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San Jose State University, School of Journalism and Mass Communications

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What is beauty



ACCESS STAFF Spring 2016

Editor-in-Chief: Raechel Price

Managing Editor: Rain Stites

Creative Art Director: Ines Ben Cheikh

Sports/ Commentary Coordinator: Jeffrey Velacion

Arts & Entertainment Coordinator: Matthew Dziak

Lifestyle Coordinator: Marquerite Tuufuli

Design/ Copy Editor: Marissa Trigos

Copy Editor: Kimberly Johnson

Photo Editor: Raven Swayne

Writer: Charlotte Orr

Editorial Adviser: Scott Fosdick

Design Adviser: Tim Mitchell

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From the editors



Rain Stites

Raechel Price

Handwritten signatures of Rain Stites and Raechel Price.

Beauty is an abstract concept, one that is subject to perspective. There is no one way to define it, but when something is beautiful it casts a spell over us. The beholder is blind to its magic. The Access Magazine staff has sought out this magic to illuminate what is beautiful about San Jose. Beauty is seen in our environment, our physical landscape, the faces that fill our communities, schools and work spaces. It is embodied in our practices, our homes and our habits. In our visual culture we tend to eat with our eyes. Matthew Dziak's guide to the prettiest dishes in downtown San Jose is a feast for the senses. City life can get hectic. Kimberly Johnson ventures into nature to explore why hiking is such a great escape. Physical beauty is interpreted around the world by every culture, many of which are represented in the diversity of the South Bay. Marquerite Tuufuli talks to women from various cultures to discuss the values and impressions that have been left on them by these standards of beauty. This issue is but a sample of the wonder that surrounds our campus. Allow us to be your guide to finding it.

“

We all need regular doses of beauty.

”

Professor Scott Fosdick

(Art)tracted to Cuisine

The appeal of food to our visual sense can be irresistible until that first bite

Article and photos by Matthew Dziak

Food has an innate ability to lure us in like few things can. Seeing a dish with vibrant colors builds our palate's anticipation until the crescendo of flavor explodes with each bite.

Psycho Donuts in camera 3, 288 S. Second St. San Jose, CA 95113.

A block away from the San Jose state University campus is the eclectic Psycho Donuts shop, where your sugary imagination for the unorthodox meets a flare of color as this newfound reality sinks in with the first bite.



Maybe the brisk weather leaves you desiring the warmth of a campfire. A campfire can't be complete without s'mores. The "S'mores" doughnut features dark chocolate icing, melted marshmallow and crushed graham crackers. Haven't tried one? You're killing me smalls!

Sweet and savory is a common combination and the "Squeal Meal"



achieves this with its maple icing and a crunchy, salty topping some may have tasted before: bacon. They might put bacon on anything, but it makes a lot of sense on your doughnut.

Falafel's Drive-In on 2301 Stevens Creek Blvd. San Jose, CA 95128.

A Middle Eastern staple meets a timeless drive-in. Falafel and fried sides go together best at Falafel's Drive-In. It has been open since 1966 and featured on the Food Network's Diners, Drive-ins and Dives show with Guy Fieri.

The savory and vegetarian chickpea-style meatball, known as falafel, is glazed with a white tahini or red chili sauce and is enjoyed either as a side or as a pita sandwich.



The heat generated from the chili sauce leaves a residual tingle on the tongue that is alleviated by the cooling sensation of the white tahini sauce. Green as the lush rolling hills of Ireland, the falafel is both crispy on the outside and tender on the inside. An array of spices, garlic and onion balance each other out for total assault on the palate.

Dia De Pesca on 55 N. Bascom Ave. San Jose, CA 95128.

Taking full advantage of the entire lot, Dia De Pesca's covered outdoor area is outfitted with pastel colored planters and tables with colorfully tiled tables. The colors find their way to your plate as well.

The house speciality "Si Food Cocktail," is offered with your choice of prawns, octopus or a combination of both. The cocktail features a tomato base reminiscent of a bloody mary drink, with chopped cucumbers, onions,



cilantro and is topped with avocado. Large prawns are mixed throughout the cocktail which is ideally accompanied by tortilla chips.

Fish tacos are a testament of "Si Food" at a Mexican restaurant and Dia De Pesca's fish tacos are harmonious in



their flavors and visual appeal. Choices of fish include snapper, salmon and halibut which can be either grilled or breaded and fried. The fish is nestled on a perfectly grilled tortilla with pico de gallo and shredded cabbage. A final touch is added with a creamy chipotle, bright green tomatillo and a red salsa that signify the colors of the Mexican flag.

