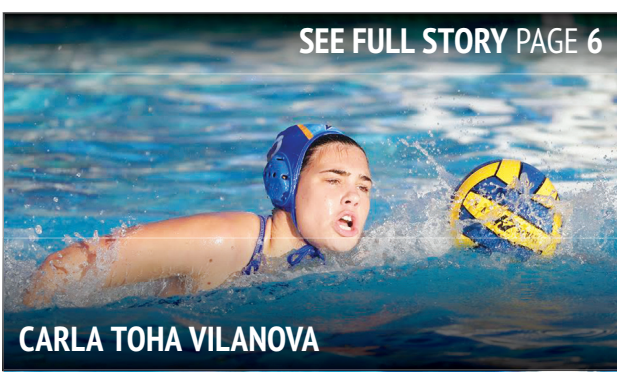




SEE FULL STORY PAGE 3

WEIRD CLASS WEDNESDAY



SEE FULL STORY PAGE 6

CARLA TOHA VILANOVA

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42 votes - Final results

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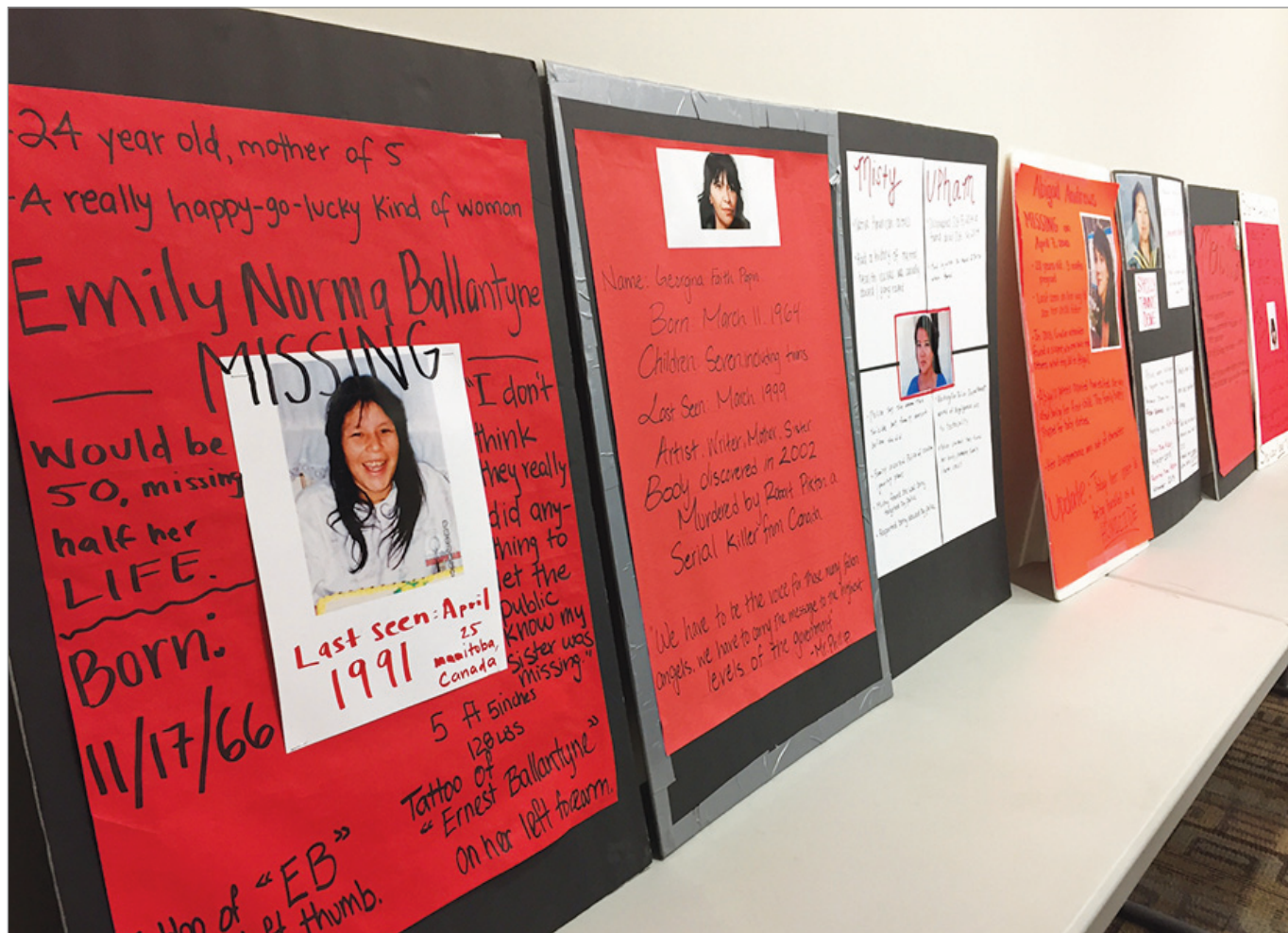
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Wednesday, March 8, 2017

