Man arrested after four-hour standoff on top of bus

SAN JOSE

By Sage Curtis

david@spartandaily.com

A man was arrested after spending four hours on the roof of a bus coach refusing to come down, "I don't know what he meant," Alvarado said. "I don't know what he meant."

According to Cardoza, the man on the bus was basic protective force, not a passenger. The bus contained 15 passengers and a driver, and Cardoza said he was unsure if the 911 call came from within the bus or not. He said he had seen the man on the bus all morning.

"He was resisting coming down, but it was more of a passive resis- tance," Cardoza said.

He said that the man on the bus was not visibly displaying any types of weapons, or threatening to hurt anybody. "We wanted him to come down voluntarily without any injury to himself or anybody else," Cardoza said.

"I saw him holding papers and taking his jacket on and off, but I couldn't hear anything he said," Gime said.

According to Cardoza, the sheriff's department had specially trained crisis intervention deputies on scene to deal with persons with mental health issues or persons refusing to cooperate.

"We were wanting him to come down voluntarily without any injury to himself or anybody else," Cardoza said.

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Thanksgiving Eats: Easy and comforting recipes for the holidays
Photos and recipes by Thyra Phan @ThyraPhan

SEASONAL RECIPES

GREEN BEANS WITH ALMONDS AND BACON

Start to finish: 10 minutes
Serves: 4
Ingredients:
- ¼ cup butter
- ¼ cup sliced almonds
- 3 strips of cooked bacon, diced to bacon bits
- ¼ teaspoon garlic powder
- Salt, to taste
- 1 pound green beans, trimmed and cut in half
- ¼ cup of dried cranberries for topping

Directions:
In a small saucepan, melt butter. Then add bacon, almonds, garlic powder, salt and stir. Add green beans and stir for 3 to 5 minutes. Serve hot. Sprinkle cranberries on top, if desired.

BAKED MACARONI AND CHEESE

Start to finish: 40 to 60 minutes
Serves: 4 to 6
Ingredients:
- 4 cups hot drained boiled macaroni (8 oz. uncooked)
- 2 tablespoons butter
- 2 cups shredded sharp cheddar cheese
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 eggs (beaten)
- 2 ½ cups milk
- Paprika, to taste
- 3 strips cooked bacon, diced to bacon bits

Directions:
Preheat oven to 350 degrees Fahrenheit. Mix ingredients in a 13x9-inch baking dish. Bake for about 40 to 60 minutes until golden brown. Sprinkle with paprika and serve hot.

Check out a recipe for white chocolate and cranberry blondies online: http://ow.ly/fqmYz

Ready for dessert?

Happy Thanksgiving From the Spartan Daily!

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Happy Thanksgiving From the Spartan Daily!

Have a Great Break!
FOOTBALL

Spartans ride five-game winning streak into regular season finale

By James Simpson
@JamesSimpson

Fresh off a nationally televised win against Brigham Young University (BYU), Spartan football head coach Mike MacIntyre held his weekly news conference yesterday to discuss the team heading into the regular season finale against Louisiana Tech.

SJSU's second win at 9-2 after the 20-14 victory over BYU Saturday night, a game MacIntyre said "was one of the most important games in SJSU's modern history." The Boyd bowl Spartans shot at the WAC title remain alive with two wins; last week's Class victory over LA Tech, but the team behind the team at an all-time high as the Spartans finish out the regular season.

"Almost everything our football program was having in 2010 that number had risen to 931. According to the official NCAA website, schools that score below 925, equivalent to a 2.0 percent graduation rate, could face discipline from the NCAA in the form of loss of scholarships and post-season bans until the score is boosted. Earning the dramatic turnaround over the past few years, Lawrence Ray, SJSU Athletics media relations director, said SJSU is currently doing what any other college would do with the class-checking program and other forms of help for their athletes.

"Whether it football or any of the other sports there are rules in place that are getting hard and you just can't be slackers, he helps bring those thought together.

Be sure to check classes every term, as students and the coaching staff this is them doing it. "I can't even explain what it is," MacIntyre said. "It was a great, great game by Smith." MacIntyre himself was named a semifinalist for the Maxwell Football Club Coach of the Year award.

According to SJSU Athletics, in MacIntyre's third season as head coach SJSU will play in a bowl game for the first time since 2006 and he already has accumulated more wins than the past three seasons combined.

"I'm humbled by it... the interesting thing is the head coach gets all the credit and he also gets all the blame," MacIntyre said. "The credit really goes to all of our players and the coaching staff this is them doing it." The upcoming WAC conference game against LA Tech features plenty of points from both sides.

According to SJSU Athletics, La Tech (19) has the highest scoring offense in the country at 52 points a game and started last week at the 20th ranked team in the Bowl Championship Series (BCS) as SJSU has the second highest scoring offense in the WAC next to LA Tech with quarterback David Fales Fales' way. Fales is currently the most accurate passer in the nation and ranks fourth in overall quarterback rating as well.

While LA Tech defense allows opponents to average 518 yards a game, MacIntyre says an opportunistic defense the Spartans need to be ready to combat.

"They cause a lot of turnovers – they are ball hawks," MacIntyre said. "They think their defense has been maligned a little bit, but they are having to play a lot more plays than most people.

With the potential of school being a demanding task, but SJSU has a class-checking program, as well as a variety of other resources to utilize and counseling, that helps players stay on track in the classroom so they can stay focused on the field.

The number is based on the past four years' performance of the university.

According to the athletic department, the SJSU football team had an APR of 937.5 in 2010 that number had risen to 946.

That's why they're here. They're here to go to school. They're here to learn.

