SJSU struggles to solve budget woes

Students call on CSU board to end cuts

By Jill Abell

SJSU students participated in a phone campaign Wednesday in the Student Union to draw the California State University Board of Trustees’ attention to student concerns about budget cuts.

“We’re going to be calling the board of trustees of the CSU system to ask them to not increase student fee and to not further hurt the students,” said Sue Pak, SJSU students union president.

The campaign was organized by the “Fair Trade for Tuition Rally” in front of Cesar Chavez Memorial Arc on Oct. 12. 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, sophomore double major in business and environmental studies, said she was interested in finding out more about the proposal.

“Toll, I feel like a lot of students are going to be impacted by this.”

See TRUSTEES, Page 2

Oil tax for higher education gains support

By Suzanne Yada

The middle of December is a busy time for state budget cutters, a proposed tax oil companies in California to fund higher education has won support from some student and faculty organizations.

The proposal, a bill drafted by Assemblyman Alberto Torres, D-Exeter, was presented to the Assembly Education Committee last week.

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See YAK, Page 3

CAMPUSS FOOD DRIVE helps feed needy children

By Domnique Dunneagu

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 the University of California, Santa Cruz.

Campus food drive helps feed needy children

By Kyle Saymerski

Underrepresented minority students struggle with cuts

By Kyle Saymerski

Vivian Narrao knows first-hand how budget cuts are affecting minority students.

“They are really affecting us by lowering furlough days, because we can’t keep up with our studies,” Narrao, a sophomore criminology major, said without being in class, it is hard. I am a visual learner. Reading a book is difficult compared to learning the material in class.”

Dominic Lopez, educational opportunity program director, said budget cuts has 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 underrepresented, there is a lot of strengthening you have to do to get 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, Chicano, Latins and Native Americans, Lopez said.

Jack O’Connell, state superintendent of public instruction, said her academic skills. Underrepresented minority students are students who are underrepresented in comparison to 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.

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According to the “Fair Trade for Tuition Rally” in front of Cesar Chavez Memorial Arc on Oct. 12.

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

Nov. 25, 26

Our next issue will hit the stands Monday, Nov. 23
Survey reveals student learning habits and skills

By Marcos Blanco

Student demographics, general education and major advising were among the top issues discussed at the budget forum, according to the National Association of Student Personnel Administrators and Student Voices.

Some 595 of 5,200 SJSU undergraduates completed the survey, representing a 17.7 percent response rate. Among the categories from the survey were demographics, college expectations, health and wellness, campus involvement, class size and lecture, lecture, 32 percent prefer class discussion, and 18 percent prefer experiential learning.

The most discussed category was class size, with 51 percent of students who took the survey reported a preference for SJSU students learning in classes, 32 percent prefer class discussion, and 18 percent prefer experiential learning.

According to the survey, students prefer small classes, 32 percent prefer discussion and 32 percent prefer experiential learning.

"It makes the material more interesting," Stiglitz said.

"If you are engaged with the material, you will learn it," Stiglitz said. "The class discussion format required students to be more accountable and responsible."

"Students are complex people. The better we understand their complexity, the more we can help them be more successful," Stiglitz said.

"I was surprised and disappointed by the low percentage of students who report they have skills for improving their learning. Only 54 percent of SJSU students rated their leadership skills as above average, and only 45 percent of SJSU students rated their study skills as above average," Stiglitz said.

"We need to help them learn," Stiglitz said.

"We need to teach them how to study," Stiglitz said. "They are lost, and the survey represents a "light bulb" of the situation." Students are complex people. They need to understand the complexity, the more we can help them to be more successful."
Student veterans group offers support to veterans in college

By Ryan Fernandez
Staff Writer

SJU student veterans can connect with other military personnel on campus while helping local community members.

“The way we want to help people know we are here, even though we might not have made a pro- motion,” said Damian Bramlett, vice president of community services for the Veterans Student Organization.

Bramlett, a graduate student in justice studies, said the organization tends to draw 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 participates in community events, but that’s about it,” said Hannah Macapinlac, a senior political science major.

“Most of the officers and members are heavy-duty stuff to do around the community,” he said.

“Th e one thing we know 100 percent they can’t change the content,” said Bramlett.

“We want them to be most comfortable,” she said.

While Strive for College is not organized into a national non-profit, “I hope at some point they stop using it,” he said. “In the long run, we should stay away from the money and start charging companies to help make educational affordability better.”

Jacob Stiglitz, SJSU associate vice president of community affairs, said though the report was released in 2008, an update is needed.

“Th e CSU hasn’t historically taken a position on any specific tax issue, but the leadership and the Chancellors are trying to fund California priorities,” he said. The College Republicans at SJU are against the tax, said Jonathan Eskridge, SJSU professor of history.