NATIVE WOMEN

Project raises awareness of violence



BY JENNIFER BALLARDO
STAFF WRITER

Violence against indigenous women in Canada, Mexico and the United States was discussed at the REDress Project event on Tuesday afternoon.

About 20 people attended the discussion in room 1360 of the Student Union.

The meeting was put together by Soma de Bourbon, a lecturer at San Jose State, with help from her students and Student Involvement, a department of the Division of Student Affairs on campus.

Red dresses were hung from trees across campus on Monday as a way to raise awareness about the workshop.

The REDress project was formed by Jaime Black, a Canadian artist. A quote from Black was included at the beginning of the presentation that explained her reasoning behind the program.

"I hope to draw attention to the gendered and racialized nature of violent crimes against Aboriginal women," Black said.

The room was surrounded by posters featuring pictures and information of missing indigenous women from Canada, Mexico and the United States.

"These are just some representations," de Bourbon said. "These are just some of the stories."

Soma de Bourbon led the discussion by

JENNIFER BALLARDO | SPARTAN DAILY

Posters made by students lined the walls of the Student Union room 1360 showing missing Native American women with details of their disappearance.

See **REDRESS** page 2

OIL TRANSPORTATION

Phillips 66 plans to move "bomb trains" through San Jose

BY DAVID TAUB
STAFF WRITER

The San Luis Obispo County Board of Supervisors will begin hearings on March 13 for a plan that could send 2.2 million gallons of oil by train through San Jose three times a week.

The plan was originally proposed in 2013 by Phillips 66, a multinational oil company. It would allow it to build a 1.3 mile rail spur at the Santa Maria Refinery, also known as the Nipomo Refinery. If the plan is approved it would give Phillips 66 the ability to bring in the three 80-car trains using Union Pacific Railroad track weekly.

Director of media relations for Phillips 66, Dennis Nuss, declined to comment on questions regarding the safety of moving oil by rail. Instead Nuss said if people would like more information, they should

attend the board of supervisors meeting next week.

Moving oil by train can be dangerous and there has been a rise in derailments of oil trains in the past five years. According to National Geographic, there were 143 oil train derailments from 2010 to 2014.

"If one of the trains should catch fire 13 schools, eight fire stations, the SAP Center, City Hall and my house would all be gone if it derailed in downtown," said Shaun Cartwright, media director for Rise Up For Justice, a group that has been involved in fighting the proposed plan.

"Once they [oil train cars] catch fire they are very difficult to put out because of course their fuel is right there," said Dr. Frannie Edwards, deputy director of the Mineta Transport Institute's National Transportation Safety and Security Center and SJSU professor.

On March 10, 2015, a freight train

derailed on East Taylor Street in Japantown on the same line of Union Pacific track that would be used to move the oil trains, or what Cartwright referred to as "bomb trains."

The SJSU campus lies within the Department of Transportation's specified areas that could be affected in the case of an oil train fire.

"It makes me uncomfortable knowing that those trains could be moving while I'm in class," sophomore biology student Kenny Tran said.

Edwards said that there is a certain amount of risk when it comes to moving oil in tanker cars.

"The Federal Railway Administration has made many steps to try to make the passage of all freight through built up communities as safe as possible, but there's no guarantee an accident would never occur," Edwards said

If a fire did occur, it'd be possible for it to spread before it could be contained. Edwards said "There's all sorts of possibilities that could occur it's like designing a disaster movie."

Most derailments in the US have been relatively benign according to Edwards.

However, when a fire does occur because of a derailment it can be difficult to extinguish.

"Usually you have to use foam so, it means that the fire response is not quite as quick as it would be if it was just water," Edwards said. "But foam trucks usually have to come from an airport or a refinery."

Phillips 66's plan to build the rail spur was originally denied by the San Luis Obispo County Planning Commission in a 3-2 vote on March 5, 2016.

