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COODT

SPORTS



VOLLEYBALL SJSU cannot find groove

By Benjamin Siepak Staff writer

After ending Colorado State's 31-game winning streak in conference play, the Spartans failed to carry over the same energy to Saturday's matchup with the Wyoming Cowgirls.

The Spartans (10-12, 3-7 MW) had no answer for the balanced attack of the Cowgirls, who ended the game with a total of 15 team blocks and swept the Spartans in three sets.

After Wyoming (13-9, 6-3 MW) dominated the first two sets winning 25-15 and 25-16, the Spartans played their best in the third set, the same set that they were able to turn around the Colorado State game.

"On Thursday we decided in set three to turn up the notch and really compete in all aspects," said head coach Jolene Shepardson. "Today unfortunately we didn't recommit to that."

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INSIDE

Streaming sites ignore African-American shows SEE OPINION PAGE 5

FLIPPIN' FLAPJACKS I-House has more than pancakes

By DARCIE ORTIQUE STAFF WRITER

The International House, also known as I-House, hosted its 66th annual Pancake Breakfast also known as "PCB" on Sunday at 11 a.m. The I-House has welcomed students, faculty, staff and local residents to their pancake breakfast since 1983.

Participants got a unique taste of a variety of cultures while enjoying dishes from all over the world. The I-House is home to 71 students, which provides an intimate and close-knit environment for it's residents. Leann Makhni, Interim Director of International Student & Scholar Services said, "The internationally-inspired pancake breakfast is a community outreach event and it's really wonderful for us to be able to welcome people from the community to come into the I-House to see who we are and what we do."

In addition to the customary



DARCIE ORTIQUE | SPARTAN DAILY lan Lam prepares pancakes for SJSU's iHouse's 66th annual "Pancake Breakfast

American foods, the I-House offered South Asian breakfast choices to attendees. The cuisines were derived from India, Pakistan and Myanmar (Burma). Servers provided guests with an Indian potato and rice dish, a Pakistani version of French

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Week, where each day a different workshop or event is held that centers around body and mental health.

Public Health Educators — or PHE — held the event in lieu of its Body Positivity

"During Love Your Body Week, we are encouraging students to love themselves and partake in self-care and self love," said Sharon Cardenas, a fourth year health science student.

The week was created and developed by Cardines and another facility member of PHE who wanted to spread the message about selflove and body positivity.

"The whole theme of the week is you are

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ILLUSTRATION BY KAVIN MISTRY | SPARTAN DAILY

FILM PREVIEW Baseball forges bond between Bay, Cuba

By Ryan Barnhart STAFF WRITER

Today, the Student Union will host a free screening of the documentary "Ghost Town to Havana".

The film tells a story of two youth baseball teams from different countries that attempt to cope with their hardships through the love of the sport.

On one side is Roscoe Bryant, coach of the Oakland Royals, who helped to form the youth team in an attempt to move the children away from their gang-riddled neighborhood.

On the other side is Nicholas Reyes, an Afro-Cuban coach who runs a team in Havana, Cuba. The team lives in poverty, yet the players overcome their problems thanks, in part, to their passion for baseball. The director, Academy Award nominee Eugene Corr, introduced the two men, eventually documenting a two-year process that led to Bryant's team flying to Cuba so the two teams can spend time with each other and play a game against one another.

Ghost Town to Havana won the Audience Award for best picture at the 2016 Sebastopol Documentary Film Festival.

All students are welcome to attend the screening at the Student Union Theater at 5:30 p.m.

Following the screening, there will be a panel with Corr and and Bryant for all those that attend where they will discuss the film.

> Follow Ryan on Twitter @ryan_barnhart

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Tuesday, October 25, 2016

HEALTH

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worth more than gold, meaning that your being is worth more than a diamond and shines brighter than anything." Cardenas said.

According to the workshop, it is not just girls who face daily body image issues from themselves. According to NEDA, about 0.3 percent of the male population have anorexia nervosa while 0.5 percent have bulimia nervosa.

Even though the statistics seem small, PHE wanted its participants to know that body image issues can happen to anyone.

Before the workshop was held, PHE hosted an online survey asking the campus community how they felt about their bodies.

IOT TECH EXPO

According to the survey, about 67 percent of students say that they feel pressured to look a certain way or weigh a certain amount but 68 percent of the campus fully accepted how their bodies were.

The workshop started off with Cardenas asking the participants what loving your body and healthy body image meant.

After a few back-and-forth questions and answers regarding the topic, she urged everyone to write on a piece of paper what they thought that college students heard on a daily basis regarding their image, whether it be from friends, family or their own thinking.

Participants wrote down a plethora of different thoughts and phrases, such as "you are not skinny enough" or "you will never amount to anything great." The activity led into a topic concerning how people perceive themselves and how thinking plays a huge role in one's love of self.

After a few videos on self love and more discussions about the topic, Cardenas then had the participants write on a piece of paper one bad thing they tell themselves constantly. She instructed the participants to write that thought down, crumple it up and then throw it on the ground. The exercise was a metaphor for crumbling up all of the bad thoughts and tossing them aside, making room for better thinking.

"It is a process to love your body, and is obviously easier said than done," said Monica Pham, a senior health science student. "We hope that through this event participants can slowly look at their

strengths and how great they are as an individual person."

Even though it was a short workshop, many of the participants left with a better understanding of self-love and felt that it was beneficial to their own well being.

"I learned from this event to not always listen to my critical voice and to stop being afraid of what others may see and say about me," said Leah Talianski, a sophomore biomedical engineering student.

Peer Health Educators have a range of resources for anyone dealing with body image issues. They are on campus and are offer to help with anyone facing these or other difficulties.

> Follow Taylor on Twitter @tayj95_jones

Where the wearables are

By Ryan Barnhart STAFF WRITER

The Internet of Things (IoT) held its annual North American technology expo last week at the Santa Clara Convention Center.

The exhibition featured a series of conferences and exhibits from companies such as Belkin, Bluetooth and Kaiser Permanente, showcasing the future of technology as well as allowing those in attendance to build connections with some of the people that are apart of these businesses.

One of the focuses of the conference came during the second day, when a panel was held to discuss the impacts of wearable technology.

The panel was hosted by Meredith Lind of YouGov US, an Internet market research firm, who opened the panel by discussing the current market for wearables and its projected growth.

"About eight in 10 Americans have phones," Lind said. "About one in 10 have wearables in some form. That translates to about 25 million Americans."

