created by the Jed Foundation, the nation's leading suicide prevention program and is overseen by medical professionals.

Pete Wentz, lead singer of the band Fall Out Boy, went public with his battle with depression while he was struggling to balance superstardom and college, according to the Half of Us Web site, which was created by "mtvU" and the Jed Foundation to help raise public awareness about the commonness of mental health issues on campus and connect students to the appropriate resources to get help.

"My darkest moment was when we just finished our major label record," Wentz stated on the Web site. "I felt completely lost and out of control."

It's not about just keeping your head above water, it's about feeling all right and feeling safe in your own skin."

Terra Worden, a senior communication studies major, said depression is more common than people think, because it is not discussed.

"When someone goes through a hard time, some sort of depression happens, but not at the degree that needs to be sought help from professionals," she said. "It is important to understand the severity of the depression that you have, because like most things, people think that they can solve the problem, but people need to ask for help."

**Recovery**

Emmert, a psychologist at the Counseling Services Center, said medication can be a great tool to help people feel better, but a combination of talk therapy and medication, if it is prescribed, is the best route to recovery.

Talk therapy is defined as a focus on a client talking about their problems and issues to a licensed professional, according to Harvard Health Publications Web site.

Jennifer Turner, a public information officer for the Office of Suicide Prevention for the California Department of Mental Health, said depression can happen to anyone.

"It is important to understand to ask for help if you have these symptoms," she said. "Help is out there, and people should not self-medicate with other substances such as alcohol or illegal substances."

"The best way to relieve pain is to find someone you trust and talk about it."

Monica Villa, a freshman communication studies major, said this is an issue that is coming to light now but has been around for decades.

"College is a difficult transition compared to a high school system," she said. "College professors treat you like an adult, and many students don't know how to handle this new responsibility."

"I am a first-year student myself, and I learned quickly that you have to rely on yourself to get your work done," Villa said. "Many students don't know how to create a balance between social and academic commitments."

## Depression: Identifying and getting help

### Depression Symptoms:

- Persistent sad feelings
- Feelings of guilt or hopelessness
- Loss of interest in hobbies that were once enjoyed
- Loss of energy
- Difficulty concentrating
- Weight loss or weight gain
- Thoughts of suicide
- Persistent aches or pains such as headaches, cramps or digestive problems

Information provided by National Institute of Mental Health Web site

**How to get help on campus:**  
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Administration Building 201  
408-924-5910

Student Health Center  
Health Building  
408-924-6122

**How to get help off-campus:**  
National Suicide Prevention Line  
1-800-273-TALK (8255)

After Hours Advice Nurse  
1-866-935-6347

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408-885-5101 (patient info)

Regional Medical Center  
225 N. Jackson Ave.  
San Jose, CA  
408-259-5000 (hospital operator)

Information provided by SJSU Web site

## DRIVE

From Page 1

more this year more than ever. It's something that would really help people."

The Hunger in America Web site stated that 40 percent of households with one employed adult seek assistance from the food bank. The median monthly income for households with one working adult is \$812.

Some students like Mariya Milovidova, a senior pictorial arts major, weren't aware of the food drive.

"I think it's a great idea," she said. "I'll definitely contribute next time if I know about it ahead of time."

According to the Hunger in America Web site, 32 percent of the people the food bank serves are under the age of 18, and 12 percent of the people served are elderly.

"We're really surprised we got as much as we did," said Jackie Dwyer, a senior communications studies major. "You don't expect a student to bring cans with them in their backpack."


Dwyer said students living on campus saw the Second Harvest food bins and brought food from home.

Miyahara said the planning and advertising the honor society did for the event was successful.

"This isn't like a bake sale where you can roll up and buy something," she said. "A canned food drive is obviously something you have to think about and remember to bring. For the first year, we're happy. It's pretty good. It's a bin more than what they had, every little bit helps."