After the planning commission denied

See **ENVIRONMENT** page 2

TUESDAY LECTURE SERIES

Viewing art through technology stimulation

BY ELIZABETH RODRIGUEZ
STAFF WRITER

Natalie and James Thompson Gallery presented "Claudia Hart: Inside the Flower Matrix" on Tuesday in the Art Building.

The exhibit showcased art through technology simulation incorporating cellphones with the art.

Before her showcase, Hart gave a lecture in front of a crowd of 40 people on her previous work in gaming and graphic design. She explained that before she created live animation which were based on previous works of art from other artists, she began her career in graphic design.

"Men tried to intimidate me because I was a woman, but I ended up intimidating them with my work," Hart said.

The work that she used to create were three-dimensional live simulations of human sculptures that mimicked slow breathing and movement. Most of her animations were using sculptures and paintings from the Baroque period that

depicted nude and voluptuous women.

After the lecture, the crowd made its way into the gallery to view her work.

The crowd was treated to an "Alice in Wonderland" inspired exhibit where her art jumped off the canvas through technology.

"Without phones, we seem lost," said music junior Levi Matias. "It's not until we get our phones out and download an app we see how the art transforms."

Hart used handsewn quilts and paper in her work which had abstract patterns in black and white and in color. In addition to the works of art, sound was also used throughout the gallery in efforts to give the crowd a sense of multi-dimensions.

Audience members were encouraged to download "The Looking Glass" application when looking through the art around the gallery. The app was used to give viewers an additional perspective of her work other than what was in front of them.



ELIZABETH RODRIGUEZ | SPARTAN DAILY

SJSU student Amanda Clemmons uses "The Looking Glass" application to interact with Claudia Hart's art.

See **GALLERY** page 2

CODING

Bootcamps make programming more accessible

BY ISABELLE THAM
STAFF WRITER

As the demand for computer science-based jobs grows, so does the supply.

Coding bootcamps — short, intense programs that train students in programming languages — have been popping up nationwide to meet the needs of an era revolutionized by computers.

These programs don't take much time — they may be a couple months long — and they might even open the doors to an entry-level job. The cost of these programs though, is that students could miss out on learning about the foundations of computer science.

"Coding is not about just learning something and applying it to a simple case," said Katerina Potika, assistant professor of computer science. "You have to be able to work this through difficulties and design, offer solutions. You have to learn how to think and apply."

Bootcamps can train you in developing applications for iOS or Android and teach programming languages used in the field, but often lack classes on cybersecurity or network management.

Potika said that a formal education in computer science at a university does not mean you are going to be successful, but it will expose you to the different facets of computer science. These different aspects can distinguish an entry-level job from a higher ranking one.

According to job review website Glassdoor, the national average salary for an entry-level programmer is about \$50,000 compared to \$88,000 for a senior programmer.

"You learn more by doing — by trying things out or running into obstacles when you're trying to get things done," said assistant professor of computer science Tom Austin. "You want your program to do this, but you don't know how. That will force you to try to think deeper and search

for better answers."

Whether you want a new job in the programming field or not, computer science professor Cay

Horstmann advised that learning basic programming skills would be beneficial for everybody.

"Everything these days is touched by computing," Horstmann said. "Your phone is a computer screen. Every time you watch Netflix, it's pixels, it's digital signals."

These kinds of skills aren't just trying to be taught in technical schools that are geared toward adults looking for a new career path.

"Programming is going to be an everyday skill," Horstmann said. "We're in a golden age where things need to get automated and things need to be engineered."

Apple released an app called Swift Playgrounds last year that taught users how to program in the Apple-developed programming language. It was aimed more at a younger generation, teaching skills in

a video game-type setting.

Austin explained that there are even a number of resources online that can teach you how to program. Using them could potentially avoid the tens of thousands of dollars it costs to enroll in a coding bootcamp, but it would take much more time and effort.

Websites like Khan Academy offer short, instructional videos — not to mention free — that teach basic programming skills.

San Jose State even offered free MOOCs — massive open online courses — through the School of Information that focused on new trends in technology. The university stopped updating the MOOCs in 2014.

Despite the windfalls in these schools, Horstmann said that it is possible to be a programmer without a degree.

"Someone just has to be willing to hack their way through," Horstmann said.

Follow Isabelle on Twitter | @isabelletham

ENVIRONMENT

Continued from page 1

Phillips 66's proposal, the oil company appealed the decision which effectively made it an issue that the county board of supervisors must decide on.