Lind then showed not only

market - this panel instead discussed alternative forms of wearables that could be used in the near future.

"We design electronic textiles and smart apparel," Maxey said. "We want to create useful apparel that appeals to the consumer."

The types of wearables that were discussed included clothing that can stay up to date on the user's health status as well as helmets that workers can use to help speed up their work day through the use of augmented reality, providing them the information they need at a much faster and more efficient pace.

The final panel of the afternoon featured Monisha Perkash of Lumo Bodytech, a company that builds hardware that helps to monitor and coach the user on their posture and running and Sharlene Sternberg of the fitness training technology company Sensoria, Inc.

This panel centered around the fitness aspect of wearable technology, including the health benefits that can come from the constant monitoring of your condition.

"We do want you to have valuable feedback ... to help you be better at a sport or to prevent injury," Sternberg said. Both panelists understood that while this technology is fairly new, the data gathered from wearables can be helpful for creating predictive analytics. "Data that we collect will give a bigger picture of how you are doing," Perkash said. "How do we take that data and help you avoid consequences." Most of the examples used for tracking a user's health came from how it would be used for athletes, such as as placing sensors in football helmets to check to see how dehydrated the player is or inside of a soccer shoe to analyze the angle of the foot when it hits the ball.

MOSAIC **Open discussion about race at** San Jose State University

BY LUKE JOHNSON STAFF WRITER

The MOSAIC Cross Cultural Center at San Jose State University hosted a workshop Thursday evening that encouraged student and non-student attendees to inquire and engage in discussion regarding racial identity, discrimination and oppression.

"The purpose of today's event was to really talk about race, and not just focus on one community, but how everything is interrelated," said graduate student and Diversity Advocate Intern Ana Isabel Perez. "And how lot of people still do face oppression, right? And how it's still manifesting here at SJSU, but also in the United States especially with the presidential election going on right now."

The event, titled 'An Open Space About Race: Exploring Lived Experiences of Discrimination' was hosted by political science sophomore Kendrick Williams. He emphasized three topics: the model minority myth, the oppression olympics and people of color solidarity.

"I think that solidarity between people of color is making their issues important," Williams said. "For example, Asian(-)Americans for Black Lives Matter. It's one group that isn't as affected by this, and they're helping a group that is affected by this."

Williams went on to describe a pair of contemporary race-related terms - "oppression olympics" and "model minority." The first refers to multiple groups opposing ideas to prove themselves more oppressed than each other. The second is a group whose members are perceived to achieve a higher degree of socioeconomic success than the population average.

"The oppression olympics are when people believe that different marginalized groups compete against each other and say which one has worse experiences" Williams said. "The model minority myth, it applies to some groups of people of color where they have lowcrime rates, high family stability and overall general

good well being. It's implied that they're the model minority and why can't another minority do certain things that they can."

In the middle of the event, one attendee admitted that he had some racist thoughts and explained that he wanted to learn how to change. Fellow attendees showed compassion and embraced him for recognizing his own behavior and being open minded.

"It is very brave [of him] to talk about those things," Perez said. "When somebody tells you, 'Oh you're racist' or 'That was a racist comment,' I think a lot of times it is taken very personal... But I think [it's about] going beyond these things and understanding that we have learned these things and how we also perpetuate them and manifest them in our own daily lives... and understanding, 'How do we change?""

Williams also discussed modern use of xenophobia, the fear of people from other countries, and Islamophobia, the fear of Islamic practices, by highlighting Republican Presidential Candidate Donald Trump and quoting him using derogatory language toward Mexican immigrants and Muslims.

"I used him as an example because he's like a figurehead of the popular opinion of many Americans," Williams said. "There's a reason why he's getting the support he's getting and popularity that he is getting. It's because people are in their hearts thinking these kinds of things, and that he's just the figurehead who they can vote for."

The MOSAIC Cross Cultural Center is hosting a similar event Wednesday, Oct. 26 at 4 p.m. called #APIs4BlackLives: Asian Pacific Islanders in Allyship and Solidarity.

"I think the conversation was very useful," said attendee Skylar Caesar. "It gave people an opportunity to openly talk to each other about race relations without feeling judged."

how often wearables were being purchased, but also which products were being bought.

"There is about a 2-1 ratio of fitness trackers to smartwatches," Lind said.

Lind also said that most of that market is dominated by Apple's smartwatch and Fitbit's fitness tracker, and although many fitness trackers are purchased twice as much as smartwatches, the higher smartwatches of prices compared to fitness trackers translates to equal spending by the consumer.

Following Lind's opening remarks, YouGov research director Dan Tochen hosted a panel discussing how wearable technologies are important for the concept of the term "Internet of Things" - the ways various consumer products and devices will connect together to collect and exchange data.

The three speakers for the panel were Regan Wynne of the augmented reality company DAQRI, Ephraim Lindenbaum of investment fund Advance Ventures and Madison Maxey of the smart clothes and textile company Loomia.

The panel mainly focused on the benefits of wearable technology both at home and in the workplace.

Instead of talking about smartwatches and fitness trackers which take up most of the wearable

"[Wearables] do offer more opportunities to get into sports analytics," Sternberg said.

While wearable technology still has a way to go before every person has a smartwatch or fitness tracker on their wrists, there is an expectation that within the coming years the majority of people will have some type of wearable constantly gathering data.

"I see a future ... in the next 10 years where everything you wear has sensors and collects data for you," Perkash said.

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BREAKFAST

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Myanmar (Burma).

What makes the I-House unique from other SJSU housing is visitors and residents can express their cultural values and customs openly, considering the fact that many students are a long way from home.

At the Pancake Breakfast, all participants were encouraged to wear clothing from their homelands.

"You'll find people in the house, all dressed in traditional dress from around the world and for some of them it's their own outfit," Makhni said. "And for others, it's outfits that have been donated to the house over the years, either through people that used to live here or people in the community and people pick out something that they just feel really nice in."

The I-House welcomes both domestic and international students of all ages, nationalities and sexes.

"It's [PCB] a great event for residents of the I-House, it really brings everybody together; almost every resident of the I-House contributes to this," Makhni said. "It's like a bonding experience, it's an awful lot of fun to be part of it. Pretty much every person who's lived in the I-House since 1983 has been a part of this breakfast."

