

Good Crowd for This Year's Hayward Zucchini Festival



Photos/ Marlo Turner

By Marlo Turner
Staff Writer

Hayward's two-day Zucchini Festival at Kennedy Park drew a steady crowd last weekend and offered residents an inexpensive, family-oriented slice of entertainment complete with music, food and dozens of vendors.

"The festival has gotten better," said John W. Bellison from Castro Valley, who was attending the festival with his 25-year-old daughter.

"I've come (to the festival) five times before and it's bigger. There are more booths, and there's good food and music," he said.

Red cans labeled "Save the Zucchini Festival," were circulating throughout Kennedy Park as a symbol that even though the annual festival had a good showing, donations were still needed to save future events.

A festival would not be a festival without the signature components: a variety of food, live music, kids' activities and aisles of arts, crafts and knick-knacks.

Although not in abundance, the hot squash could be found in a few concession stands, either fried, barbecued or simply raw. Eventually the smoke from barbecue pits and smell of seasoned meats in the air drew you away from anything zucchini.

Jerk chicken, Thai and Brazilian barbecue, smoked turkey legs, fried chicken, catfish and artichokes were all tempting; unless you wanted to jump right into dessert.

note with the crowd with their rendition of Ray Charles' "Unchain My Heart" and Van Morrison's "Domino."

Adults weren't the only ones enjoying the festival. Kid's Town was created for the young at heart. Miniature rides that spun in a circle, a ferries wheel, a mega-slide and plenty of astro jumpers kept children busy.

Beyond Kids Town and the food concession area were booths for shoppers. Handmade bags, clothes, jewelry, shoes, hats, and items for your house, were all available. If one looked hard enough, you might have seen a few pirated DVDs on display: "Hancock," "Hellboy II," and "Space Chimps."

If shopping didn't grab your interest, you may have stumbled onto something else - body art.

"Henna (mehndi) is sacred body art of ancient Egyptians and is an Indian tradition," said Martina Cornelius, attendant and henna artist. "It should last for 1 to 2 weeks," she said.

Once applied, the dark paste leaves bumpy ridges on the skin. After it dries and peels away, an orange and rust-like color remains temporarily on the skin. Young girls were eagerly waiting their turn for the popular body art. Some men had shown an interest too as they flipped through the catalogs.

A few commercial organizations were present. Sons of Norway, California State Automobile Insurance (CSAA), Waste Management, Tri-Ced Recycling and the Alameda County of Registered Voters were all on hand to assist festival goers.

Admission prices were down a dollar from last year when attendance seemed to flag. General admission was \$4 with a discounted rate of \$1 for seniors, the disabled, and children aged five and below.

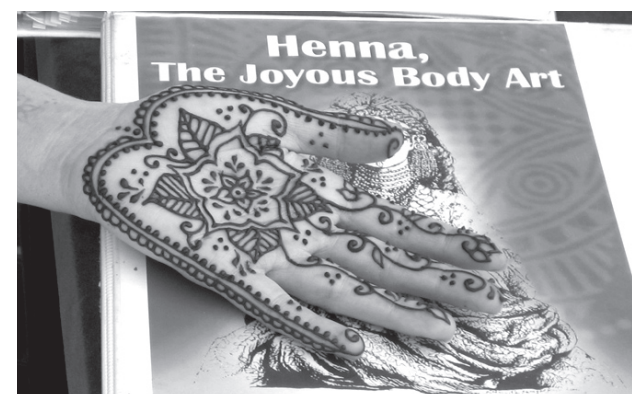
Plates promoting a festival favorite: funnel cake could be seen throughout the park. Fingers were being licked and mouths wiped as strawberry sauce dripped from each plate.

Secondary treats caught the attention from patrons as well. Bags of kettle corn, scoops of ice cream, smoothies, snow cones and of course homemade zucchini bread were being enjoyed.

The sounds of live instruments and hearty voices could be heard from most areas of the park. Festival goers were bobbing their heads to covers such as "Come Together," by the Beatles and John Mellencamp's "Hurt So Good."

Performing on the main stage were bands Just Truckin, Bobby Escovedo and Blues Bottle Band. The Blues Bottle Band hit a high

Henna tattoos: popular entertainment at the festival.



Trainer Has Walked a Mile in Fat Shoes

By Tasha Trujillo Ghiggeri
Staff Writer

Samuel Owle, a 47-year-old personal trainer at ClubOne in Brentwood, is helping members hit fitness goals one pound at a time.

The secret behind Owle's success as a professional at counseling clients on nutrition and fitness can immediately be seen with one glance at his driver's license.

Owle keeps the picture of his 320 pound frame in his pocket to remind his clients that if he could lose over 100 pounds, anyone could.