"I think it's what big oil or what all big companies do," Cartwright said. "They always try to find a way around the people."

Oil trains also pose an environmental risk.

"Anywhere in the city where it's undeveloped, open space then you have the potential for the contamination of the groundwater," SJSU environmental studies lecturer Ada Marquez said.

San Jose can try to stop the oil trains from running through local neighborhoods, but according to former environmental lawyer and environmental studies professor Terry Trumbull, the city's attempts

may not be enough to stop the proposal if it passes.

"The regulation of railroads is basically outside the control of any city," Trumbull said.

San Jose can contest the land use agreement by challenging the Environmental Impact Report that Phillips 66 submitted along with their proposal.

"The only good legal tool for the city to block it [the proposal] is a lawsuit over the environmental impact analysis," Trumbull said.

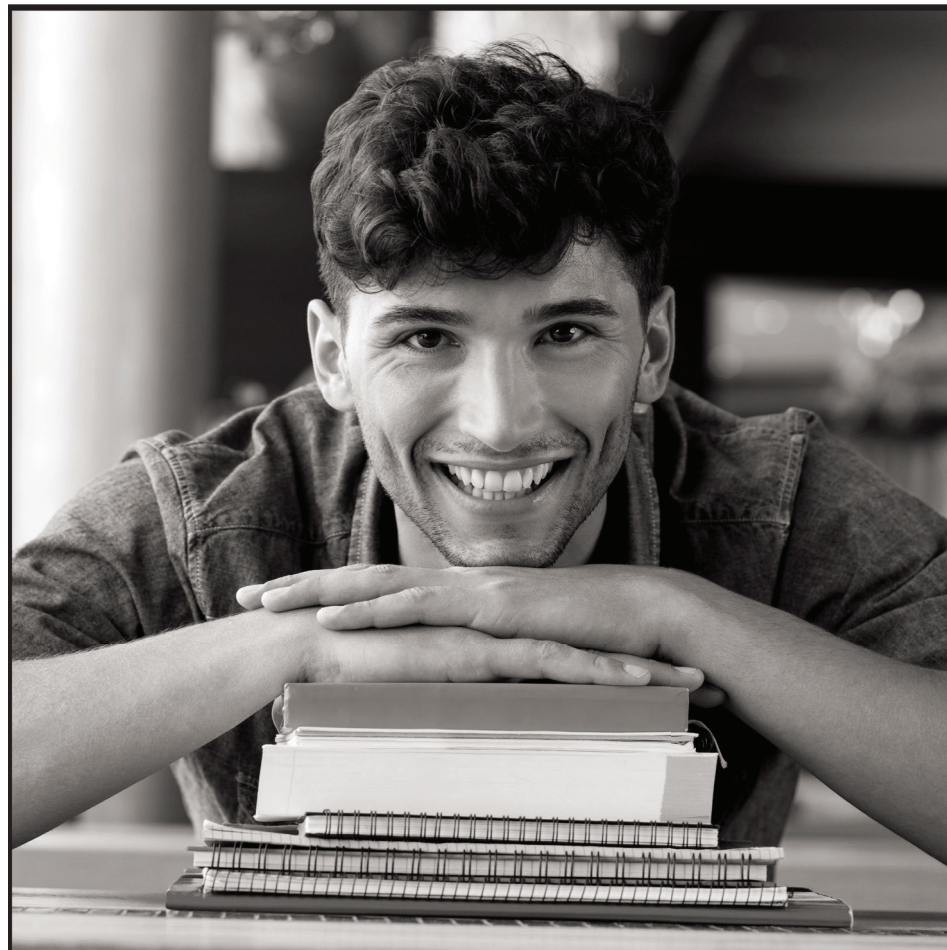
The lawsuit would have to prove that that the findings of the environmental impact report were not adequate.

The vote on Phillips 66's plan will be held next Monday. If students want to fight Phillips 66's proposal, Cartwright urged them to get involved with local groups.

Follow David on Twitter | @davidtaub3



DAVID TAUB | SPARTAN DAILY
A train rolls into Diridon Station along the same tracks that oil trains would use if Phillips 66's plan is approved.



sjsu.edu/highdemand

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REDRESS

Continued from page 1

giving background information on the topic, starting with Christopher Columbus.

"He really introduced the widescale slavery of indigenous people," de Bourbon said.

When de Bourbon mentioned the idea of changing Columbus Day into Indigenous People's Day, attendees responded by snapping their fingers to show their approval.