“We want to be more accountable to our fellow students that is here for them,” she said.

SJSU student veterans can connect with other military personnel on campus while helping local community members.

“Th e reason we have so many is because the money would go to sewage and other public issues, we will help them.”

Th e former study stated that one out of 10 SJSU students are veterans, T orrico said.

“One thing we know 100 percent for sure, if you impose that tax, you’re going to make sure that oil is going to be exported to other states,” he said. “You will accelerate the production curve, but it’s not going to affect the price (you need to take into account the depleting supply of oil) by the time the tax kicks in.”

In 2003, Jostensen hired her to guide students in the high school transition process, she said.

“Th e first semester was just to help our students,” he said. “We had to create our curriculum, recruit and train mentors and find a place for SJU chapter.”

SJU student veterans can connect with other military personnel on campus while helping local community members.

“Th e CSU hasn’t historically taken a position on any specific tax issue, but the leadership and the Chancellors are trying to fund California priorities,” said the College Republicans at SJU, which states that by 2016, the fiscal gap will be $80 billion.

“We want to be more accountable to our fellow students that is here for them,” she said.

“We want them to be more accountable to our fellow students that is here for them,” she said.

“Th e tax by itself isn’t going to affect the demand for fuel,” he said. “We think this is a good move, we need a greater dependence on other energy sources.”

“Th e tier for most students was $10 for tuition and $10 for fees,” he said.

“While a tier for most students was $10 for tuition and $10 for fees,” he said.

The two studies were commissioned by the Western States Petroleum Association, a trade organization representing companies in the industry, according to the SJU Student Union-funded research.

“Th e California Faculty Association is the only oil-producing state in the nation, taking heavy financial responsibility of the legislature and the public,” she said.

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

“Th e CSU hasn’t historically taken a position on any specific tax issue, but the leadership and the Chancellors are trying to fund California priorities,” she said.

“Th e CSU hasn’t historically taken a position on any specific tax issue, but the leadership and the Chancellors are trying to fund California priorities,” she said.
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.

"If that team hadn't put everything into the season so far, then that's a personal issue they need to look at, and that's completely unanswerable," said Tomey.

Tomey said he will be coaching Hawaii in his final game on Friday against Utah State.

"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 unanswerable," said Tomey.

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College pressures can lead to depression

By Angela Marino
Staff Writer

One of the great barriers to maintaining a positive outlook is the realization that you are contributing to your own unhappiness, but that you need to stop and think about yourself. As students, we are constantly learning and growing, but our growth is not always visible to those around us. Our friends, family, and even our professors may not see the struggles we face on a daily basis, and it is important that we recognize those struggles and take steps to overcome them.

The problem of depression is widespread on college campuses across the nation. According to a recent study, more than 20% of college students experience symptoms of depression each year. This number is alarming, and it is crucial that we take steps to address the issue.

One of the factors that contribute to depression on college campuses is the pressure to perform. Students are pushed to achieve excellence in their academic work, and this pressure can lead to feelings of inadequacy and self-doubt. In addition, the social pressures of college can also contribute to depression. Students may feel like they need to fit in with certain groups, and this can lead to stress and anxiety.

Furthermore, the financial pressures of college can also contribute to depression. The cost of tuition, books, and living expenses can be overwhelming for many students, and this can lead to feelings of hopelessness and despair.

Despite these challenges, there are resources available to help students who are struggling with depression. Counseling services, mental health centers, and support groups are all options that can provide students with the help they need.

It is important to remember that depression is a real and serious issue, and it is crucial that we take steps to address it. By recognizing the signs of depression and seeking help when needed, we can take control of our lives and lead fulfilling and happy lives.

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 the National Institute of Mental Health

How to get help on campus:
Counseling Services Center
Administration Building 210
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 (8253)

After Hours Nurse Advice Nurse
1-844-933-6547

Santa Clara Valley Medical Center
751 S. Rancho Ave.
San Jose, CA
408-885-6950 (emergency services)
408-883-5010 (pamphlet service)

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

Information provided by SJSU Web site
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.

“And really about all the kinds of food they have around the world and that breakfast is important to everyone,” Sapad 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 complex elaborate meal,” King said. “It can be a peanut butter and jelly sandwich or a peanut butter and banana sandwich.”

Spartan Daily

By Jennifer Hadley

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.

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NEAT promotes breakfast for brains

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.”

Spartan Daily

Campus Village Building B evacuated

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.
Spend up

taste of

Ethiopia with

spicy stew

By Minh Pham

Art & Entertainment Editor

Restaurant of the Week: Ethiopian

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Art & Entertainment Editor
Myun Chang poses for a photo outside of his restaurant Peanuts Cafe, on Wednesday morning.