This year, I-House Resident Advisors Ismail Qaissoumi, a junior civil engineering student from Morocco and Michael Diaz, a Art History student of the Central Valley organized PCB.

Qaissoumi said, all of the PCB responsibilities are done in-house. These tasks include dishwashing, setting up, cleaning up, cooking and advertising the event. I-House residents work together to make PCB successful.

"Everything is shared, so we live like a family. We have 70 people here and all 70, they know each other," Qaissoumi said.

For many I-House residents, English is their second or third language. As a result, the I-House provides a welcoming space for them to learn and practice communicating with individuals in their shoes.

Residents not only look forward to PCB itself, but the aftermath is also exciting.

"The fun part is, after we're done with PCB, we start taking flags off the walls and we start taking pictures

Follow Luke on Twitter @scoop_johnson

DARCIE ORTIQUE | SPARTAN DAILY Head Chef, Michael Diaz, puts finished pancakes in the pan ready to

together," Qaissoumi said.

be served to attendees at the International House.

Diaz was in charge of overseeing all kitchen operations in addition to being an event planner.

"Living in the I-House means I can help give people an American point of view and help sus out stereotypes other cultures have about Americans," Diaz said. "It gives me an opportunity to experience things I probably never would have experienced living in the Campus Village."

Diaz said his roommate at the I-House is Muslim and he finds it very interesting to be able to immerse himself in other cultures, despite being a native of California.

Diaz said he is enjoying his experience working as a resident advisor in the I-House.

"It's kind of nice because it's such a small community," Diaz said. "Really, it's not like the experience I would think the regular RAs on campus would have. I'm an authority figure, but it never really feels that way because I look forward to seeing everyone everyday and really, everyone gets along in this house."

> Follow Darcie on Twitter @darc_alexandria

SJSU rapper has bright future in music and design

By DIANA SAN JUAN STAFF WRITER

After performing on the same stage as Bay Area rapper E-40 and moving to San Jose for his love of design, Harold Washington is a 20-year-old senior industrial design student who hopes to represent the Bay Area in more ways than one.

The composition of sounds in the Caribbean music that filled his home in Southern California as a child interested Washington. That curiosity later turned into a passion.

"I always sat there and dissected it," Washington said. "The sounds and everything. It was really interesting to me how they composed and got things harmonized. Just really trying to find out how they made it really got me interested in it."

Washington started making music when he was 12 years old but it was not until high school that he started releasing his music where people could get their hands on it. The other aspect of Washington's persona is his love for industrial design.

"I was applying for colleges, applied to only Long Beach and San Jose State because it was the only two that had my major, it's very specialized," Washington said. "So I got into SJSU and it all started there, nothing was the same."

Washington moved away from home after high school to attend SJSU, leaving his family behind. It was in the university dorms where he branched out socially and creatively.

"Living with different people, especially living in the dorms, you get to see other cultures and really affects your music, kind of opens up your world and gears your music a certain

direction," Washington said.

Washington is part of BREACH, a hip-hop group that he started in Oct. 2010 with three friends that lived on his block growing up.

"We grew up riding bikes and playing games together," said Mario Patrick, Washington's friend and BREACH group member. "We used to record in my buddy Dishawn's garage and Harold has alway been the perfectionist of BREACH."

The group was originally made up of four members but one of them left the group to become its manager. Since then, their careers have taken a leap. "Justin's been contacting,

emailing people and from there you just get the chance," Washington said. "He sent out a link of our stuff and they liked it and it started from there. It's always stuff that links at one point and then we go back out again for more roles to come up."

The biggest performance Washington has been a part of was on Oct. 15 at the Observatory in Santa Ana where he along with the other members of BREACH got to be a part of the opening act of E-40.

"Biggest performance so far, definitely, it was huge." Washington said. "It was cool because people were there for E-40 and Destructo, so it was pretty wide variety of people in the crowd. And you know, it gave us a chance to play our music for them it was pretty awesome. The main act was E-40 so we got to open up for him, got to meet him backstage and everything so that was a really cool event honestly, really good life experience right there."

Before this performance, Washington performed at



"Music in The Quad" where he rapped his own music for the first time, but the performance at the Observatory was one with the potential to change everything.

"We walked on stage and looked at each other knowing at that moment our dreams as young kids was finally starting to happen," said Dishawn Lawshe, Washington's friend and BREACH groupmember. "We knew it was only going up from here and I was glad to be doing it with one of my closest homies."

of Washington's One inspirations is Sean Paul. His parents would listen to his music and his popularity transition from the islands to nation-wide motivated Washington to strive for the same success.

"He really inspired me to do big for my little town, you know San Jose, the bay, for CA and so on and so forth," Washington said. His family's taste in music has not been the only factor behind Washington's love for music, their growing support has let him continue to strive for his dreams.

"Originally you know when I was a lot smaller, they kind of blew it off, oh it's just a phase and everything, which is expected, you know? You really have to show that you want it and keep going for it so yeah they always did support me but it wasn't until Christmas 2011 when they bought me a keyboard and that's when it kind of started to cascade into what it is now," Washington said. "They might not like all of the words, but it's all good."

As a college student, Washington tries to save as much money as he can by writing his own lyrics and beats and going to close friends or someone on YouTube whom he can get in contact with for the production.

Five years from now, Washington sees himself being successful in both music and industrial design, venturing off and touring the world.

When it comes to balancing music and school," Washington said. "I think they're leveled, especially now that I'm in school, it's straight design even though as of recently, just cause we've been getting shows, it's been a little bit more about music, but definitely I have an on and off mode." Washington has a three-step plan in which he is doing both music and design and can be his own boss in order to facilitate that balance. "I'm doing music, but I'm also designing things and you know just being creative all around but if I were to just do design too, that'd be great," Washington said. "That's another love of mine, so as

long as I'm doing both, either like balance out or just do both fully, or any combo honestly."

Washington wants to stay in California and wants a career that allows him to travel from Southern California to the Bay Area.

BREACH will visit the Observatory again on Nov. 11 where Washington will perform a song that he wrote about SJSU titled 'Bought.'

"It makes blurbs out to SJ, it's mainly about the silicon valley," Washington said. "We're the tech city, but also, we know how to get down, how to have fun and stuff' so you know it's saying 'we make these robots but we don't

move like robots, we're not robots, we're still people.' So we're going to shout out the bay out there."

A&E 3

With his family's support and alongside his childhood friends turned group members, Washington continues to try to make a name for himself in the music industry while working Whard to graduate with his industrial design degree.

