**SJSU Health Center raises the bar on sexual health**

By Devyn Thomas  
@devynthomas  

During this semester, The Student Health Center has expanded its services in sexual health with the announcement of its state funded Family Planning Access Care Treatment, also known as Family PACT.

The program provides family planning services to low-income individuals at no cost.

Paula Hernandez, Senior Operations Officer of the campus health center, said that this program is a great fit for college students who are living on a budget.

"(At SJSU) we are able to take (Family PACT) from a provider referral to referral which means that if a friend of yours knows about it from you, they just need to call and make an appointment rather than going to a provider for an appointment."

The change in eligibility is positive according to Hernandez who explained a previous process where students had to be recommended by a provider or doctor who forwarded their information to the health center's administration.

Hernandez said the center has been preparing for an increase in applicants by training more staff members to sign students up for the program.

"It’s a program that’s available to California residents and its members and women," Hernandez said.  

"We are available to many who are looking for services."

According to Hernandez, students who register with Family PACT will be eligible for free birth control, testing and counseling for sexually transmitted infections (STIs) including HIV, as well as general and reproductive planning for pregnancy and family planning.

"What it does is it helps the low-income. Men, women, including teens, and it gives them access, it helps the services to for their reproductive health," she said.

Associate Director for Campus Wellness Laurie Morgan said sexual health is a much bigger issue than some would think, particularly for universities.

"On almost every campus you’ll find that a wellness program is going to have a sexual health person because it’s a time in a student’s life where people are figuring out all sorts of things about them, including their identity, and their sexual interest."

Morgan said that the existence of misinformation regarding sexually transmitted infections and birth control can leave students confused about the facts.

"It’s a big issue, a lot of it like rape and a department like ours, is to make sure at this important stage in life that students are getting accurate information so that they can make informed decisions."

According to Morgan, "Both about whether to become pregnant or get someone pregnant," she said.

Accepting students who are low-income is important to Morgan who said, "Both about whether to become pregnant or get someone pregnant," she said.

"It’s what brings most students through the door," Morgan said. "It’s important to give them the resources that they need to help them with any of the issues that might arise when they have to do these things."

"I did not go to seminary. I didn’t know what it was like, I had no idea what that would look like, and I didn’t feel like that was something I was a part of."

Although the book is still a work in progress and will not be published until sometime next year, she is pleased with her craft as both a writer and minister in the look at the book's release.

"I think it’s really great to have that," she said. "It’s really great to have that community of people who are close to you."
By Sergei L. Loiko
Los Angeles Times
MOSCOW — Curious schoolchildren are passing through the deserted cobblestone streets of a late 19th-century quarter in the middle of the city when they stop, transfixed by a menacing-looking Nazi tank sitting round the corner as if in ambush.

Unlike their moms, dads and grandparents who couldn't even dream of it, the young visitors are privileged to tread the grounds of what used to be the dream factory of the U.S.S.R., the gem of its foray into the motion picture, which the founder of the vanished empire, Vladimir Lenin, once called the most important of all arts for its immense propaganda potential.

The guide explains to the kids on a tour of the historic Mosfilm Studios that the tank they are now climbing all over is the main character in the movie entered by Russia this year in the Oscar foreign-language category, “White Tiger.”

A mile away in one of the studio’s renovated pavilions, director Karen Shakhnazarov, who shot most of his 15 films including “White Tiger” at Mosfilm, recalls with a shudder the time in 1998 he was named to head the decayed and all but dead studio, conceived in 1923 and Russia’s biggest.

“I have made all my films here, but even I didn’t expect to see the scope of catastrophe which opened before my eyes when I looked at the studios for the first time as a manager,” says Shakhnazarov, sitting at a top-notch Harrison motion picture console with hundreds of mixing channels in one of the renovated recording units. “Roofs in most buildings were leaking, asphalt outside gaping with deep holes and the most current movie camera was dated 1980, the time of the Moscow Olympic Games.”

