

**San Jose State University**

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**From the Selected Works of Marjorie R. Freedman**

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## Health Center Offers Nutritional Advice

Adam Browne



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# Health Center offers nutritional advice

By Adam Browne  
Daily Staff Writer

The Student Health Center includes a nutrition counseling program that helps students manage their dietary needs. Students can set up an appointment to meet with a dietitian to discuss their needs.

Oscar Battle Jr., the student health coordinator, gives advice to students about nutritional choices. "Nutrition counseling is providing students a series of knowledge regarding responsible decision making about nutritional matters," Battle said. "It's all about choices. Its basic purpose is helping students make responsible choices."

The center teaches students good nutritional habits. "We prepare students to be responsible consumers," Battle said, "That goes for eating food, selecting, purchasing and preparation of food."

According to Battle, as an example, some students that come to the center need weight management or to lose weight.

"Some students have broader issues — diabetes, high cholesterol, whatever ailment they have," Battle said.

Battle also indicated that they do a lot of campus outreach.

Jennifer Waldrop, registered dietitian for the Health Center, works with students who visit the center. "I meet with students one on one and tailor nutritional recommendations to their health goals and cultural food preferences, their willingness to change and their medical history," Waldrop said.

Waldrop said that the usual appointments for students could last 45 minutes.

"I think it's important for students to know that good nutrition can improve energy level, academic performance and self-esteem and overall health," Waldrop said.

According to Waldrop, there are about 25,000 visits to the Health Center a year.

Marjorie Freedman, assistant

**"We prepare students to be responsible consumers."**  
—Oscar Battle Jr., student health coordinator

professor in nutrition and food science, is also the faculty adviser to the Nutrition Education Action Team, or NEAT. "There are three NEAT students that do the Nutrition Counseling over at the Sports Club," Freedman said. The Sports Club counselors are graduate students.

Graduate students take the appointments at the Health Club as part of their training in nutrition education.

Students can use the service at any time. "Anyone on campus can make an appointment to a 30-minute counseling session," Freedman said. "It's free. There is no limit to how many they can have."

The club also instructs students in good nutrition habits. "Typically, the topics would be relating to nutrition for optimal physical performance," Freedman said. "Other topics might be diet for weight loss or weight gain."

"Over the course of the semester, hundreds of students get nutritional counseling through the club," Freedman said.

Freedman said that if students have any clinical health problems they should first go to the Health Center.

Karen Knoblauch, a graduate student in nutrition, is an officer in the club who coordinates the staff meetings and member meetings, and she does nutritional counseling.

"It's an excellent way to get hands-on experience with the student community, as well as off campus organizations. It gives you experiences that can't be taught in a classroom," Knoblauch said about the club.

# Immigration demonstrations draw thousands

By Marcus Wohlsen  
Associated Press

SAN FRANCISCO — Thousands of immigrant supporters marched in several cities around the country Monday calling for the right of illegal workers to live and work freely in the United States, though the events drew significantly smaller numbers than the massive demonstrations earlier this year.

On Labor Day, San Jose City Hall was the center of thousands of protesters voicing their opinions on current immigration laws. Starting at King and Story roads, protesters marched past Interstate 280 and up Santa Clara Street while holding flags, posters and banners stretching the length of the demonstration.

Participants in the San Francisco demonstration waved American and Mexican flags at peaceful Labor Day rallies in California, Arizona, Texas and Illinois, with crowds of a few hundred to several thousand chanting "Si se puede!" ("It can be done!") and "We are America."

Marchers voiced the same message in demonstrations that attracted hundreds of thousands this spring. Organizers and participants blamed the holiday weekend and a less coordinated mobilization campaign for what they described as a modest turnout compared to the earlier marches.

"Treat us as the labor force that moves the wealth in this country,"

Haydee Martinez, a San Francisco march organizer, told participants in Spanish. "We want legalization for everybody."

Immigration reform efforts have stalled in Congress, where members remain divided over whether to crack down on illegal immigrants or help them on the path to U.S. citizenship.

Organized labor and anti-Bush groups joined legal and illegal immigrants in a boisterous march of more than 2,000 in downtown San Francisco, beating drums and singing in the streets.

"We are people. We are humans. We came here to work, not to steal anything," said Carlos Rosales, 35, of San Leandro, a legal U.S. resident who arrived from Mexico City in 1990 and runs a trucking business.

In Southern California, where 400,000 marchers jammed a Los Angeles boulevard in May, about 400 people turned out Monday for a labor solidarity march organized by workers' unions in Los Angeles. Demonstrators there called for amnesty for illegal aliens and a moratorium on deportations.