"He is that person everyone knows and enjoys hanging out with but the greatest thing about him is that his creativity has no limits," Lawshe said.

> Follow Diana on Twitter @dianasj09



PHOTO COURTESY OF HAROLD WASHINGTON BREACH opening up for E-40 at the Santa Ana Observatory on October 15.

Dead Rising

Release Date: August 6, 2006 Zombie Action-Adventure Game

强 F.E.A.R.

Release Date: October 18, 2005 First-Person Horror Shooter

🕰 DOOM

Release Date: May 13, 2016 First-Person Horror Shooter

INFOGRAPHIC BY RYAN BARNHART | SPARTAN DAILY



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Day of the Dead festival haunts downtown

By Estephany Haro & Itzel Castro Staff writers

4|A&E|

The 19th annual Dia de los Muertos festival occurred on Oct. 23 in Downtown San Jose with a procession that began at Cesar Chavez Plaza and ended at the Martin Luther King Jr. Library, where the ceremony began with a dance and an altar blessing.

Many residents were part of this annual celebration that commemorates the dead, a Mexican tradition that is celebrated on Nov.1. The Consul General of Mexico in San Jose, Mauricio Toussaint, was part of the opening ceremony as was San Jose Mayor Sam Liccardo and Teresa Castellanos, the Board President of the San Jose Unified School District.

A traditional mariachi band and folklorico dancers performed at the ceremony. Grupo Folklorico Luna y Sol was one of them, the only San Jose State University group that participated at the event.

"I feel really excited that I get to dance and also represent my culture at the same time, before I joined this group I wasn't really connected to my culture but now that I am part of the group I'm able to express it through dance," said Alysia Trujillo, a junior communicative disorders and sciences student who has been part of the group for more than a year.



Grupo Folklorico Luna y Sol de San Jose State used gun props while performing 'Las Adelitas' in the 19th annual Festival de Calacas at San Jose State University on Saturday.

Grupo Folklorico Luna y Sol presented three dances from the Aztec region and the songs for each dance were specifically chosen according to each theme. "La Calaca" was the first dance followed by "Danzon de Muerto." To finalize the presentation, Grupo Folklorico danced "Las Adelitas" which is a tribute to all the women soldiers that fought in the Mexican Revolution.

"It's an invitation to the folks that passed on to join us in this present day so we want to invoke a strong female model so we invite Las Adelitas to join our sacred space here on campus," said Itza Burdeynaya, Artistic Director of Grupo Folklorico Luna y Sol.

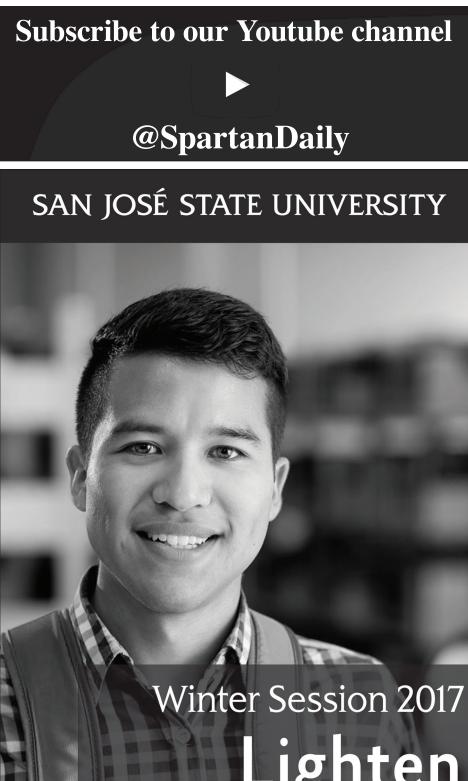
Grupo Folklorico Luna y Sol have participated in this event for over five years. "The fact that this is a wonderful festival, cultural based and starts in the city of San José and finishes here on our home campus I think is something to be really proud of," Burdeynaya said.

However, community members also benefited from this celebration. Yadira Cardenas is a vendor that has been assisting Dia de los Muertos festival for four consecutive years. "This is actually a great event, this is one of my favorite events because it's cultural event and it's for the whole family," Cardenas said. Some of her work includes Frida Kahlo headbands and inspired accessories.

"As the years go by I've noticed that the event keeps growing with different ethnicities, it's known as the Mexican event but I'm seeing different races and different cultures coming out," Cardenas said.

Each year more people gather together to celebrate this Mexican holiday that has transcended to other cultures. There are different festivities throughout San Jose, including the annual Dia de los Muertos festival at St. James Park in Downtown San Jose. Arlene Segun, director of Festival de Calacas has been part of this annual celebration since it began. "We started out with just the procession with only about 50 people and now there's like 1,500 people," Segun said.

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DANCE

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Lighten Your Spring Course Load

Registration begins Wednesday, October 19

sjsu.edu/winter

JASON DUNHAM | SPARTAN DAILY

University of Dance Theatre students Frankie Rivera and Daniella Serio perform 'Pursuit,' a crowd favorite.

were also new to the pacing style of Kaleidoscope!

"I have not done a show like this ever, I came from a small community college so shows like this didn't happen there" said Lacey Coenen a junior music education student who played clarinet for the symphonic band. "It was really cool to be part of something that big."

The show's rapid pace did not prove to be much of a challenge for the student performers. Each act transitioned without any notable problems, giving the entire show a seamless feel.

"It turned out pretty well," Brandan Sanchez, a senior vocal performance student who performed as a member of the choir, said. "I enjoyed it, I enjoyed what I got to see of the other acts."

At the opening of the event, audience members in the nearly full theatre were presented with one rule, not to applaud until the end of the show.

The speed of the show really helped to keep things fresh as none of the performers could overstay their welcome. The style of the show had performers using all aspects of the theatre including the two main stages and the sections on the right and left side of the balcony.

'Pursuit,' a dance routine performed by SJSU dance students Frankie Rivera and Danielle Serio was an audience favorite. The audience could simply not hold in their applause and cheers after the act.

The dance saw the two performers contorting and gliding their bodies around one another and also included some acrobatic feats with both dancers spending time lifting each other off the ground and spinning them around their body.

Personally, I enjoyed the opera segment the most as it featured a variety of different

vocalists who also acted out a scene together as they sang. The visual scene provided a nice change from the majority of the instrument-based orchestra performances.