With the amount of food given by students, Dwyer said she hopes the honor society will bring back the canned food drive next year and the food drive will last longer than one day.

"Everyone has a little something that they can give to someone who has less than they do," Dwyer said.



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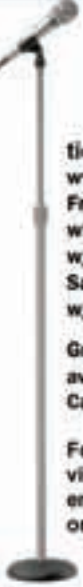
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

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# Campus Village Building B evacuated



[ Joe Proudman / Spartan Daily ]

Students wait outside of Campus Village Building B after being evacuated by a fire alarm at 3:19 p.m. on Wednesday. The source of the alarm was unknown Sgt. John Laws of University Police Department said. This is the second time in two weeks that student housing has been evacuated. Joe West Hall was evacuated on Thursday because of fires on different floors.

# NEAT promotes breakfast for brains



[ Chad Ziemendorf / Spartan Daily ]

SJSU students line up early to get their oatmeal and favorite toppings during “The Great Global Breakfast” event in the Seventh street plaza area of campus on Wednesday morning.

By Jennifer Hadley  
Staff Writer

Students could grab a free bowl of oatmeal on Wednesday morning at an event called “The Great Global Breakfast” put on by the Nutrition Education Action Team.

The event, held at the Paseo de Cesar Chavez barbecue pits, was put on to encourage SJSU students to eat breakfast every morning and to educate students as to why breakfast is important, said Jennifer Waldrop, a Student Health Center nutritionist.

She said NEAT is a group of students, most of whom are nutrition majors, who are trained to educate and promote healthy eating on campus.

“Breakfast helps you perform better in school, helps you maintain and achieve a healthy weight and improves your energy throughout the day,” Waldrop said.

Leanne Sapad, a graduate student in nutrition and a member of NEAT, said she learned that eating breakfast makes a difference.

“I actually always make sure to

eat when I have a midterm,” Sapad said. “I always make sure that I go in on a full stomach so that I can concentrate better.”

Poster boards for each continent displayed different types of breakfast for students to view.

Juliana King, an outreach coordinator for NEAT said the students in NEAT didn’t just pick oatmeal because it was easy to serve, but because it’s a quick and healthy breakfast option.

“It’s a whole grain, which we definitely promote, made with some milk so you’re getting some calcium,” she said. “It’s really easy to sprinkle some fruit or nuts or seeds on top as well, for some additional fiber, protein and some vitamins.”

Waldrop said she hopes students will start eating breakfast if they haven’t already, and walk away with new ideas of what they could eat for breakfast.

“For different cultures, they do different things whether it’s a bowl of soup or in Africa they have so many different grains, they even have root vegetables that they’ll have for breakfast,” King said.

Freshman business major

Gustavo Ramirez said he enjoyed his oatmeal and learned from the poster boards.

“I learned about all the kinds of food they have around the world and that breakfast is important to everyone,” Ramirez said. “I don’t eat breakfast, so now I’ll probably eat breakfast now.”

Tom Nguyen, a graduate student in philosophy, said he already knew the importance of eating breakfast.

“I just walked by, saw the event, decided to check it out, see

what it is,” Nguyen said. “I eat breakfast if there’s time to eat, fifteen minutes or half an hour.”

King said that students can have breakfast even when they don’t have a lot of extra time in the morning.

“A lot of people will say they just don’t have time, but what we’re trying to tell them is breakfast doesn’t have to be a real elaborate meal,” King said. “It can be a peanut butter and jelly sandwich or a peanut butter and banana sandwich.”

## Tips for most important meal of the day

- Fast & healthy breakfast ideas:**
- Whole-grain cereal with dried fruit
  - Hard-boiled egg, toast, low-fat cheese and tomato
  - Peanut butter and jelly on whole-grain bread
  - Oatmeal or hot cereal with fruit or nuts
  - Whole-wheat tortilla with meat or eggs and veggies
  - Brown rice with meat or eggs and veggies

- Reasons to eat breakfast:**
- Concentrate better and score higher on exams
  - Achieve and maintain a healthy weight
  - Feel more energetic throughout the day
  - Be less likely to overeat at night

Information provided by a SJSU Student Health center handout called “Eat a Global Breakfast.”