Fuji Sushi on 56 W. Santa Clara St. San Jose, CA 95113.

The rolls here are so vibrant that one would not want to destroy the masterpiece the chef created. That feeling subsides rather quickly though as your chopsticks carefully caress either side of the sushi and your cravings lure the roll to your mouth.



The massive slices of avocado atop the caterpillar roll cover nearly the entire roll, masking the unagi and rice underneath, providing a resemblance to body of a caterpillar.

Split view

Local hikes offer a new perspective of urban skylines

Article and photos by Kimberly Johnson

One of the biggest perks of living in the South Bay Area is the short drive between my front door and raw, thriving nature. Fifteen minutes to a few hours are all that separate me from mountains, fields, beaches, forest, lakes and snow.

I find solace in hiking. When I depart from the congestion of city life I can drive mere minutes and find hiking trails where I can escape the stress of my life and the suffocation of dense living.

Some trails are deep in the mountains and help me forget the world I came from. I have come to realize that some of my favorite hikes are the ones with trails that ascend to hilltops and mountain peaks on the outskirts of town, where I can take in a sweeping view of the whole county and beyond.

When I am isolated in the natural beauty of the hiking trail I discover the beauty of the urban skylines of the Bay.

I recently went on to Hilltop Vista. I passed and spoke to all walks of life; a variety of ages and races, in shape, out of shape, on bikes, with dogs, with kids, local and out-of-towners.

When I got to the top I took pictures of this jaw-dropping view, as most people do. But

why? If we retreat into nature to rejuvenate our body, mind and spirit, why would we be obsessed with staring at the exact place we retreated from? Could it be that we find the cities just as beautiful as the nature that surrounds it?

I met hiker Mary Stone, a freshman at University of British Columbia, at the top of St. Joseph's Hill. While I was snapping photos she walked by and sat out in the open field and began to meditate. When I was done with my photography, I asked her why she came on this hike.

She said she likes to sit out in the sunshine, as opposed to the cold wetness of Vancouver, and at Hilltop Vista she can connect to the South Bay. She said her meditation, her "outer view" as she called it, allows her to reflect on her home, the South Bay. Stone said she likes hiking because she finds satisfaction in what she can do.

Isn't that why we like the view of the city skyline? Man created each and every reservoir, home, school and office building within view. The city is a reflection of our impact on the earth and what man can do. It is completely opposite to nature. Urban areas are developed, manipulated and maintained. They are a stark contrast from the surrounding nature — littered, populated, loud and smelly.

Regardless of these attributes, the cities skylines cannot escape nature as hard as they try. The ever-changing cloud formations, the sun, the moon, the stars and the bordering mountain ranges constantly remind us that these urban skylines were carved from the nature around it.

Bay Area hikes are the harmony of cities and nature because we can observe the beauty of both while standing in one place. Natural landscapes are beautiful because man did not create it. Cityscapes are beautiful because man did.

Left and Above: Northern views from St. Joseph's Hill (Hilltop Vista) at 1,253 feet elevation.

Bird's eye view

My favorite local hike is the **Hilltop Vista** trail in St. Joseph's Hill Open Space Preserve. I take a 15 minute drive to downtown Los Gatos and suddenly I am climbing a dry hillside that parallels Highway 17. The Jones Trail has signs that point you to St. Joseph's Hill aka Hilltop Vista, an open, bush-bordered field with a bench. The panoramic view makes the intermittently steep hike to the top worthwhile. Lexington Reservoir and Highway 17 are to the south. The Santa Cruz Mountains are to the west. Homes on the not too distant Los Gatos hillside are to the east and to the north? Oh man — it's the reason why I go on the hike. All of the Silicon Valley, even all the way to San Francisco on an extremely clear day, is to the north.

Mission Peak

Mission Peak which is famous for its unique photo opportunity is a similar hike, but much more intense. Starting near Ohlone College, Mission Peak is a rigorously steep hike with plenty of places to catch your breath — and trust me, you will need to. At the peak, most hikers take a picture as they hang on the "Mission Peeker." The Mission Peeker pole, erected in 1990, stands more than 6 feet and has a steel tube with a time capsule sealed inside. More than this photoshoot, there is a view to die for. On a clear day, you can see San Jose, San Francisco, Oakland and Fremont areas. On the clearest of days, you can see Sierra Nevada Range 100 miles to the east.