It took Shakhnazarov a decade and more than $50 million to bring back to life the still state-owned studio where such masterpieces as “The Cranes Are Flying,” “Andrei Rublev” and “War and Peace” were shot. The Kremlin didn’t give him a penny.

Its hundreds of highly qualified employees were quitting as its numerous pavilions, which used to be bursting with life, were used for industrial storage.

Add to that an all-pervading stench, says cinema historian Sergei Lavrentyev.

“It was a very hard time of tough choices when some shady people would come in with demands and even veiled threats that I should make the company private and sell off sizable chunks of our land in downtown Moscow to build a casino, a club, an apartment house,” recalls Shakhnazarov, 60, squinting pensively behind sunglasses. “It was tempting, but I knew should I yield to the pressure, the company would soon perish and I myself might end up killed one day.”

Mosfilm’s old competitor, a movie-copying factory across the road, succumbed to similar pressure and soon went out of business, a huge, ugly decaying concrete building looming over Mosfilm’s walls in its place. The renovated Mosfilm, which employs more than 400 people, still produces one or two movies of its own a year but earns income by providing premises and services for hundreds of TV shows and series annually.
Captain Murphy uses soccer to bring order to his life

By Celeste Lodge
globe/daily

Nick Murphy grew up playing soccer with his baby sister from 11 years old and his second word was “goal.” It’s no wonder he would excel in soccer throughout his life.

Murphy, a senior, picked up the love for the sport at the age of seven after his neighborhood baseball teammate invited him to a soccer practice.

“I went to practice once with him, and I quit baseball the next day,” Murphy said. “Then I just became a soccer player.”

He said he loved and played the sport so much that it became natural to him and he started playing competitively at the age of 11.

“Basically, since I was about 11, the goal was to become professional,” Murphy said. “I wanted to become a pro, so I trained really hard. If you work hard you’re going to get good, so I was always good. It just kind of naturally happened.”

Murphy, a center back, has been a starter all four years of his career on the SJSU men’s soccer team and just finished his last season.

“It’s been fun to be out there on the field,” Murphy said. “A lot of kids don’t get the opportunity to come in as a freshman and consistently play from day one.”

Head coach Gary St. Clair said he recruited Murphy to play for the team after seeing him play for a San Francisco club.

“Their technical level is excellent, his vision is on outlook,” St. Clair said. “He’s also very competitive. Nick’s got it all.”

Dylan Murphy, Nick’s brother and senior economics major who also played soccer for SFSU, said that Nick has helped build the team together and kept everyone on their toes.

“His our rock,” Dylan said. “Everyone loved him because he was so confident.”

Murphy was the captain of the team for three years.

St. Clair said one thing he enjoys about Murphy is how much he is involved.

“Over the years he has worked extremely hard on his game,” St. Clair said. “To me, he is like being a coach on the field. He gives !00 percent every time he steps onto the field. If I could buy stock in a young man, I would buy in Nick Murphy.”

Not only is Murphy talented on the soccer field, but off the field as well.

Murphy said he has a 3.0-3.0 GPA and is majoring in physics.

Murphy said his athletic schedule has helped him with organization in school.

“It’s time management,” Murphy said. “It’s not really that difficult. I’m surprised more athletes don’t do it. Give organization to your life. It seems like it would be really easy to do so well.”

He gives 100 percent he steps on the field. If I could buy stock in a young man, I would buy it in Nick Murphy.

Gary St. Clair, head coach

He said another reason he does so well in school is because he tries really hard and picked a major that he enjoys.

“I just made sure when I was doing what I was doing that it was 100 percent invested,” Murphy said. “There was really no conflict or necessity to prioritize. There was plenty of time to do well in both.”

Murphy was also named an Academic All-America honor student this semester.

“It’s very gratifying to win the award,” Murphy said. “It makes me feel like my努力s are worth recognizing and that I have in fact accomplished something more than just school.”

St. Clair said Murphy works hard on and off the field and is a role model to other players on the team.

“He’s a very mature young man,” St. Clair said. “In order to be able to do the things Nick has done, you need to be able to be extremely focused and compartmentalize your tasks. He understands that he has to get a degree; he understands that he has to work very hard on the field. And then when he steps off the field he has things that he must take care of as well.”