Another audience favorite was the performance titled 'In a Mellowtone,' a jazz combo featuring SJSU students Arnie Co on piano, Jason Bond on guitar, Ryan Trujillo on bass, Gabriel Lee on drums and Dr. Aaron Lington on the saxophone.

This cool jazz segment, which came toward the end of the show, was a nice contrast to the frantic nature of many of the other acts and really worked to mellow down the audience.

The final act of the show was a highlight, all the performers came together to collaborate on one final segment. SJSU's marching band even performed and filled the aisles next to the seats. Seeing all the performers work together was impressive as almost all of the space on stage and around it was filled with the students.

Kaleidoscope! was an entertaining and enjoyable show that should contain something that a fan of music or dance would enjoy. The show's smooth and impressive transitions set a high standard for future performances in this style.

"I feel like it was really well put together," said Ashley Vasquez, freshman history of arts and visual culture student at the University of Santa Cruz. "I was really surprised just how back to back everything was."

The SJSU school of dance's next performance, "Emerging," begins on Oct. 27 in the dance theater. The school of music's next performance, a percussion ensemble concert, takes place on Nov. 4 in the concert hall.

> Follow Jason on Twitter | @judgmented1

Presidential debate guests used as ammunition



VICENTE SERNA-ESTRADA STAFF WRITER

Just when you thought petty, hypocritical and childish, Donald Trump, could not get any more cracked, he outdid himself with his guest list to the presidential debates.

The guests that presidential nominees typically invite to their debates usually tie into some sort of theme that supports the issues they plan on tackling. This election year, that is not the case.

The special invitees this year were meant to be a jab in the other presidential candidate's ribs.

It really highlights how much these two cannot stand each under each other's skin. The Good

Democratic Presidential Nominee, Hillary Clinton invited billionaire and Shark Tank star, Mark Cuban to the first debate and last debate this year. Cuban has been known to be very outspoken about how much he hates Trump and how Trump isn't really a billionaire, but just a baby.

The spray tanned crybaby was so enraged at Clinton's invitation to Cuban that he threatened to invite the women who had accused Bill Clinton of unwanted sexual advances. Cuban's appearance at the debates was smart and wellplanned. Clinton's decision to bring Cuban along for her debates was meant to undermine Trump, and she did just that. Cuban who is thought to be Trump's rival, has been compared to Trump on many occasions. Cuban officially endorsed Clinton in

other and how they want to get July, afterward he told CNN that he thinks Trump was "bats*** crazy."

The Bad

As promised, Trump brought the women who had accused Bill Clinton of unwanted sexual advances to the second debate. This is sleazy and uncaring for the the victim's feelings.

This could have been effective to shake Hillary Clinton, but despite Trump's efforts, Hillary Clinton is always calm and collected.

This was also right after the Access Hollywood tape of Trump talking about degrading and being able to molest women was released. Nice try Trump, contradicted yourself there if you ask me.

Trump's offensive words from the tape and the plethora of women coming out saying Trump inappropriately touched them without permission makes Trump look like the idiot he truly is.

The Just Plain Clever

Clinton has it more together Trump during the than debates. You can see how wellcomposed and prepared Clinton is, but when you look at Trump, all you see is a whiny child.

Just like the petty child Trump is, he went after President Obama's half-brother and invited him to the final debate. The president's estranged halfbrother, Malik Obama has openly said he is upset about the overthrowing of Libya's former dictator, against gay marriage and thinks Trump's slogan is good.

Though this is a low blow, and in no world would I ever support that Republican rapture inducer, this was a clever choice for a presidential debate guest for the reason that it's a slap in the face to both Obama and the Democratic party.

But if we want to talk about clever invites, we can look to Clinton inviting Meg Whitman, Hewlett-Packard CEO and

Republican defector. According to the Washington Post, Whitman compared Trump to Adolf Hitler and Benito Mussolini before skipping out on the Republican party.

OPINION 5

The former Republican split from the Republican party as soon as it was official that Trump was the Republican candidate. Whitman has rallied behind Clinton and is a prominent example of women who have fled from the Republican hell hole.

The Results

Though we don't know if these guests had any effect on how well or how poorly the nominees performed during the events, we can sure say that the debates have showed the candidates' true colors: Clinton taking the high road, and Trump being a petty child per usual.

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SPARTUNES THEME: SONGS THAT **DESCRIBE YOUR LIFE**

REBECCA PIRAYOU: MAKE ME PROUD - DRAKE

DANIEL REEDY: MADE IN THE AMERICA - TOBY KEITH

ASHLI LETT: FANCY - DRAKE CASEY GEIER: MAKE MONEY GET TURNT - DJ CARNAGE MELISSA HARTMAN: THE MIDDLE - JIMMY EAT WORLD RYAN VERMONT: EVERYTHING IS AWESOME - TEGAN AND SARA **RAYMOND BALTAZAR: NO PROBLEM - CHANCE THE RAPPER** JEREMY CUMMINGS: THE BEST DAY - ATMOSPHERE





DIFFICULTY RATING: ★★☆☆☆

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Previous Solutions

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6 OPINION

Hunger strike ends successfully



ESTEPHANY HARO STAFF WRITER

The inmates at Main Jail in San Jose began a hunger strike to ultimately end unjust treatment by prison authorities known as solitary confinement. The strike lasted two weeks as the inmates came to an agreement with Santa Clara County administration on Friday, according to the Mercury News.

As reported by Fox 2, 300 inmates participated in the hunger strike and 204 of them were in solitary confinement, Jose Valle, a member of media platform Silicon Valley De-Bug, said.

In an article by San Jose Inside, a solitary inmate whose name is to be withheld said, "When we go out in the yard, we come out one person at a time. We're in our cells by ourselves."

He's in an unbreathable cell; where four gray walls are his only companion, other than his mental desperation.

However, every inmate in jail is considered to be a criminal regardless of their crime. I don't know the crime this inmate committed to be in solitary confinement, but the way he describes his time alone in the yard and in his cell sounds inhumane. However, solitary confinement is vital to those who commit any type of murder, kidnapping or rape. Inmates who commit such crimes should not have the option to socialize with other inmates.

Solitary confinement is only fair for those victims who have suffered because of their crimes. It is necessary to those who committed an inhumane act, as they should not have the privilege to claim their own human rights.