One of the topics covered during the discussion included the sex trade. According to de Bourbon, there is a strong link between slavery and the sex trade for Native women. "Indigenous women are overrepresented in the sex trade," de Bourbon said.

Statistics were given about violence against Native women. According to de Bourbon, one in three indigenous women are raped, three in five are physically assaulted and the murder rate is ten times higher for them compared to other women.

Once de Bourbon got through her presentation, she asked people to share their thoughts.

One attendee, freshman psychology major Aliya Herral, shared her personal struggles on the topic. Herral is from the Pine Ridge Indian Reservation located in South Dakota.

"I've known a girl since I was 12 and recently I found out that she ... was

murdered because of rape so that struck hard because ... she used to live right next to my grandma," Herral said. "It was so swept under the rug because nobody knew what happened to her."

Herral's experience living on a reservation means she witnessed these types of tragedies firsthand.

"Across every reservation there's tons and tons of women [and] children missing and they're not found," Herral said. "Some of them are found probably a week later down a river."

Christina Dunbar, a communicative disorders and sciences senior, agreed that this was an important discussion to hold on campus.

"I feel that [Native Americans] are one of the most marginalized communities in America and they're incredibly underrepresented," Dunbar said. "I don't think there's enough conversation about the types of poverty and violence that these people deal with on a daily basis."

Concern about SJSU not offering representation for Native Americans was also discussed.

"It's about creating a space where Native Americans feel they want to come to San Jose State," de Bourbon said. "Where they feel welcome here."

Follow Jennifer on Twitter | @jayembee1

GALLERY

Continued from page 1

Hart incorporated technology throughout her gallery. She had an iPad mounted on a portable stand which had the app and viewers were allowed to move it around from art piece to art piece.

The effects that were shown through the app displayed abstract flowers on the screen as viewers placed their phones in front of the works of art

"I like that we can go around and see the effect of the app," said graphic design junior Nguyen Nguyen. "It's not like 3-D, it more like 4-D because we can hear the sound."

In addition to technology, abstract audio was also playing through the gallery.

"I'm interested in an edge of gallery," Hart said. Hart demonstrates the use of technology and art from her works in graphic design, motion animation and in her

latest exhibits where she brings her work to life through cell phones.

Hart's previous works include designing pieces of clothing which are showcased during fashion shows. She created renaissance inspired gowns made out of paper which were shown during Fashion Walk in Chicago in 2015. The large scale articles of clothing were not only wearable pieces of art, but were also used as projection screens on the runway.

Hart uses the recurring theme of decay and rebirth through her works. An example she showed during her lecture was a sculpture of a woman sitting on a revolving chair. The sculpture of the woman appears to slowly deteriorate as bright pink roses grow from the cracks.

Hart's exhibit will be open until April 14.

Follow Elizabeth on Twitter | @elizabwithlove

WEIRD CLASS WEDNESDAY

Glassblowing class turns up the heat

By **SATVIR SAINI**
STAFF WRITER

The art of glassblowing is a distinctive craft. It's a technique that entails molten glass inflated into a bubble with the help of a blowpipe.

"ART140: Topics in Glass" is an introductory course that shows students the different techniques in glasswork, and the chemistry and basics to glassblowing. The course is taught by San Jose State University professor Cassandra Straubing.

"It's weird to look at and that's what makes it so fascinating," spatial arts junior Kelly Beach said.

Straubing as well as her assistant students Lauryl Gaumer, Jeanine Parish and Sierra Thurin start the beginning of the semester doing demo workshops with students. They teach the students the basics of glassblowing in these workshops and are open to any questions students may have about the glassblowing projects.

"My friend took the class so I took it with her," photography senior Heather Smith said. "It's pretty cool. The glass looks really stretchy and soft while it is being blown."

Glass blowing starts with drawing out a sketch of what is going to be created. During the workshops, Straubing and her assistants drew out with chalk on the ground the creations that were going to be molded.

Then they took a blowpipe, which was partially sitting in a fire, over to the furnace that had the molten glass and started the molding process. Students watched closely as the molten glass formed into the shape that was originally sketched out.

While the glass was being molded, the molders told the assistant who was blowing the glass when to start or stop and whether to blow harder or softer.

Even with circulating fans and open windows the workshop room heated up

very quickly. The furnace ran at 2150 degrees Fahrenheit. The glory holes that re-heat the glass to soften up and further create the piece were kept at 2000 degrees.