Commune with nature

Castle Rock State Park and **Big Basin Redwoods State Park**, just a short trip from San Jose up Highway 9, are secluded in the Santa Cruz Mountains. Castle Rock is perfect for bouldering, belaying and hikes with views of the Pacific Ocean. Big Basin has more than 10 miles of hiking trails leading to various luscious waterfalls. These parks have trails that help you forget the woes of yesterday, allow you to decompress and discover the beautiful land you didn't realize was close by.

Trek into the wild

Global beauty through the eyes of women

Article and photos by Marquerite Tuufuli

Look around. Observe. See the beauty in the people around you that come from all around the world. In the Bay Area, international beauty is not hard to discover. It is found in the texture of our hair, in the language we speak and in the clothing we wear.

In 2015, United States Census Bureau data revealed that the Bay Area contains five of the top 10 most ethnically diverse cities in the nation. These cities include San Jose, Richmond, Hayward, Santa Clara and Stockton. With a population of 7.1 million, each cultural community introduced the Bay Area to something new. Thousands of locals descend from cultures that illustrate their own perception of beauty. What is the standard of beauty in other cultures around the world?



1

In the Middle East, a woman who practices modesty in their daily lifestyle and carries herself with good integrity is considered beautiful. As for physical characteristics, President of Middle Eastern Professionals at San Jose State University, Hanan Jomaa, said a woman with a bigger physique resembled good wealth. “In the past, superficially speaking, beauty was defined as having a heavier stature, not necessarily overweight, but having more meat on yourself or being rather curvy,” Jomaa said. With the impact of social media such as Instagram, Jomaa said the Middle Eastern perception of beauty has become more Westernized. She described the ideal woman today as tall with a thin frame with “the white girl tan” and plump lips.

As for Middle Eastern men, beauty is based on their success. Did he finish college? Did he pursue a career that earns a good salary? Does he come from a good family? The ideal man is someone who is described as tall, dark and handsome and answers ‘yes’ to the aforementioned questions.

Throughout the Polynesian Islands, the perception of beauty is defined through cultural dance movements, humility toward others and faith in God. One symbol of beauty is the art of tattoos. In Polynesian culture, tattoos have signified beauty for centuries. For the South Pacific Islanders, specifically Samoans, tattoos were only seen on the son or daughter of a high chief. The high chief is one who leads the village and family. “Its beautiful designs are very detailed, telling the history of one’s village. It tells the story of the land, family and God,” said Audrey Wendt, a sociology student at Santa Rosa Junior College. The traditional tattoo consists of geometric patterns, straight lines and sharp edges that run from the back down to the knees. “It is a very hard and painful process but represents strength and humility.”

On the other hand, tattoos in the Middle Eastern culture are forbidden for both men and women. Jomaa said stepping out of the norm and having body piercings and tattoos is “critically frowned upon.”

Nature is also valued for its beauty in the Polynesian culture, as accessories made from coconut, wood or turtle shell are commonly worn by women. Wendt explained the accessories are worn to enhance a woman’s beauty like many other cultures.



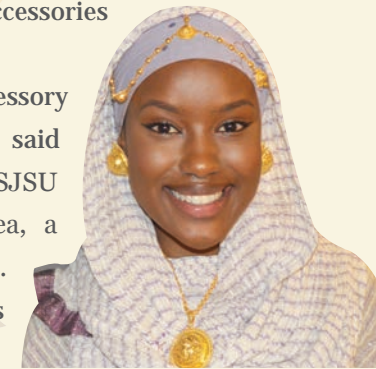
2

Aurora Mamea hails from the Black Feet tribe of Native America. According to Mamea, a beautiful Native American woman carries herself with great confidence and humility. “Beauty is having a beautiful spirit that God creator would want you to have. The spirit of first and foremost love, kindness, honesty, gentleness, generosity, and respect for others” Mamea said. In addition, an important physical characteristic for Native American women is black or brown hair that is long in length. Whether it’s flowy, straight or curly, long hair represents cultural unity and is sometimes used as a spiritual offering.



3

For the African culture, accessories are worn on a regular basis. “Gold is the number one accessory worn among all tribes in Eritrea,” said Zemzem Khiar, a psychology SJSU student. She was born in Eritrea, a country located in East Africa. Khiar described African beauty as a woman who wears gold jewelry, braided hair, a modest traditional dress and a shawl. “In Eritrea the standard of beauty relies on the women looking feminine, respectable, soft spoken and well mannered,” Khiar said. African men are expected to be tall, strong, and masculine.