"I wasn't always a huge blob of fat," said Owle. "I really earned my rolls with late night noshing feasts of Pop-Tarts and spaghetti."

Owle was an employee at General Motors working on the Fremont assembly line when he was diagnosed with carpal tunnel syndrome in both hands.

"I went from 175 pounds while working at GM, to 320 pounds in a year."

Owle would start his day around 6 a.m. with a round of Foster's lagers.

"I would wake up, drink a couple beers, eat everything in sight and then pass out," he recalled during a recent interview. "That's pretty much what my day consisted of when I was on disability."

Owle decided to make a major life change when his doctors told him that if he didn't stop the bingeing he was going to die.

"I was pre-diabetic," said Owle. "I could barely see my feet, and I was heavily depressed at my sad situation."

Eventually Owle joined a local gym and started to go a few times a week to do cardio and lift moderate weights.

"It took me about a year to lose all of the weight but in the process I really started to love the line of work personal trainers did and

saw what an inspiration I could be to people who have been in my shoes."

Owle received a degree from the University of Colorado in nutrition and fitness at the age of 42. He went to work for ClubOne.

"One of the biggest obstacles I face in my job is really convincing new members at the club to sign up for personal training," he said.

Sessions run anywhere from \$50-\$75 dollars, but if they are bought in a group package, rates drop accordingly.

"I know that whomever I get on board to dedicate at least a couple of sessions with me, I will change their life," said Owle.

"One of the biggest misconceptions among people who have lost weight by doing a ton of cardio is that they think weight training isn't important for keeping the pounds from creeping back on," he said.

Owle recommends doing a 20-minute interval type cardio workout on the treadmill for those who have lost weight and supplementing the other 40 minutes with resistance training.

"I really know how to get into the minds of my clients because we think alike," said Owle. "I am a fat person in my head, but I know now that in order to really see results and keep the weight off you need to lift weights."

"If you perform the same types of exercises everyday without any variety or change your body will adapt and become less efficient at burning calories."

Owle has kept the weight off now for over five years with proper diet and exercise and allows himself one cheat-meal a week.

"I have to admit that I still love my strawberry-ciced Pop-Tarts," he said. "But instead of eating the whole box, I limit myself to one."

Play's Modern Take Is Refreshing

Godspell, from page one.

acters and were distinctive to the characters. With nine characters on stage, the costumes provided a telling identification of who each person portrayed even in the shifting parables.

I thought the last bit - the follow up to Jesus' crucifixion - was a bit of a drag and could be tightened, but since the play received a standing ovation by audience members at the end, I can safely vouch for the audience's favorable impression despite what could be perceived as the drop in enthusiasm toward the end.

As it turned out, my plans to see the show on the weekend it opened were cancelled, and it

saved my friend and me - both CSUEB students - an easy \$16. For some reason, save the first weekend, the rest of the shows of the musical were free. A pity really, because I would have paid to see it; and it was worth a lot more than the original price of the ticket.

"We do very big shows and we try to produce them at a professional level. One of the difficulties is, however, we don't have all the technical support we need to do all the big shows. Sometimes it's taxing for the faculty and the technical director," said Jones of the few problems they ran into.

However, despite their hiccup, this show sure did have its moment in the sun.

For those who missed this mem-

orable performance, an upcoming show directed by Jones to watch out for is "Sophisticated Ladies," a Duke Ellington musical that opens in March 2009. The play will feature a jazz ensemble, tap dancing, and Katherine Dunham style dancing. Auditions are open for the entire campus community.

Jones' only request is that, "in order to audition, students have to prepare a song, have the music in the right key and they have to know what the arrangement sounds like." Students will be required to bring sheet music and will be expected to sing it according to the sheet music, not to recordings they have heard of the song.

Personality Types Explain Characters

By Gloria Lau
Staff Writer

Experts in the field of psychology have strived to explain why we are the way we are. In trying to explain personality, a Type A and B personality test was devised to establish what motivates us.

According to Psychology Today, people with Type A personalities are viewed as fierce, competitive and overly-confident. They are known to get far in this world. When a task is to be done superbly, perfectly and flawlessly, wowing everyone, a Type A person can perform it.

But despite the outward benefits, Type A personalities are known to be more susceptible to heart disease, depression, and high level of stress, said Psychology Today.

Individuals with Type B personalities are viewed as calm, cooperative and easy-going, getting by happily in life. When a task is to be accomplished through teamwork, negotiation and consensus, a Type B personality may best meet the challenge. Type B individuals are said to be likely to live longer, be happier and have less stress.