However, Murphy didn’t always enjoy school as much as he does now.

He made the decision to play soccer instead of tennis and football for two years after high school because he didn’t like school.

He said the experience helped him gain perspective of the world.

“I bummed,” Murphy said. “By making me recognize that playing soccer in America with great facilities is a really wonderful opportunity that many equally talented people from around the world would love to have but cannot. It made me appreciate the opportunity and therefore take advantage of it.”

St. Clair said the experience matured his brother and helped him become more dedicated in school.

“Living in another country changed him,” St. Clair said. “He came back really responsible. He has no tolerances about studying, and he’s definitely more mature now.”

Murphy will graduate in May 2013.

He said he was hoping to attend Major League Soccer tryouts this year, but they are during finals week so he won’t be able to make it.

Murphy plans to go to graduate school for physics.

“I’m excited to move forward,” Murphy said. “It’s been fun but it’s time to move on.”

St. Clair said he believes Murphy has a bright future in front of him.

“I think the sky is the limit for Nick,” St. Clair said. “I will be very interested to watch his progress and direction he takes after he graduates from San Jose State.”

Celeste Lodge is a Spartan Daily staff writer. Follow her on Twitter at @celestelodge.
Cherish your beloved creature and give it love and respect. Let the shark be free and enjoy the natural beauty of the ocean. Remember, sharks are essential to the ecosystem and we should protect them for future generations. Spread awareness about shark conservation and inspire others to do the same. Together, we can make a difference in preserving the ocean and its inhabitants.
Looking forward to the future

"You're graduating in December! Congratulations, that's no small feat."

That is what I've been hearing from family, friends and acquaintances for the past six months, and I can't believe that December is already here. It seems like I was only yesterday that my parents and I were preparing for my 18th birthday. Two years later, I am finally regaining the happiness and confidence I once had when I graduated high school.

When I transferred to SJSU, I did not have a clear plan of what I wanted to do with my life — write. I hoped that SJSU would prepare me for the real world.

Two years later, I can honestly say that my experience has fulfilled my plans. Throughout my year at SJSU, I have learned how to trust myself, think critically on everything from politics to everyday life, and most importantly for an adult. My professors and peers taught me not to be afraid to fail and I learned from experiences good and bad — in my life.

The fear of leaving and people I love shouldn't hold me back

There was a turning point this semester when I realized that even though I was scared of what may come, I am ready to move on from my college life. I was talking to a professor after class and she said, "I don't worry about you, Julie, because you're an adult." It was in that moment of realization that I realized he was correct.

I don't mean that I was older than most of my classmates and that I was mature in every sense of the word. I do mean that my maturity and willingness to learn from every experience matched that of an adult. It was in that moment of recognition that I realized I was correct. I am ready to begin the next chapter of my life.

Change is something that is going to happen throughout my life and I need to learn how to embrace it and grow from it. Graduating college is the biggest accomplishment that has happened in my 25 years of life and I don't want it to end there.

This school and the amazing people that fill its halls, classrooms and hallways have made me the confident journalist I am today.

Even though emotionally I am not yet one of the adults that people in my family, friends and peers expect me to be, I have learned many things in my time here.

I am a Sunrise reporter, a student in the EAEU program and I am planning to major in something I really love. This semester is coming to an end, but I anticipate it being filled with thousands of dollars spent on my school and eagerly turn on the TV to see if "After Hours" aired on my digital video recorder to watch a recording of one of my favorite television shows — ABC’s Castle.

This column is titled "After Hours" aimed these Mondays at a few of the lines left on the one of the pages of my life book — the adult chapter.

Throughout my years at SJSU, I have realized he was correct. I am ready to begin the next chapter of my life. I am ready to take my parents and leaving this once in my life, and I am realizing that I'm graduating college.

While preparing for what's ahead is important, I still, couldn't help but think of everything I missed because I was "worrying about finals." It was in that moment of realization that I realized he was correct. I am ready to begin the next chapter of my life.