Though there is a choice of wearing gloves while glassblowing, many get used to the technique and heat.

"You just get immune to the heat, but dipping your hands in water as I work keeps me cool," Straubing said.

Once the piece was finished being molded, it was then put into the annealer, which cooled down the piece in 36 hours. Before the molding is placed to cool, it looks like the complete piece, except it's still soft.

"Glassblowing is new to me. I like watching the advanced students work," industrial design junior Quang Nguyen said.

During the two-hour demo workshop, Straubing and her assistant students created 12 different pieces. Most of them were all in a circular shape. The main differences were some of them included inverted spots, spikes, long tube necks on a side like a chemistry beaker or the shape of a raindrop. Sometimes the glass shaped itself during the blowing process. The glass twirled and made a vine shape if the glass became thin on one side.

At the end of the demo session, Straubing asked her students if anyone wanted her to make one of their sketches. Beach wanted Straubing to make a chemistry beaker.

The beaker was going to have a long neck, which Straubing mentioned was not an introductory technique because it took more reforming in the glory holes and thinning out the glass.

This week students will be able to start glassblowing their own projects.



Lauryl Gaumer waits to get enough molten glass from the furnace onto the blowpipe. SATVIR SAINI | SPARTAN DAILY



A couple of glass demonstration pieces that were created during previous class sessions are displayed. SATVIR SAINI | SPARTAN DAILY

Follow Satvir on Twitter | @satvirsaini_

Library exhibit spotlights Japanese-American history

By **JENNIFER BALLARDO**
STAFF WRITER

Feb. 19 marked the 75th anniversary since President Franklin D. Roosevelt signed Executive Order 9066.

This order forced people who were seen as a threat to national security — primarily those of Japanese descent — to be expelled from the West Coast and relocated according to the National Archives.

San Jose State University is hosting an exhibit that focuses on the Japanese-American internment that took place from 1942 to 1946. The exhibit showcases multiple primary documents regarding the internment.

"It's an important time to look back at these types of documents," said Rebecca Kohn, Interim Head of Special Collections and Archives at the Martin Luther King Jr. Library. "We're facing the same sort of exclusionary thing right now."

Photographs, maps, letters, artifacts and posters fill multiple cases in the display room on the fifth floor of MLK Library. Many of the documents were loaned to the library by the Japanese-American Museum of San Jose.

Some of the most moving pieces in the exhibit are some of the actual suitcases used by citizens who were interned.

"These are probably the most poignant object lent by the museum because people could only bring what they could carry," Kohn said. "These are very sturdy objects with an important history."

The exhibit highlights the fact that this history is local. One of the documents addresses Japanese Americans in the San Jose area and orders them to report to the building that we now call Uchida Hall for assembly.

"Having the small exhibit there is important because San Jose State was part of the evacuation effort," Glenn Tsutsumi, museum project manager at the Japanese-American Museum of San Jose, said.

Looking through the exhibit one learns that around 120,000 Japanese American citizens and immigrants were interned following the attack on Pearl Harbor.

According to the National Archives, the

internment camps were fenced off, isolated and guarded. Photographs in the exhibit show details of the Salinas internment camp, a relocation zone located about an hour from San Jose. At its peak this camp housed around 3,600 Japanese-American citizens and immigrants.

"It's not complete restitution, but just the recognition that it did happen and that it was important."

Rebecca Kohn
Interim Head of Special Collections and Archives MLK Library

According to the National Archives, in 1988 President Ronald Reagan signed the Civil Liberties Act which gave every individual living prisoner \$20,000.

"It's really more of a symbolic restitution," Kohn said. "It's not complete restitution, but just the recognition that it did happen and that it was wrong is important."

A day of remembrance takes place every year around Feb. 19 for the Japanese-American community to recognize the experience. Three Japantowns still exist in California — in San Jose, San Francisco and Los Angeles.

For some, this history is personal. "My parents went through it and we learned about it as we were growing up," Tsutsumi said.

"Going forward what we can learn from it is how [we can] offer freedom to everyone and how [we can] build a more inclusive and strong society," Kohn said. "Confronting fears, confronting racism and understanding our history and how we all got here is important."

The exhibit will continue to be shown in the MLK Library until March 16. The CSU Japanese-American History Digitization Project database is also available online at csujad.com.