4

In the Indian culture, the idea of beauty relies on the fashion of traditional clothing and practices. Joia Mehte is a dance instructor at the Indian Community Center in Milpitas. “Beauty is having a proportionate body and how they wear their clothes. The Sari is beautiful. It’s worn in different ways in the Indian culture,” Mehte said. The Sari is a bright colored garment that is draped around a woman’s physique. It is made of cotton or silk material and it gives an Indian woman a



5

luxurious appearance, thus bringing out her natural charm. Another symbol of Indian beauty is the nose ring. In certain states in India, women wear a nose ring because it indicates that she is married. “Males like when they see an Indian woman wear a nose ring which is why when you watch Indian movies you will notice that a lot of the actresses are wearing one,” said Pradeep Bele, a volunteer at the Fremont Hindu Temple. It is also believed that the nose ring brings good luck to their husband.

International beauty is seen everywhere we turn. The Bay Area is flooded with thousands of different cultures from around the world. The diversity that comes from these cultures is what makes the Bay Area a beautiful place to call home.

Women in photographs:

1. Hanan Jomaa | Middle East
2. Monica Mataele | Polynesia
3. Aurora Mamea | Native America
4. Zemzem Khiar | Africa
5. Nikki Kaur | India

What a tease!

Beauty games

Sudoku

4	8					9	3	5
				9				8
	3		8		4			2
	2	5		4	7	3	6	1
	4	3		2		8	5	
6	1	7	5	8		2	9	
3			7		2		8	
7				5				
1	5	2					7	9

Complete the grid so that every row, column and 3X3 box contains every digit from 1 to 9 inclusively.

Crossword

1	2	3	4		5	6	7	8		9	10	11	12	13	
14					15					16					
17					18					19					
20					21					22					
				23						24					
25	26	27					28	29				30	31	32	
33						34					35				
36						37					38				
39						40					41				
42					43					44					
				45						46					
	47	48					49	50					51	52	53
54							55					56			
57							58					59			
60							61					62			

Across

- 1 Utilize a mall
- 5 "Hamlet" five
- 9 Walk all over
- 14 Whine and whimper
- 15 Big bird of the pampas
- 16 Slow-paced runner
- 17 "___ go brag"
- 18 Cash repository
- 19 Military adversary
- 20 Metaphorical shield
- 23 Harp relative of old
- 24 Time before anything
- 25 Pound's major opus
- 28 Like some ammunition
- 30 Relaxing retreat
- 33 Lie in store for
- 34 Of the finest quality
- 35 Witnessed
- 36 Removes the first layer?
- 39 ___ out a living
- 40 Doggie bag items
- 41 Armistice
- 42 "The Hunt for ___ October"
- 43 Cons partners
- 44 Rang, as a bell
- 45 Lose tautness, in a way
- 46 Minimum-range tide
- 47 South African peninsula
- 54 Photographer's poser
- 55 Heat and light generator
- 56 Husband of a countess
- 57 It's all around the lagoon
- 58 Birthstone after sapphire
- 59 Attention-getting utterance
- 60 Electric car brand
- 61 Give up, as territory
- 62 Baby seals

Down

- 1 Detail, for short
- 2 Deliver, as a pitch
- 3 Gallimaufry
- 4 Fines
- 5 Tree-shaded areas
- 6 Make sore by rubbing
- 7 Gymnasts' perfect scores
- 8 Pen name of H.H. Munro
- 9 Record jacket
- 10 1,000 kilograms
- 11 Cartel since 1961
- 12 "Who wants candy?" response
- 13 Be a busybody
- 21 Japanese capital of yore
- 22 Flood-control structure
- 25 Do a banquet
- 26 Out of dreamland
- 27 With nothing on
- 28 Ransacks
- 29 They're accommodating
- 30 Capital on the Han River
- 31 Quiet companion
- 32 Put in a poker chip
- 34 Jimi Hendrix's do
- 35 Accumulation of refuse
- 37 Pass up
- 38 Ending for "farm" or "home"
- 43 Spanish rice dish
- 44 Human beings
- 45 Kind of checker
- 46 Roamer
- 47 Sheep enclosure
- 48 Hubbubs
- 49 Tuftlike mass
- 50 Stare dumbfoundedly
- 51 lolani Palace's island
- 52 Get ready to operate
- 53 Some shade providers
- 54 Wrestler's surface