The semester is coming to an end and I realize that I have learned so much. While I plan to spend this time with my family, friends and a cousin I picked up on the way, I will also spend this time with my family and friends with no matter how many problems we face, I am one of the kindest men I've ever known.

When I finally went to see him and brought a writer with me, I experienced gut-wrenching emotions.

My aunt, his aunt, seemed even more devastated than my cousins as she stayed by his bedside the entire time. We said our last goodbyes.

After I felt his room an emotional brush, my cousin and I tried to pass the time as lightly as possible with what play games we could. I left late that night.

I did not want to waste his final moments of life and I knew that I should cherish this time with him for as long as possible.

Julie Myhre is a Spartan Daily copy editor. Follow her on Twitter at @julie_myhre.

Learing to enjoy life now instead of later

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Sikh religion will join California universities’ curriculum

By Lee Romney

UC Santa Cruz instructor Nirvnikar Singh (left) speaks to Hannah Elston (center), Kevin Deutsch (second from right) and Virginia Perez (right) during lunch at the Sikh Gurdwara in San Jose. The students are taking part in a field trip to the San Jose temple as part of Singh’s Sikh culture and religion course. Photo by David Butow/MCT

Sikh students are moving forward after years of delay. Embracing a Segal Foundation donation as “California Sikh Awareness and Appreciation Month,” UC Santa Cruz instructor Nirvnikar Singh has reconstructed instructional materials and attended outreach meetings.

Meanwhile, California is enacting the nation’s strongest workplace religious-discrimination law, barring employers from removing religious accessories or clothing unless they can prove doing so would impose “significant difficulty or expense.” Sponsored by the nonprofit Sikh Coalition, it is expected to lessen prohibitions on Sikh articles of faith such as unshorn hair and carrying kirpans — a small sword meant to represent self-reliance and readiness to defend the oppressed.

The changes come as Singh’s group — the oldest and for decades only Sikh temple in the United States — celebrates its centennial and as statewide coverage of Sikh history, religion, art and music proliferates.

“The title ‘turban’ is misleading,” Singh LaRae, a professor emeritus in cultural anthropology at UC Santa Cruz who has been studying California Sikhs in Yale, said at a conference.

Rivved in the Punjabi region of the Indian subcontinent, Sikhism was founded by the 15th-century Guru Nanak and spread to the United States, about 10,000 worshipers.

Although most Sikhs fo- cused on faith and family, an entrepreneur known as the fa- ther of fiber optics launched last year, came from the Silicon Valley and built six gurdwaras — among them a $20 million facility in San Jose that accommodates 10,000 worshipers.

“Some universities that offer a program in Sikh education, she and others have noted, become more pro-*inclusivist* with the passage of the religious-discrimination law, barring employers from removing religious accessories or clothing unless they can prove doing so would impose “significant difficulty or expense.” Singh coalition, it is expected to lessen prohibitions on Sikh articles of faith such as unshorn hair and carrying kirpans — a small sword meant to represent self-reliance and readiness to defend the oppressed.

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The tenth and final guru, Gobind Singh, deemed the Sikh sacred scripture to be his eternal successor, and the teacher’s role was taken for Muslims because of their turbans, Sikhs were also targeted. Among them was an Arizona gas station attendant killed by a self-proclaimed “patriot” who had vowed to shoot down some “treacherous” buses. The Sikh Coalition has since tracked about 700 at- tacks or bias-related inci- dents, including the stabbing last year of two elderly Sikh Grove men who were out for a walk. Then came the Oak Creek shootings in August. For this time, the community was prepared. Sikhs throughout the U.S. invited neighbors, landscapi- es and educators to language, the temple kitchens that feed all corners to accom- pany and equality. The Sikh Coalition was in partnership with cookouts for help, it announ- ced an online resource for samples.

“This is a pivotal moment for us,” the website reads. “We’re never before been in a position where people are invited and ready to listen, understand and appreciate Sikhs in their community.”

...After taking a few more pills I got scared, so I turned my phone back on...

Alyxandra Goodwin is a contributing writer.