Cardinal Roger Mahony told parishioners at the Cathedral of Our Lady of the Angels in downtown Los Angeles that he faxed letters Monday to President Bush and leaders in Congress, urging them to enact comprehensive immigration reform.

"Without our immigrant population, this state would be bankrupt," he said, drawing applause.



NEAL WATERS / DAILY SENIOR STAFF

Protesters rally in front of San Jose City Hall on Labor Day.

ruption," he said, drawing applause.

In suburban Chicago, immigration reform marchers ended a four-day, 50-mile walk to protest at the office of House Speaker Dennis Hastert. The Illinois Republican has suggested fences, pedestrian inhibitors and the use of the Army Corps of Engineers and Border Patrol to help close off the border with Mexico.

About 150 people walked all four days and others joined along the way, culminating in a crowd of about 3,000 people at Hastert's Batavia office, said Gabe Gonzalez, the midwest regional organizer for the Center for Community Change.

About 900 immigrant rights supporters gathered at the Arizona Capitol in Phoenix by midday Monday in a peaceful demon-

stration of what protesters called government inaction on repairing America's failed immigration system.

The Phoenix rally also drew 100 advocates for limiting immigration. Michelle Dallacrose, founder and president of Mothers Against Illegal Aliens, said the government has sold out its people in not adequately confronting illegal immigration.

"These people are violating our laws, and they are taking away what belongs to Americans," Dallacrose said. "They come down here on our Labor Day and march on our Capitol. It makes me want to vomit."

Daily senior staff photographer Gavin McChesney contributed to this report.

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# SPARTAN DAILY



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Being mesmerized by Agassi's farewell, page 2

Immigrants rally in Bay Area, page 5

Men's soccer falls to the USF Dons, page 4



## TAP INTO THE ARTS



PEARLY CHAN/ DAILY STAFF

ABOVE: Michael Loeffler, owner of a Seattle-based hat store known as Hatterdashery, works on a hat Sunday in his booth at the Tapestry Arts Festival. The event in downtown San Jose celebrates the arts and ethnic diversity. ABOVE RIGHT: Visitors at the Tapestry Arts Festival stroll along a row of booths set up Sunday on Almaden Boulevard Sunday.

By Michael Geslani  
Daily Staff Writer

The 31st Annual Tapestry Arts Festival over the Labor Day weekend brought the summer to its unofficial end. The festival has been a mainstay of the Santa Clara County for more than three decades since 1976.

According to a press release, the festival expected more than 200,000 people to attend the event, with the proceeds going to fund arts education programs in schools and arts outreach in the community.

"We nurture creativity by promoting the arts and providing education programs for the community," said An Lu, executive director of Tapestry Arts.

### Thousands flock downtown for last festival of summer

The proceeds will help support children in kindergarten through eighth grade with lessons in visual arts, painting, dance, photography, poetry and musical theatre, and the lessons will be based on the California Framework for the Visual and Performing Arts, she stated.

The festival stretched across Almaden Boulevard and Park Avenue, and the three-day event hosted 250 arts and craftspeople, four entertainment stages, 35 food booths, a

creativity zone for kids, an interactive alley and a Design for Living Home Show.

The Design for Living Home Show was a place where more than 100 vendors showcased gizmos, gadgets and innovations that make home living more functional and life more fun.

"This is our first time here, but we've done several in the Bay Area," said Sandy Markham of Mountain Exotics, based in Grass Valley.

The San Jose State University alumna said it was fun to come back and do the show because she was able to also visit the campus.

see TAPESTRY, page 6

## Campus cash adds Midas touch to Tower Card

Gold points offer payment options at SJSU shops

By Ryan Berg  
Daily Staff Writer

Gold points can bring speed and convenience when making purchases on San Jose State University campus, according to Spartan Dining Systems.

Many students use them, but there are those who do not know of their existence.

"What the hell are gold points?"

said Max Todi, a geography major.

"If I knew more about them, then I would know if I would use them or not," Todi said.

"Gold points are open to the public. Anybody can purchase them," said Spartan Dining Systems Manager Brian Mitchler.

According to a gold point information pamphlet, a gold point account is basically a debit account

linked to your Tower Card.

The pamphlet states that money can be deposited at any time online at [www.spartanshops.com](http://www.spartanshops.com) or at the gold points office during its hours of operation, located on the north side of the old Cafeteria building, facing the Engineering building.

According to Mitchler, students may use points for purchasing goods and services around campus.