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Restaurant of the Week: Ethiopian

Scoop up taste of Ethiopia with spicy stew

By Minh Pham  
Arts & Entertainment Editor

Cockroaches don't faze me. Not too much anyway. I've eaten the most delicious meals I've ever tasted in Vietnam — bugs were just part of the ambience.

So, when I sat down at Mudai

Ethiopian Restaurant, the baby cockroach on the wall next to me only received a concerned, raised eyebrow — and then I ordered. Located on 503 W. San Carlos St., the restaurant was fairly small with seating for about 30 patrons. Though decorations were minimal, there was a little area



[ Photos by Minh Pham / Spartan Daily ]

**A Mudai combination special of spicy beef with red lentils served with traditional Ethiopian injera.**

with what seemed like traditional Ethiopian furniture.

The traditional tables looked like large, upturned baskets with a round piece of glass as a tabletop.

I've had Ethiopian food before, but the menu was still a little confusing with all the asterisks connecting menu items to prices.

Items ranged from beef stewed in hot red pepper sauce and seasoned butter to vegetarian options such as lentils, chickpeas and collard greens, all simmered with a variety of spices.

I love mushy textured foods such as the bottom of the burrito after the tortilla has soaked up all the juices, so these stewed and simmered items were right up my alley.

All dishes come with injera, a large, spongy pancake-looking bread with a slight sourdough taste.

There are no utensils, because the injera is used to pick up the different stewed items.

I enjoy eating with my hands as much as using utensils.

There's something about being really hungry and having nothing stand in between my food and me.

And literally shoving food into my mouth is also immensely satisfying.

I ordered the aforementioned spicy beef with red lentils. Expect the order to take awhile, even with an almost empty restaurant.

But the wait is well worth it for the bountiful amount of deliciousness.

My waitress poured the steaming beef and lentil combination onto my injera, which also came with a nice little salad.

I immediately ripped off a piece of injera and spooned up a little bit of everything.

My mouth was stuffed with spicy, savory goodness, and I was silent for a few solid minutes as I happily chewed.

My friend had refused to try anything, declaring the food "too exotic."

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2. Panda	Fascinante

Electro

Artist	Song
1. Calvin Harris	Ready For The Weekend
2. Discovery	LP

Jazz

Artist	Song
1. Rez Abbasi	Insulin
2. Oslandailey Jazztet	The Letter E

Subversive Rock

Artist	Song
1. Hypocrisy	No Tomorrow
2. The Guantanamo School of Medicine	Terror of My Tiny Town

Urban

Artist	Song
1. Rakim	Walk These Streets (feat. Maino)
2. J Cole	Lights Please



A traditional Ethiopian table and seats displayed in Mudai Ethiopian Restaurant.

meal would've been a refreshing Hakim, an Ethiopian stout that I've had before.

The restaurant didn't have it this time so I settled on water.

If you're planning on going with a group, the eating style may not be for everyone.

Although there are individual plates of injera for everybody, the meats and such are poured in a larger injera shared by everybody.

And all those bodies are using their hands — not the most appetizing sight for some.

The bare bones interior design may not be the most romantic place to take a date, but it's a good time for those who are culinary adventurous.

The restaurant doesn't seem to have any type of target customers, so expect random crowds.

Even after eating till I was full, there was still enough to completely stuff my to-go box.

And as delicious as Ethiopian food is right after it's cooked, it's even better as leftovers.

The injera soaks up all the savory juices and it becomes a great meal again.

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# The man behind Peanuts Cafe counter

By My Nguyen  
Staff Writer

Two-thirds of new employer establishments survive at least two years, according to the Small Business Notes Web site.