Follow Jennifer on Twitter | @jayembeeel



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Visa slowdown will benefit Bay Area tech companies



MARGARET GUTIERREZ

STAFF WRITER

The United States Citizenship and Immigration Services (USCIS) department announced that it will suspend premium processing for H-1B visas starting on April 3 for at least six months. I feel this is a positive change because it could end up benefitting prospective job candidates in the technology sector since it will slow down the hiring process of foreign workers.

According to the USCIS website, the reason for imposing this suspension was so that they could process the backlog of H-1B applications which have been delayed due to the increase in premium processing requests over the last few years. It is more likely that this suspension of premium processing is being driven by the Trump administration and is meant to slow down the H-1B visa application process pending further changes.

The Silicon Valley is known for its technical innovation and is the home to many well-known tech giants such as Google, Apple and Facebook.

Although these companies employ Bay Area residents and graduates of local universities, these and many other companies also hire tech workers outside of the United States by way of H-1B visas.

In the early days of the Silicon Valley there was a shortage of highly skilled technology professionals in regional talent pools which forced these companies to look outside of the United States to find the necessary technical skillsets. The way that companies were able to achieve this and fill these gaps in skill was by leveraging the H-1B visa.

The visa allows companies to recruit foreign-born workers and bring them

to the United States to fill positions that require specific skills. This temporary visa lasts for three years and can be extended for an additional three years.

Only 85,000 H-1B visas are issued each year by USCIS and it typically takes two to six months to process a request. With premium processing, an H-1B visa application can be approved in as little as 15 days.

Times have changed, but many tech companies still depend on H-1B workers even though the number of computer and informational science degrees have increased every year in the United States according to the National Center of Education Statistics.

It seems to me that there are plenty of skilled technology professionals in local talent pools available so I have to wonder why companies are still looking outside the United States to fill open positions.

One of the reasons companies recruit foreign workers is because these individuals may be willing to accept a less competitive wage which helps to reduce the overall operating costs for the business and increase profit for the company. The other benefit for a company to hire a foreign worker could be that the H-1B employee cannot easily jump ship to another company.

I agree with the suspension of premium processing for H-1B visas and I actually support additional reform of our immigration policies as they relate to foreign workers.

Companies that want to hire outside of the United States should be forced to pay a significantly higher wage to H-1B workers and they should also have to show evidence that they have exhausted the local talent pool before getting approval for the H-1B visa.

These changes would likely have an immediate impact and incentivize companies to fill positions with local talent first.

Follow Margaret on Twitter | @maggieslara

#LentAFilm

Twitter users are changing movie titles into Lent-related titles, here are some of the best:

INFOGRAPHIC BY JENNIFER BALLARDO

Liberals want a peaceful and coexistent future



CAROLINA IBARRA

STAFF WRITER

I must have taken a nap last week and somehow woken up in the wrong decade.

As it turns out, coexistence is still a difficult concept to grasp for some of us.

An image posted by conservative twitter user @polNewsNetwork1 is currently making its provocative way through social media platforms such as Twitter.

The image features a woman in a niqab – traditional Muslim women’s garb – and a drag queen sitting side-by-side on a public transportation vehicle with the caption “This is the future that liberals want.”

It is a visual paradox depicting two vastly different and perhaps incompatible lifestyles. Yet they coexist in casual harmony on public transport. However,

the simplicity of the scenario is too much to bear for some.

Thus, a political battle over social equality continues.

The tweet was quickly reinvented as a meme. Under an administration with nationally divisive politics, memes are a reflection of the divide between conservative and liberal America.

A meme like this can act as a public poll asking the question – Am I relevant? For liberals who view themselves as agents of change, this meme was more than relevant.

It was a digital call to action and an opportunity to defend equality via thinly veiled jokes at the expense of arguments from conservative commentators.

Memes like this help users share controversial political beliefs with an appealing hint of humor while averting the reaction that often inhibits discussion of social issues.

However, I’ve seen conservative figures paint progressive beliefs as a pathway to anarchy in memes such as this one.

Amid questions of “What’s next?” and “What’s wrong with this generation?”

traditional conservative commentators can hypothesize their way to the end of the world.

Except this time they got it right. The peaceful coexistence depicted in the image is exactly what liberal Americans like me want.

I was raised in a relatively conservative and traditional household, so I comprehend the discomfort with “untraditional” characteristics even if I do not agree with it. But a lack of understanding is not an excuse for social oppression or harassment.

A lack of understanding and a fear of the unknown is the perfect recipe for an intolerant population.

Fear can transform people into the worst version of themselves.

That’s why it’s important to address these issues.