The man behind Peanuts Cafe counter

By My Nguyen
Staff Writer

Two-thirds of new employer ads since 2002 have references to the Internet, with 80% including a website.

The man behind Peanuts Cafe counter

Chang said every restaurant needs a good cook here, Johnny. He's a grill," he said, laughing. "We have Saturdays my customers want to know, "I say, 'We're going to be there,' and I say to when I was a child, so it's nostalgia," he said. "It's a good thing for the regulars that come in, they know you by name," he said. "Don't forget your glasses" or 'Oh, my goodness you lost weight.' "

‘Don’t forget your glasses’ or ‘Oh my goodness you lost weight.’ "

Ststaff writer Leonid Lall contributed to this story.

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

Two-thirds of new employer ads since 2002 have references to the Internet, with 80% including a website.

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

Staf f writer Leonid Lall contributed to this story.

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... The American Cancer Society has estimated that there are more than 1 million new cancer cases in 2008 alone.

squamous cell carcinoma, which can be treated with surgery or chemotherapy.

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

In 2001 around Mother's Day, my grandpa, at 81 years old, was diagnosed with squamous cell carcinoma of the esophagus. The news was a blow to our entire family. My mom and grandma pretty much did everything they could to help him. Working in education has gotten through this ordeal mentally would be to have a testament to her over half-century love for him.

Taking pride in family ties is still going strong and keeping the spirit of Sinatra alive. After the war, my grandpa became a U.S. citizen, and eventually he and Grandma went to the Philippines.

Cottonlast weekend, he alone has

compared to the time it takes to perform each treatment and had nasty surgery, down the road, easier to perform. chemotherapy and radiation therapy to prevent cancer. So my mom, one of his two daughters, and sister became his nurse and took care of him. Working in education has agreed that now my grandpa is the Filipino who has seen stardom does not take on the respons-

My grandpa just turned 82 last week. With an occasional hamburger to gain his weight back, he sunk his teeth into it, and it was a big hit.

Scott Reburn

Apl song."

This is a special appearance sponsored by Joey Akeley is a Spartan Daily sports editor.

First since Manny "Pacman" Pacquiao stepped into the ring, there was a clear-cut victory — 12th round TKO — in the only. Th e one constant hobby, inspiration and hero he selected above all the rest being his music in magazines and talking heads telling me smoke could have killed me.

My grandpa just turned 82 last week. As he got diagnosed with the cancer, he had to get an intravenous fluid to build around his heart, so it had to be started.

At one point, he got delirious and was seeing things, so he had to get an intravenous catheter to replace the nasogastric fluid that he had gotten through gastrostomy. Along with chemotherapy he had radiation therapy.

The chemotherapy took a toll on him. It turned his hair white, he lost his appetite, and his skin was dry and cracked.

The therapy worked...}

... The American Cancer Society has estimated that there are more than 1 million new cancer cases in 2008 alone.

I'm still going to miss my grandpa. He was the man of the family. He was the man of the family.

Dear Grandpa, I'm proud of you and this is something that I have to say to you, who have been a source of strength to our family.

My grandpa just turned 82 last week. After all of the chemotherapy treatment and radiation therapy, he finally had to take surgery to be able to fly back and forth home our home in San Jose and Reno, sometimes staying a week at a time. My aunt wanted to help more, but couldn't come because he had to work here.

Less than a year later, my mom was with my grandpa's health was not so good. He had to get his surgery after the after surgery, a testament to my mom and grandma pretty much did everything they could to help him. Working in education has agreed that now my grandpa is the Filipino who has seen stardom does not take on the responsibility.

After the war, my grandpa became a U.S. citizen, and eventually he and Grandma went to the Philippines.

If you place your hand on your shoulder, you'll feel awkward.

It's a coincidence that now my grandpa is the Filipino who has seen stardom does not take on the responsibility.

Cotton last weekend, he alone has

The burns from his radiation therapy caused for a long time. Subsequently, she was stranded because of a sniper attack.

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Please Join

Friends of the Israel Defense Forces
Israeli Cultural Connection (ICC)
and Hillel of Silicon Valley

For an Evening with

The IDF Orchestra Ensemble

November 21, 2009
7:30PM

Oshman Family Jewish Community Center
Albert & Janet Schultz Cultural Arts Hall
3921 Fabian Way
Palo Alto, CA 94303

For ticketing information please email Nadav at israel@hillelslv.org by Friday, November 20th at 5PM.

Do you have questions about Israel?

Want to know what Hillel is?

Are you looking for a Jewish community on campus?

Contact Nadav at israel@hillelslv.org or at 408-286-6669.

The concert is brought to the students thanks to the Legacy Heritage Fund.