Peanuts Cafe, located on San Fernando Street, has been serving the community and SJSU students for 27 years.

Myun Chang, owner of Peanuts restaurant, said his family took over the business in 1982.

"My family immigrated to the United States in 1980, looking for small business," he said.

Chang said the price of the restaurant was affordable, so his family bought it.

"The former owner had financial problems with the restaurant, so he decided to put it on the market for a good price," Chang said. "We didn't have a lot of money, but they don't care, so we take over."

Chang said when his family took over the restaurant, there wasn't a lot of business because there were a lot of other restaurants opening up at the same

time. He said the restaurant has survived because of three things.

"We made good price and a lot of food and we're family run, so we make a lot of customers," he said.

Chang said he ran the restaurant with his father, mother and sister.

When his dad passed away seven years ago, Chang said he took over the family business.

He said his wife, Jewon Chang, would occasionally help him manage the restaurant.

Chang said he doesn't have a restaurant business background, but enjoys working at one.

"We don't have any experience actually," he said. "That's why we don't know how to change the name. But Peanuts is a good name, that's why we keep the name."

Chang said the restaurant has not changed from its previous glory.

"Sometimes my old customers come and they say, 'Oh my God, everything's the same' — same furniture, same ugly face," he said while laughing. "They're

happy, like old memories."

Vu Nguyen, a senior civil engineering major, said he enjoys the fact that the restaurant hasn't changed and that it's family owned.

"They know you better, and the regulars that come in, they know you by name," he said. "It's better than McDonalds. The owner has said to me before, 'Don't forget your glasses' or 'Oh my goodness you lost weight.'"

Nguyen said even the cook is friendly.

"He jokes around when you sit close by and talks to you when he has no customers," he said.

John Jabagchourian, child adolescent professor at SJSU, said he comes to Peanuts once a month.

"I had a place like this to go to when I was a child, so it's nostalgic," he said. "It's a good thing to see students, staff and faculty here. It's great that I can come here and relax, and watch a game on the TV."

Chang said his goal is to keep Peanuts a customer service oriented restaurant that serves home-style food for a low price in a comfortable setting.

Although the restaurant hasn't changed, Chang said SJSU has changed dramatically.

"In 1980, there was a lot of white students and a little bit of Asians," he said. "Now there are a lot of Asians and a lot of Latino students. There are still a lot of white students, but there is a different mix."

"This is San Jose, everything change, but sometimes we don't need everything to change. I'm still the same, you know. Maybe one day, I'll have a big change too."

Chang said every restaurant is his competition, but he's not worried because business is steady — being across from a college campus.

"Every year almost eight thousand students graduate, so we have a lot of regular customers who are students," he said. "Even if they come once a year, we have



[Photos by Chad Ziemendorf / Spartan Daily]

**Myun Chang fills a pitcher of beer at his restaurant Peanuts Cafe, on Tuesday night.**

very good business."

He said during the summer business is slow, but sometimes students stop by the Spartan Shop and get a shirt, and they'll remember Peanuts and stop by to eat.

Chang also said there are a lot of second generation students that come to eat at the restaurant.

"Students graduate, get married, have children, and their children go to college here and they come here," he said.

Besides SJSU students, Chang said a lot of well-known people including players from the San Francisco 49ers and the rock band Jefferson Starship have ate at the restaurant.

Chang said he has had community leaders stop by, such as

police officers, firefighters and teachers.

"Just a lot of good people come," he said.

Chang said a lot of restaurants post their phone number, menu and hours on their windows, but he doesn't feel the need to do the

same.

"The customers already know," he said. "Sometimes on Saturdays my customers want to drink and they call me, 'Hey! We're going to be there,' and I say 'OK, we'll be open.'"

Chang said he usually manages the register and doesn't cook, but he's the "prepare guy."

"I know how to turn on the grill," he said, laughing. "We have a good cook here, Johnny. He's a very popular guy here in downtown."