The pamphlet says gold points can be used at the Dr. Martin Lu-

ther King Jr. Joint Library or Washington Square computer lab for copying and printing services, as well as at the Spartan Bookstore and campus dining areas.

Students living on campus are required to use gold points, rather than cash, to pay for laundry services, which some students say has caused some complaints.

"I only use points for laundry. They make you use them in the

see GOLD, page 6

## Student exhibits entrepreneurial spirit with clothing company

By Phil Bennett  
Daily Staff Writer

Few college students manage to hold down part-time jobs while taking classes, and even fewer attempt to run their own businesses.

However, a young man from Maryland recently moved to California and is beginning his freshman year at San Jose State University while simultaneously running his own clothing company, Happy-GoLucky.

"It is my clothing company that I started eight months ago while I

was a senior in high school," said Nick Persico, the company's founder. "I have designed all the current products out now."

Persico's mother said she was skeptical when she first heard the idea, but she now supports it.

"I have to admit, when he came to me with this idea, I was skeptical and didn't want him to be disappointed if it didn't go anywhere," said Pam Payne, Persico's mother. "But he was so determined and kept at it. He had such a positive attitude and enthusiasm, you couldn't

help but be behind it."

Persico thought SJSU was a great location to promote his company while also to pursue a great education. "This is my second time ever to California, and, so far, I love it," he said.

Payne said, "I love his slogan, to 'live on the positive.' In a day and age of teenagers taking the wrong path and making bad choices, he has shown that it's 'cool' to be happy without negative influences."

At 18 years of age, he already has a history of entrepreneurship — he

used to sell music recordings and T-shirts on the Internet until the launch of his career with Happy-GoLucky.

"I have been designing clothing for a couple of years for other companies and people, and then I decided to come out west to develop my own brand and hopefully make this company successful," Persico said.

Payne said that through high school, Persico has always been an

see CLOTHING, page 6

## Alumnus, local teacher enters plea of no contest

Jeff Patterson charged with lewd acts with a Morgan Hill high school student

By Kelli Downey  
Daily Staff Writer

A San Jose State University graduate pleaded no contest last month to one count of felony oral copulation with a child, according to Santa Clara Deputy District Attorney Steve Fein. A less serious misdemeanor charge of annoying or molesting a student was dismissed.

"What he (Jeff Patterson) did in this case was a very bad judgment," said Larry Biegel, Patterson's attorney. "He was wrong to allow it to happen. No excuses. He just made that mistake."

Pleading no contest in criminal trials means the defendant does not admit or dispute the charge. A defendant making this plea accepts that he or she will be found guilty without admitting to the charges.

In a case like this, the defendant can possibly be registered as a sex offender.

According to a Morgan Hill Times article, which cited the Morgan Hill police dispatch log, a man called the police Nov. 8, 2005, claiming that his daughter, attending Ann Sobrato High

School in Morgan Hill, forged a note to miss her sixth period class Nov. 4 because Patterson, who worked there, urged her to.

Patterson is a former varsity football coach and math teacher at Ann Sobrato High School, where he joined the faculty in May 2004.

The man said his daughter, who was 17 years old at the time, met Patterson at a trailer park. She went with Patterson to the Morgan Hill UPS Store and then performed oral sex on him in his car while they were parked along the side of a road. The father told the police that he believed the acts might be consensual.

On April 3, a warrant was issued for Patterson's arrest. The warrant was for charges of a felony for alleged oral copulation with a minor and of a misdemeanor for alleged annoying or

see PATTERSON, page 7



Jeff Patterson



JORDAN MCKONE / DAILY STAFF

Manuel Ledesma, security guard at the Dr. Martin Luther King Jr. Joint Library, positions himself in a spot where he can monitor the content of some computers on the fourth floor. This is in response to inappropriate material viewed on computers at the library.

## Thefts and lewd acts keep library security staff members busy

By Kris Anderson  
Daily Staff Writer

On May 31, Vincent Lopez, 45, allegedly attempted to walk through the gates of the Dr. Martin Luther King Jr. Joint Library with a reportedly stolen laptop concealed in a bag, according to University Police Department Sgt. John Laws.

Last week, Lopez pleaded guilty to grand theft and possession of drug paraphernalia in Santa Clara Superior Court, and

he is facing an eight-year sentence, Laws said.

A student had stepped away from a checked-out laptop for a moment, Laws said. Upon returning, the computer was gone.

The student alerted library officials that the laptop went missing, said Library Security Officer Manuel Ledesma, who, shortly thereafter, witnessed a man set off the gate alarm as he walked

see SECURITY, page 7