Solitary confinement is nowhere near as cruel punishment as the possible crimes that they committed. Yet, the inmates who are jailed and who persisted with the hunger strike deem it necessary and important to revoke the unpleasant and unconstitutional isolation that is being implemented. To a certain extent of agreement based on the reality of their treatment, and the amount of severity in their crimes that have primarily placed them in a cell, it can be noted that solitary confinement is indeed cruel and inhumane.

I don't know the crime this inmate committed to be in solitary confinement, but the way he describes his time alone in his cell sounds inhumane

Of course, their crimes, even those that are not murders, rapes or kidnappings, should not be dismissed as they continue to remain unethical and illegal to their extent.

The point aimed to be proven is the fact that isolation can deter their mental health, and ultimately add an unnecessary and unjust punishment to their sentence. However, the ones suffering the most by this punishment are the families of the prisoners that are put on solitary confinement.

This faces the truth of an authority who takes advantage and control of a punishment to its expectations or beliefs, even though judicial justice had already declared the inmates' dues. The hunger strike ended on Oct. 21 and an agreement between the administration of the Santa Clara County and the inmates was reached. Their proposition and promise indicated that the inmates will receive more time outside of the cell and provide less isolation as a whole. According to a statement from the Deputy Sheriffs' Association, "The issues raised by these inmates are not new concerns, nor are they concerns unique to the inmates, we find ourselves in agreement with the striking inmates."

> Follow Estephany on Twitter @haroestepany

Streaming sites neglect shows led by blacks



DARCIE ORTIQUE STAFF WRITER

It's hard not to notice the shortage of African-American sitcoms available on streaming services like Netflix and Hulu. I find myself browsing for something to watch much longer than I need to in order to find a show that represents African-Americans with more than degrading stereotypes. While there are a variety of predominantly white cast member sitcoms to choose from, I cannot say the same from an African-American standpoint.

I find it ironic that there seems to be a serious problem with diversity in an era where everything has become digital and readily available at our fingertips. We're living in the twenty-first century with phenomenal black actors and actresses who have dedicated their lives to pursuing theatre, yet they still seem to be underrepresented.

In the past, filmmakers preferred to paint a black face on a white character as opposed to hiring an African-American for the role.

Despite the fact that the movie industry has become more ethnically diverse today, I still find it difficult to find the shows online that I want to watch. More often than not, I find myself disappointed whenever I search for The Cosby Show or Fresh Prince of Bel-Air on netflix and Hulu only to find out that these shows aren't offered. It's a shame that I can't find classic, African-American sitcoms on some of the most popular streaming services. And if I am lucky enough to stumble upon one or two shows, they either have poor quality or very few episodes to choose from.

In the 80's and 90's, African-American sitcoms had some of the highest ratings during primetime television. Why can't these legendary black actors and actresses be paid homage to today and in the future?

Streaming websites like Netflix and Hulu need to expand their clientele! They have failed to acknowledge the fact that African-Americans have contributed and continue to contribute to the film and television industry as a whole. Just recently, I was informed about a relatively new streaming service called UNIFY. UNIFY, was designed by writer, producer and film director, Dr. Donahue Tuitt, who was inspired by none other than The Cosby Show. According to euroweb.com, Tuitt said he has the only service which provides television and film entertainment geared towards the African-American audience.

Social media ruins relationships



DARCIE ORTIQUE STAFF WRITER

Social media websites are not only ruining relationships, but are destroying conversations and the meaning of a real date. Today, very few people take advantage of living in the moment.

Couples are so consumed by their smartphones, that they completely ignore the person they claim to be in love with Nowadays, people spend more time entertaining their virtual 'followers' than they do their spouses. "In some ways, it [social media] can be improving on relationships because some people actually find their significant other through Twitter or Facebook." Kevin Imbesi, junior business administration major said. "I know a few couples that have discovered each other that way." Interestingly enough, studies show that most couples meet through mutual friends, not through the Internet.

Tweets or looking for the right filter to put on a selfie. In today's society, very few people can ignore their social media websites while on a date.

"That's kind of disrespectful," Johnnie Lira, Junior Software Engineering major said. "I think the individual should be focused on his/her relationship and the person he/she is with."

Lira said that the time you spend with someone is time you requested, so give it your all.

If only people spent more time having in-person conversations as opposed to worrying about how many 'likes' they received from their virtual followers or who 'slid into their DMs,' maybe more relationships would last longer.

a little rude to be like 'Oh, hey, we're on a date, but I'm just going to ignore you for everything else that's going on," Palazzotto said.

The next time you're on a date, consider Palazzotto's advice. Take a break from scrolling down your Instagram timeline, Snapchatting at the dinner table or updating your status on Facebook. See what it's like to enjoy each other's company without being distracted by instant messages, trending topics and hashtags. And don't spend too much time 'lurking' on celebrity gossip pages or staring at fashion bloggers' posts.

Opponents of my arguments belive dating websites are very convenient in this day in age. "People are pretty busy and it's hard to meet someone the more traditional way," Palazzotto said. "It's hard to find someone through your friends or through your family or work or whatever, if you don't happen to work in an environment or anything else that really makes that a possibility." Despite the fact that dating websites can help save people time and the hassle of trying to meet someone the 'traditional way,' there are a lot of precautions to be considered when searching for love on dating websites. Lira met his wife through Facebook. He travelled all the way from from the Bay Area to Vietnam for a date and fell in love with a woman he met through social media. The two decided that his wife will move to California this year, to live with him.

not willing to travel out of the country in order to pursue a date, let alone marriage. There are so many risks associated with online dating for the simple fact that a person is solely going off of the information they have been told behind a computer screen or perhaps a cell phone.

With the advancement of technology, you might meet up with a person you've been dating online and discover they look nothing like the profile picture you were once infatuated with. What if it was Photoshopped?

In addition, you might discover that you aren't compatible in person, like you were through the computer screens. But, if you're willing to take the risk, don't think that these situations don't occur.

In fact, social media websites do more harm to people's love lives, than good.

Look around the next time you walk into a restaurant. You'll notice that more people are spending time updating their Facebook statuses, favoriting See what it's like to enjoy each other's company without being distracted by instant messages, trending topics and hashtags

Palazzotto, Anjali senior business administration major said, she hates when couples pay more attention to their phones, than they do to each other. But, almost everyone you know is an active member on social media-from your spouse, to your friends and most likely your boss is too.