Chang said he's getting old, but he wants to keep running the restaurant.

"A lot of people have asked me if Peanuts will stay open later on the weekends after bars and clubs close, but I don't want to overwork myself and my great staff," he said.

"I'm not young man anymore, but I'm healthy and I want to keep the business going," he said. "My dad started working at the restaurant when he was 57 years old. I'm 54 and he finished at almost 67 — I can do that."

Chang said the best part about running a restaurant is engaging with the customers, especially the students because they keep him going.

"All students are young and fun," he said. "That's why I feel young. I'm an older guy, but I feel young. They always make me happy, and I like that."

**Staff writer Leonard Lai contributed to this story.**



**Myun Chang pauses for a photo outside of his restaurant Peanuts Cafe, on Wednesday morning.**

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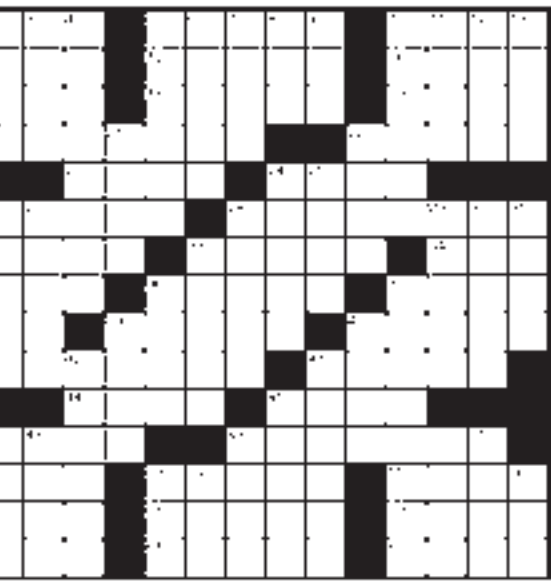
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# A birthday to remember Taking pride in family ties



Joey Akeley  
Akeley's Alley

It was Feb. 9, 2001. I sat there in deep thought, ready to blow out my birthday candles.

I made a wish, knowing that it would probably never come true.

My aunt was diagnosed in October 2000 with Amyotrophic Lateral Sclerosis, commonly known as Lou Gehrig's disease.

The disease slowly destroys the nervous system, so people can't control their muscles. It is basically a terminal disease, although you can live with it for decades. But it almost always eventually takes your life.

The news was a blow to our entire family.

At first, the disease wasn't so bad. She couldn't move her limbs, but she could talk.

She still had movement in her hands, so she could control the movement of her wheelchair.

My family would take her to dinner every Thursday and we would

all chat. Besides the wheelchair, everything was completely normal.

We would talk about how she was the captain of her high school basketball team. I clearly received some of her genes, because I too played basketball in high school.

Unfortunately, things began to decline.

First, she lost all movement in her hands and feet. Multiple caretakers were around to help her through life's daily activities.

It became an arduous task to bring her anywhere.

The next development was the worst of all. She lost her ability to speak, and her only means of communication became blinking with her eyes. One blink meant yes, and two blinks meant no.

I became uncomfortable trying to communicate with her. I simply could not hide it on my face. I just felt awkward.



Stephanie Vallejo  
Bird's The Word

Ever since Manny "Pacman" Pacquiao stepped into the lime-light, people — strangers included — have been telling me that he is the only person Filipinos can be proud of.

Excuse me?

Although Pacquiao has become a boxing legend all over the world, especially after his winning fight against Miguel Cotto last weekend, he alone does not take on the responsibility of an entire nation's pride.

One reason why I think people associate me with the famous Filipino boxer is because he may be the only Filipino they have associated with through the media.

But Pacquiao isn't the only Filipino who has seen stardom in the U.S.

Arnel Pineda, the new lead singer of the band Journey, was selected above all the rest because of a YouTube video that showed off his vocal talent.