The magazine identifies extreme cases of Type A personality in three celebrity icons: Donald Trump, 62, a businessman, author and host of NBC's reality show, "The Apprentice," Martha Stewart, 67, also an author, entrepreneur and television show hostess; and Bill Gates, 52, the former chairman of Microsoft, a philanthropist and the world's third richest person.

While not all experts agree with that assessment, many feel that differentiating between personality types can be a useful exercise.

"I feel that a Type A and B personality test is helpful so that we can find balance in our lives," said Ryan Guetersloh, a CaPS counselor at Cal State East Bay.

"If we learn what is generally the norm for us, then we can begin to accept the things we will naturally feel, and can be aware of and accept this will be our 'default' perspective. When we become aware of this, we can then make conscious choices to have better balance in our lives."

However some experts disagree. "Just knowing which side of the Type A/B personality spectrum you fall won't predict how you will act in a certain situation," said Psychology Professor Keith Brown. "It is simply another way to understand yourself."

Psychology Professor Sharon Presley said the Type A personality is not necessarily more likely to suffer heart disease in the way the author of the article in Psychology Today said.

"It's not the Type A personalities, per se, who are more prone to heart disease; it's those who are characteristically hostile in a cynical or antagonistic way," she said. "One study of

medical doctors who had been interviewed 25 years earlier found that those who were chronically angry and resentful were more than five times as likely as non-hostile men to get heart disease."

Saenz, 26, is determined to work as an analyst for the government after he completes his graduate studies at CSUEB. He is studying history, with a focus on American history. He is an experienced writing tutor, helping students improve their written assignments at the university's Center for Academic Achievement. He enjoys reading, playing the piano, gaming, and walking his dog.

When Saenz was asked how much effort he puts into a task, he responded,

"All of my effort, because that is what I expect of myself and what others deserve."

Koponen, 29, sees himself teaching, getting a book published, owning a home, getting married, having kids and eventually owning a bed and breakfast in Europe. He is an English literature graduate student at CSUEB and an actor and writer. James indulges his free time playing the piano, reading, writing, practicing karate, lifting weights, running, studying French and theatre, and watching good DVD series.

When asked the same question, Koponen replied, "I like to do things well, but do not fret over the things that I cannot control."

Whether you are more Type A, like Saenz, passionate and driven, or more Type B, like Koponen, easy-going and relaxed, finding out where your personality lies may help you understand your motivation in your everyday life.

"If we learn what is generally the norm for us, then we can begin to accept the things we will naturally feel."

College Information Made Easy

Saturday, from page one.

of what they could expect.

"I've talked to people from eighth grade to seniors in high school, all showing interest in their future," said Chico Admissions Counselor Victoria Bass. "I think having this on the East Bay campus for the first time gave us a larger turn out than expected."

Brandon Craig, high school senior from Benicia, came to look into the state universities at Monterey Bay, Maritime Academy, and Chico.

"I was definitely able to get the information I needed. I would easily say it was worth my time," he said.

Similarly, Alex Sincerny, a freshman at Chabot College, came with his father to get information about transferring to CSU East Bay.

His father, Peter Sincerny,

praised the event saying it was good to be able to see lots of schools at one time.

Presentations on admission requirements, financial aid, and student panel discussions were scheduled throughout the event to help give students help in their college careers. Several students leaving the presentations were taking notes and discussing possibilities with their friends and family members in attendance.

The event, largely aimed at recruiting students, was one of many to take place, but one of the first to ever be held in Northern California.

Walking tours of the campus, refreshments, and prizes were also part of the fair.

"We've really enjoyed the turnout and plan to have more of these events through out the year," said Rhome.

Student Health

Services, from page one.

"For students concerned with the freshman fifteen, or for students who want to lose weight, or gain weight or even become vegetarians, the Nutrition Assessment clinic is available to them," said Frias.

The Smoking Cessation Program includes individual sessions that teach students who smoke techniques that will help them quit, and more importantly, stay smoke-free.

The health center also provides a clinic where students can receive one-on-one consultations where they can learn about the best birth control options based on their individual needs.

A small allotment of every student's tuition is used to fund the health center whether they use it or not.

The Student Health Center covers everything from basic health care to minor surgery. One of the only services the center does not offer is dentistry.

Don't let your seat get

SNAGGED

by another student!

Fall Quarter Fees Due September 17, 2008.
Nonpayment may result in disenrollment of classes.

Consider the 3 payment plan to pay your fees. For details call 885-3767 or visit www.csueastbay.edu/schedule/Fall_2008/Fees

Students who have applied for and been offered Financial Aid for Fall Quarter will have fees deferred and are not subject to the deadline. Check your award status on MyCSUEB.

We're looking forward to seeing you for Fall Quarter!
 Enrollment Management • 885-2784 • reg@csueastbay.edu