"Enjoy the time with the person that you're with. It just seems

However, most people are

Furthermore, besides taking a risk of being 'catfished,' lack of privacy is another downfall of using social media websites in order to find true love. Suppose the person you meet online is actually a stalker? Or a scammer? Unfortunately, your 'virtual followers' have unlimited access to your information, unless you set up a private account.

The more information you make available to them, the more information they have at their fingertips and the more dangerous your love life may become. To what extent do you trust the person you've been dating behind a computer screen? Looks can be so deceiving.

> Follow Darcie on Twitter @darc_alexandria

UNIFY is also equipped with a variety of not only TV shows, but movies too. Fortunately, this is one of the rare services that helps viewers enjoy and embrace black culture.

According to the HollywoodReporter. com, "There is a hungry African-American audience to be tapped outside of traditional black-targeted networks."

> Follow Darcie on Twitter @darc_alexandria

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MEN'S SOCCER Small error costs Spartans game versus Utah Valley

By JASON DUNHAM STAFF WRITER

It's been a tough season for the San Jose State men's soccer team, which went into Sunday's game with a 2-11-2 record and a 1-4-1 record in the WAC. The season didn't get any easier as the Spartans faced off with the Utah Valley Wolverines who held an overall 12-3-0 record and a 5-1-0 record in the conference.

Sunday's match at the SJSU football practice field was the first of two back-to-back games, the second of which was played by SJSU's women's soccer team.

Despite the Wolverines' superior record and a number 21 national ranking, the Spartans did not go down without a fight. The men played a tough offensive game, constantly challenging the Wolverines' strong defense with pressure on the goal during a majority of the

first half and all of the second half of the game.

Ultimately, the Spartans were unable to recover from a defender's error made at the end of the first half and lost the game 2-1 to the Wolverines.

"They are a top 25 team in the country and if you look at their roster the average player is probably 24, so they are an old and experienced team" said senior forward Rory Knibbs who scored the Spartans' lone goal in the match. "We competed throughout the whole 90 minutes, unfortunately we made two errors really, giving them a set piece, with the big guys they have that is an error within itself and then one mistake."

The Wolverines were the first to put a goal on the board. Early in the game, a free kick from halfway across the field, found the head of six-foot-four-inch forward Skyler Milne and rocketed into the Spartans' goal around the

ten-minute mark.

The Spartans answered back at around twenty-five minutes in when midfielder Jonathan Colunga threaded the needle between two defenders on a pass to Knibbs, who flicked the ball forward, giving it extra speed past the Wolverine goalkeeper Mitch Jensen. The goal against Jensen was the first shot that has gotten past the goalkeeper this season, who has gone six games without letting

one through.

"It's been a tough year



Midfielder Jonathan Colunga battles to maintain control of the ball as fellow Spartans come to his aid. Colunga had an assist in the loss.

SPIKE

Continued from page 1

After being tied at 10 a piece in the first set, the Cowgirls took control, ending on a 10-3 run to close it out. The momentum carried over to the second set as Wyoming opened it up with a 4-0 lead and never

looked back from there.

"There were times in the match where we pushed them and they crumbled, but we just didn't maintain that pressure," Shepardson said. "If we're not maintaining that pressure any team can feel confident and keep rolling and playing their game."

Wyoming's Sophomore Reed Copeland

Warrfors by the Numbers

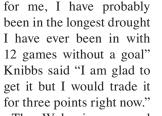
JASON DUNHAM | SPARTAN DAILY

led both teams with eight blocks and her teammate, sophomore Emily Lewis, led the game with 13 kills, tying a career high. Lewis ended the second set with two straight kills and finished with six in the set. The Cowgirls finished the second frame hitting .353 compared to San Jose's .000.

In the third, the Cowgirls' attack wasn't as effective. They hit .000 on the set and the Spartans tied their largest lead of the game at 11-8 to start the set.

SJSU's freshman Thelma Gretarsdottir and junior Nandyala Gama had back-toback kills looking to shift the momentum, however the surge came too late as the consistent play of the Cowgirls outlasted the Spartans swing.

The final set ended 25-20 resulting in a similar final to this season's first meeting between the Spartans and Cowgirls in Wyoming which ended (25-14, 25-14, 25-23).



Sports 7

The Wolverines scored the final and gamewinning goal towards the end of the first half when defender Scott Buskey missed the clearing kick and Wolverine forward Matt Gay was able to drive the ball past the goalkeeper Nedin Tucakovic, who was scrambling to recover from the mis-kick by his own defender.

For the remainder of the game, both teams took turns trading shots, however neither was able to find a mark again.

This game marked the 13th time this season that the Spartans have given up the first goal in a game, which has caused for a major mental struggle for the team.

"We are always out-

a team" possessing Tucakovic said. "It's just unlucky it is always a mental lack of discipline in the last second and that's when they take advantage of it and score."

Coming up, the Spartans face an uphill battle as they must win the next three games, the last three of their season to stay in the conference tournament.

"It is a bit crazy because we got three games and were still in the conference tournament, if we win all three games" said Spartan head coach Simon Tobin. "It's not so much preparing, we will match up well with what they do soccerwise but now psychologically to tell the boys they're still in this, we got three games left and we have to win, I think that is the hardest part."

The Spartans next match is an away game against the Air Force (11-5) in Colorado at 6 p.m. MT.

> Follow Jason on Twitter @judgmented1

"We know we need to start the first set the way we've been playing our third set," Nandyala Gama said.

Gama led all Spartans with eight kills and sophomore outside hitter Giulia Gavio finished with seven.

The Spartans will now prepare for a weekend road trip as they play the topranked team in the Mountain West at UNLV on Thursday and then at New Mexico on Saturday.

Junior Jamie Harai is confident that the Spartans will regroup and play stronger this weekend and look to climb up the conference rankings with a few road wins. "Even though this was a loss we need to put our minds on the next game and use

that as motivation to win and come back swinging and passing ten times better than it was today," Hirai said.

Follow Benjamin on Twitter @benjaminsiepak

The number of wins the Warriors had last season. Though it will be difficult to come close to the number, the Warriors are still projected to win 68 games, per FiveThirtyEight.



The total number of 3pt shots made by Curry last season, shattering his previous record of 286. He'll still be chucking up threes, but the addition of Kevin Durant may take away those some of those shots.



The jersey number of rookie Patrick McCaw. The Warriors made a trade with the Milwaukee Bucks in order to get the UNLV guard with the 38th pick in the draft, providing 3-point scoring depth off the bench.