Black Eyed Peas singer, Allen Pineda Lindo, better known as Apl to fans — pronounced "apple" — represented Filipino pride in his song titled, "The Apl song."

This song is partly sung in Tagalog, a Filipino dialect. The music video illustrates a lonely Filipino veteran who wishes his

family wasn't too busy to visit him in a retirement home. Apl's lyrics describe what life was like in his home country before he moved to the U.S.

Charice Pempengco was featured on Oprah last year when she showed off her ability to almost mirror Celine Dion's vocals in her rendition of "My Heart Will Go On."

Most of my examples are about well-known Filipinos in America, thus not really proving my initial point.

So besides all the glitz and glamour, we Filipinos also have a rich history to follow.

Filipinos' migration to the U.S. was not an easy ride.

My mom, for example, waited until she was 18 years old to move here after her eldest brother joined the U.S. Navy, and her other siblings slowly made their way to the States.

They knew that their family would have a better future working and living in America.

My dad was also 18 years old when he migrated to the U.S. He was blessed to have a father who was recruited to the U.S. Army in the Philippines for World War II.

But becoming a U.S. citizen was not an easy journey.

My grandfather was part of the Bataan Death March in

1942. During this war, Filipino soldiers were captured and tortured by Japanese soldiers.

At some point, he was found floating in a river, half dead, by my dad's home town of Hagonoy, Bulacan in the Philippines.

After the war, my grandfather became a U.S. citizen, which made my dad and his 11 siblings U.S. citizens as well.

Of the different stereotypes I have heard about Filipinos — family always come first, we're always late, we're very loud, etc. — my favorite, and the most accurate, is that we have a lot of pride.

I am part of the first generation of kids on the Vallejo side of my family. If you count my extended family, there are close to 60 of us living in the Bay Area, and there are even more Vallejos in the Philippines.

As a child, I was taught to be proud of who I am and to know my roots. And although I'm not completely educated on my ancestry, it's always good to know I have plenty of people that can teach me.

As far as I'm concerned, all ethnicities have their own culture and history that they can take pride in.

So please, if you ever see me, know that I'm more than just a Filipina who can be proud of the latest trend. My background is much more colorful.

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

Did you know ...

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# 'I faced it all and I stood tall and did it my way'



Scott Reyburn  
Grinds My Gears

My grandpa just turned 82 last week.

He has passed the five-year survival rate with flying colors.

I'm speaking about the five-year survival rate for cancer, that is.

In 2001 around Mother's Day, my grandpa, at 73, was diagnosed with esophageal cancer, likely caused from smoking for approximately 50 years.

Born in Philadelphia and part of a family with five other siblings, he moved to San Jose when he was 5 years old.

Fast forward to 2001, residing in Reno, just before his diagnosis, my grandma noticed him choking a lot and having difficulty swallowing food — common symptoms of esophageal cancer. So my mom, one of his two daughters, and Grandma took him to a gastroenterologist. After the doctor performed an endoscopy, the doctor found a tumor, biopsied it and discovered it was malignant.

When he was diagnosed with esophageal cancer, he stopped smoking, cold turkey. Not an easy feat.

During the summer of 2001, he went through chemotherapy and radiation therapy to prevent the cancer from spreading, which made the surgery, down the road, easier to perform.

The chemotherapy took a toll on him. It took hours to perform each treatment and had nasty side effects.

He lost weight, his hair, his appetite. He felt nauseated, he spit saliva all the time, and his skin would dry and peel.

A nightmare, I'm sure, not only for him to live through but to observe as well.

At one point, he got dehydrated from all the treatments, so he had to get an intravenous catheter to return the necessary fluids to his body.

Along with chemotherapy he received radiation therapy.

With the use of high-energy rays, radiation therapy kills cancer cells.

Although radiation therapy took only a few minutes to perform, it also dealt its share of pain to my grandpa.