Mike MacIntyre SJSU football head coach

In the latest tabulations released in June, which covers the 2008 through 2011 seasons, the Spartans posted a score of 959, the highest in the history of the football program, according to the San Jose Mercury News.

Schools get higher grades for keeping athletes in school and on track to graduate, with 1,000 points being a perfect score.

According to the official NCAA website, schools that score below 925, equivalent to a 2.0 percent graduation rate, could face discipline from the NCAA in the form of loss of scholarships and post-season bans until the score is boosted.

FOOTBALL

SJSU quarterback David Fales throw 27 for 34 with 305 yards, three touchdowns and one interception Tuesday, November 20, 2012 Spartan Daily | Page 3

Coach School 2012 Record
Dave Doeren Northern Illinois 10-1
Sonny Dykes Louisiana Tech 9-2
David Hazell Kent State 10-1
Brian Kelly Notre Dame 11-0
Chip Kelly Oregon 10-1
Mike Mautchey San Jose State 9-2
Lane Meyer Ohio State 11-0
Jim Mora UCLA 9-3
Will Muschamp Florida 11-1
Mark Richt Georgia 10-1
David Shaw Stanford 9-2
Bill Snyder Kansas State 11-1
Kevin Sumsion Texas A&M 9-2
Dabo Sweeney Clemson 10-1

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Spartan Daily | Page 3
**FITNESS**

**Planks**

*Steps:*
1. Lie on floor and prop your legs up and keep back flat on ground.
2. Keep legs bent.
3. Hold opposite ends of towel with both hands and extend your arms over your head.
4. Situps. Note how the legs and arms are positioned for this exercise.

*What does this exercise target?* Core and upper body.

*How many?*
36 "It's a pity!"

*Try a one-legged plank.

*Steps for one-legged planks:*
1. Do the same thing as before but this time bring one leg off the ground while keeping it straight.
2. This makes the exercise harder by making it more unstable and off balance, so you have to use your core strength even more. This also works your back muscles.
3. How many?
100 "It was not a major contest in any sense" (not harmonizing)

*Want more of a challenge?* Core and upper body.

*Planks* and *Towel Situps*

**Towel Situps**

*Steps:*
1. Lie on floor and prop your legs up and keep back flat on ground.
2. Keep legs straight out and hold your body up with your toes on the ground, using your forearms to keep you up.
3. Make sure your back and body are completely straight. Do not sink the stomach and back down or inward.
4. How many?
Three sets of 10 holding for 5 seconds each time (or 36 "It's a pity!"

*What does this exercise target?* Core and upper body.

*How many?*
Three sets of 10 holding for 5 seconds each time or as long as you can. Alternate between legs.

*Above: The preparation step for the towel situps. Note how the back lies flat on the floor. Right: The second step for the towel situps. Note how the back and legs are positioned for this exercise.

**Disclaimer:**

Do these exercises with caution. If you feel any unusual discomfort, stop immediately. Always stretch before and after performing these exercises.
I couldn't decide whether I
remembered the woman of
different voices every other
time. It's a special column.

Now she's gone, and I'll
remember her and the
woman she found. I'll
remember her and the
woman she loved. I'll
remember her and the
woman she married.

I'll always remember her
and the woman she loved.

I'll use some of her
tales in this article, which is
to continue forward,

I'm sure, of course, but I'm
remembering, and the
woman she loved will
remember me.

Thirdhand smoke is too
dangerous. It's too bad that
she didn't find this out
before, but I'm sure she
would have loved to
take her son to the
country and Europe.

She raised two
wonderful
children: one of whom
was my grandmother and
the other a spectacular
aunt.

We didn't always agree
but she was always
adaptable and
understood her position on
something, if it had to do
with her politics or why
she thought cancer came
actually.

Now she's gone, and I'll
never ever again hear her
whisper in the phone every
Saturday for our weekly
call.

I'll always remember her
and the woman she
found. I'll
remember her and the
woman she loved. I'll
remember her and the
woman she married.

I'll always remember her
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Radio presented Robbins with a challenge that she accepted, and she has built a following of listeners and fans playing electronic dance music on her segment, the Mix Walk with her co-host, Radio (Andrew Reclusado), on Thursdays from 10 a.m. to 2 p.m.

“Amy really knows her music,” Reclusado said. “We feature on different styles of music that complement each other but are distinctly different. It makes working with her really fun.”

It seemed like the natural step for Robbins to step out into the world and test her newfound skills in front of an audience.

“I saw a random job for a radio company for a weekend disc jockey,” she said. “I had started doing radio in 2010, but this job was totally different than radio. I got the job and was trained professionally as an MC in SF clubs.

From there, Robbins was contacted by a local DJ, De- vid Alga, who asked her if she would be interested in DJing clubs.

“It wasn’t necessarily like, ‘Oh, I want to be a DJ now,’” Robbins said. “I had just got all the equipment, be at home and practice. I practiced my weekend DJing and meeting Alga was a risk that paid off because, as her new manager, he showed her the ins and outs of the club scene in the San Francisco Bay Area.”

“After I met him, he pushed me and helped me out,” Robbins said. “He provided me with the knowledge that I needed to succeed.”

Other students who have contacted Robbins at first because her personality and energy caught his attention.

After working with her for a only a few days, he said Robbins had repeated a sector on his hands.

“My entire life right now is completely crazy,” Robbins said. “I’ve accomplished more in two years than most people could dream of accomplishing in a lifetime. My life is so fast paced and so full of things in my mind because I don’t focus on the negatives.”

Redbins wants to use her skills as a DJ and what she has learned in SJSU’s RTVF program to be more in two years than most people could dream of accomplishing in a lifetime.

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