The total ppg scored by Harrison Barnes last season. Kevin Durant will be replacing Barnes as the starting small forward this season, who has averaged 27.4 ppg for his career, third most in NBA history.



The max number of players an NBA team can have on their roster. Javale McGee was given the Warriors last roster spot this season. Though he played only 10.9 minutes a game last season, the center averaged 16.7 ppg, 12.9 rebounds and 2.5 blocks per 36 minutes.

> Data Gathered from Basketball-Reference INFOGRAPHIC BY RYAN BARNHART | SPARTAN DAILY



KAVIN MISTRY | SPARTAN DAILY

SJSU's outside hitter Summer Avery and libero Luisa Andrade both dive to the floor to make a dig during the Spartans 3-2, comeback win against Colorado State. The game took place at The Spartan Gym.



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8 SPORTS

Tuesday, October 25, 2016

WOMEN'S SOCCER

By Taylor Jones STAFF WRITER

The Spartans entered Sunday's game riding a three-game winning streak and looking to extend it against conference foe Colorado College Tigers. San Jose State recently beat out Wyoming, Colorado State and Air Force.

The Spartans were successful and beat their opponents from Colorado Springs 3-1.

The win also came on Senior Day, celebrating the last home game for nine members of this year's team.

The three goals were all scored in the first half, courtesy of Darriell Franklin, Kristen Amarikwa and Alexis Venegas.

"I feel like I did pretty well today during the times that I was in," Franklin said. "These past few games have been some of our best games of keeping the ball and playing like we know how to play. I am very proud of my team."

The Spartans have indeed had a good run this past week or so. The women's team beat University of Wyoming 3-1 last Friday, then clinched a spot in the Mountain West tournament with another win against Air Force.

"Our team knew that we had to win to clinch the top two spots in the tournament, so these two wins really help us in our standings and now we are second, which is really good," Venegas said.

The Spartans got off to a strong start in the first half

Leaping into the postseason

Franklin leads Spartans to two wins this week, cementing their spot in the Mountain West Conference Tournament

with Franklin scoring the first goal within the first eight minutes. The remaining goals came shortly after and it was a straight shot to victory for SJSU.

The Tigers resorted to a physical strategy in the second half, increasing the intensity and aggression in their play.

The Spartans had to bench one of their star players, Dorthe Hoppius, after she knocked heads with the opposing player Julia Lauzon.

Colorado College managed to get one back in the 79th minute courtesy of Catie Mcdonald, but that was as close as they would get.

The Spartans continued to play aggressively despite losing one of their players and conceding a goal.

"I thought the team had a great performance in the first half and then in the second half I think they lost their focus a little bit," said head coach Lauren Hanson. "We need some much needed rest, but I am very proud of this team and for now we are just looking to the next game."

The Spartans will play their last regular season game on Thursday, Oct. 27 against Fresno State.

The Spartans have been dominant throughout the back end of the season. A win against Fresno State along with a tie or loss for UNLV would mean a regular season championship title for SJSU team.

> Follow Taylor on Twitter @tayj95_jones



FOOTBALL Pumphrey, Penny run over the Spartans' defense



KAVIN MISTRY ONLINE EDITOR

It was hard to imagine the Spartans having any chance against the Aztecs on Friday night. The result was no surprise. SJSU are not good enough to compete with San Diego State and other top teams in the conference.

SJSU was outplayed in all facets of the game resulting in a 42-3 spanking, demonstarting the trend that has carried on the entire 2016 season to this point.

"Frustrating night for the Spartans. I thought we had a good week of practice preparing for and I wouldn't do it differently," said head coach Ron Caragher in a postgame interview. "I thought we got after it. We had a quick turnaround, we played Saturday night and Sunday we had to prepare our game plan for a Monday morning practice." The Spartans lacked any consistency on offense. They might pull off a good play, a produce a strong drive or even play an entire quarter of diligent football, but struggled to put it all together for a full 60 minutes and score any touchdowns.

We didn't execute early on, got ourselves in long down distances early and shot ourselves in the foot a few times

Kenny Potter Spartans' quarterback

On defense, the Spartans did a good job in the first 20 minutes bottling up Aztecs' running back Donnel Pumphrey but it was just a matter of time before the leading rusher in the country broke loose.

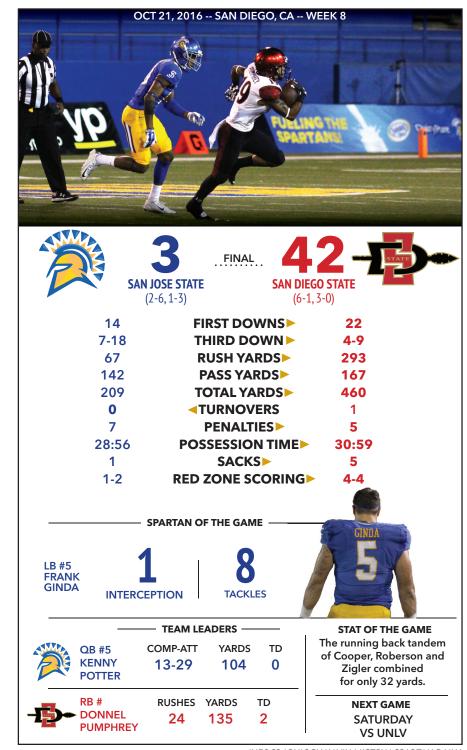
Entering the game, the Spartans knew they would have their hands full with Pumphrey, but it was second string tailback Rashad Penny who scored the most, finding the endzone three times, running for 105 yards on nine carries.

"I thought the defense came out good, they came out ready to play," said linebacker Frank Ginda in a postgame interview. "I thought we did a good job stopping Donnel for a while, until he started breaking out. We just have to stay in our fits a little longer and not allow him to squirt out."

A decent start on the defensive side of the ball forced SDSU to punt on the team's first two drives, but after the first score by the Aztecs, the game quickly unraveled for SJSU.

"We didn't execute early on, got ourselves in long down distances early and shot ourselves in the foot a few times," said quarterback Kenny Potter in a postgame interview. "We took ourselves out of the game. As quick as that happened it was 21-3 and we just couldn't dig out of the hole. Props to them, they are a really good football team, obviously as they shown throughout the year, but that score doesn't show how good of a football team we are."

> Follow Kavin on Twitter @kavinm95



INFOGRAPHIC BY KAVIN MISTRY | SPARTAN DAILY