He couldn't swallow because his throat burned from the radiation, so instead of solid foods he had to use a straw to drink power shakes mixed together by my mom and grandma.

Happily married for more than 50 years to my grandpa, my grandma was freaking out from the beginning and couldn't handle taking care of him.

It was just too emotional for her.

So, my mom had to step in.

My mom and grandma pretty much did all the caretaking for him. Working in education has its perks, mainly having the summer off. Thus my mom had the time.

She was able to fly back and forth between our home in San Jose and Reno, sometimes staying a week at a time.

My aunt wanted to help more, but couldn't come often because she had to work.

When my mom's school year resumed, she had to take a few leaves of absence to continue taking care of him.

Ironically, my mom, using her previous job instincts as a pharmacy technician at Walgreens, encouraged him the very same year he was diagnosed to think about using nicotine patches.

Creepy foreshadowing, I know.

Another strange event occurred on one particu-

lar Tuesday while my mom was with my grandpa — the Sept. 11 attacks occurred.

Subsequently, she was stranded because of a national groundstop of all aircraft.

My grandma spent every night with him during his weeklong stay at the hospital after the surgery, a testament to her over half-century love for him.

The only way I can convey how he may have gotten through this ordeal mentally would be to write about him as a person.

I'll start with his hobbies, which include cooking, growing a garden, eating Italian food, making homemade pasta and freezing the leftovers, gambling, watching on TV his two favorite sports — tennis and basketball, carving abstract wood sculptures, painting architecture, and most of all, obsessing over Frank Sinatra.

The one constant hobby, inspiration and hero of his will always and forever be Sinatra.

Since his early adult life, he has seen Sinatra in concert more than a dozen times and has been infatuated with him from the 1940s till now.

He has pictures around his current house of Sinatra, books about him, and of course his music in different media formats.

If memory serves me right, he would pace around his mobile home in Reno, when I was visiting as a child, humming and singing Sinatra songs such as "New York, New York," "Chicago (That Toddlin' Town)," "Fly Me to the Moon," "My Funny Valentine" and my family's personal favorite, "My Way."

A few months ago, my grandpa sang in front of a huge audience of family and friends at his first grandchild's wedding.

I couldn't help but tear up after he sang. I've never been more proud.

I will forever have my memories of him serenading my family to the tune of Sinatra.

After all of the chemotherapy treatment and

radiation therapy, he finally had the surgery to take out the one tumor that was about the size of a finger nail, so it wouldn't spread.

Weeks and months later, he was cancer free and his hair grew back, his skin healed and some of his appetite returned.

With an occasional hamburger to gain his weight back, he beefed up, no pun intended.

A year after the first surgery, he had another one. The burns from his radiation therapy caused fluid to build around his heart, so it had to be drained.

According to WebMD.com, some causes of esophageal cancer include smoking, or other use of tobacco, and heavy alcohol use.

The American Cancer Society estimates that in 2009, 16,470 new cases of esophageal cancer will be diagnosed and 14,530 people will die of the disease in the U.S., according to its Web site.

And the percentages of people who live for at least five years after being diagnosed is 16 percent for Caucasian patients and 9 percent for African-American patients.

A poor rate indeed.

No matter how many commercials on TV, ads in magazines and talking heads telling me smoking is a detriment to my health, nothing hits home more than observing what my grandpa went through.

Cancer is a life-changing experience that I'll never forget.

Grandpa has beaten the odds. The culmination of having good doctors and caretakers in Mom and Grandma got him through it.

It's a coincidence that now my grandpa is the same age as when Sinatra died at 82, but Grandpa is still going strong and keeping the spirit of Sinatra alive, listening and singing to his music.

This is a special appearance of "Grinds My Gears."

Scott Reyburn is the Spartan Daily online editor.

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Contact Nadav at [israel@hillelsv.org](mailto:israel@hillelsv.org) or at 408-286-6669.

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