To be so innately bothered by another person’s mere existence is not only absurd, it is undemocratic. It’s inherently un-American. It is inhumane.

It is not just money and economic progress that build the foundation of the American dream, in my opinion.

The American dream is captured in the ability to live a life free of oppression.

In this America, your fear of “what’s next” does not give you the right to put socially constricting chains on others.

The pursuit of freedom and happiness takes on a different path for all of us.

To deny another the opportunity to do so is defiant of everything this country did to free itself of imperial oppression.

I yearn for the day when mere existence in a democratic society such as ours isn’t perceived as “brave.” It is just a given right in a humane world.

As the meme devolves into images of absurd scenarios depicting anything from Power Rangers on a subway train to unicorns in space, it is clear that the meme transformed the original commentary into a joke.

It’s silly, really.

Because, yes, a democratic and civil U.S. society is exactly what we want after all.

Follow Carolina on Twitter | @xoxoxcaro



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It's 2017, don't bite the bait



JALENY REYES
STAFF WRITER

The sixth season of "Catfish: The TV Show" premiered on Feb. 1. Every time a new season airs, I sit and wonder: how are people seriously still getting catfished?

Catfishing is defined by Google as "lur[ing] (someone) into a relationship by means of a fictional online persona."

We live in a world where we dedicate a great chunk of our day to technology. We are hooked to our cellphones and electronic devices. This addiction has contributed into the norm of online dating.

Apps and websites such as Tinder, OkCupid, Match and eHarmony make it easier for individuals to find their perfect match.

According to the Statistic Brain's website, 49,250,000 of people in the United States have tried online dating. In addition, 20 percent of Americans who meet online began a committed relationship and 17 percent of couples that meet online got married.

While this fairytale ending might be true for some, others have had horrific online dating experiences.

In an article by Emma Prestwich on the Huffington Post, she explores catfish stories that are "almost too crazy to believe." One story come from a woman who pretended to be a man in hopes of tricking her best friend into hooking up with her. The other is from former football player who thought his online girlfriend died, leading him to find out she never existed.

Stories like these are outrageous, yet you would be surprised to learn how often they occur.

Are people seriously that gullible or are they simply just stupid?

It's easy to find out whether or not a person you are talking to behind the screen is real. Just about anyone has a cellphone and social media. With a little bit of your own investigation, you could avoid being catfished.

One of the common patterns I have seen on "Catfish: The TV Show," is the excuse of the catfisher saying it doesn't have access to any form of video chatting. Most electronic devices come with built in front-facing cameras. Plus there are also video chatting apps including Skype or Google Hangouts that allow you to connect with other users from all around the world.

On social media apps including Facebook or Whatsapp, you can easily video chat with friends as well.

In addition, the tv show has also shown stories where the individuals never had a phone conversation — just texting.

The red flags are everywhere but people see right past them. In some cases, people have been talking for years just to find out the person who they fell in love with never existed in the first place.

Social Catfish, which is a website that allows you to find the identity of an individual, shared tips on how to avoid being a catfish victim. One of the points the site emphasizes is asking the person's identity while talking to them.

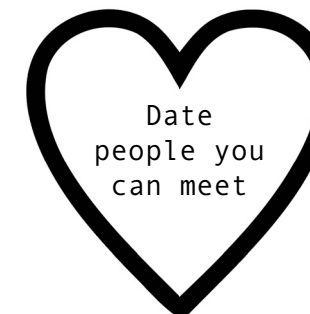
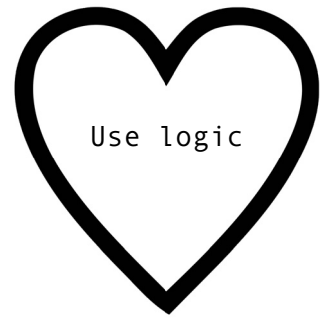
The website also recommends to use a video chat service, use your logic and trust your gut.

In addition, social catfish advises people not to give out personal information and to never give out money to someone they recently met.

As much as I find this advice to be common sense, some people might not. Keep this information in mind next time you decide to sign up for an online dating app. You never know who might be behind the screen or if you'll end up as the next victim on "Catfish: The TV Show."

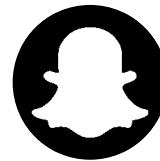
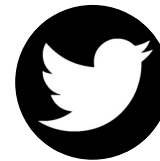
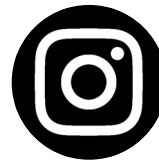
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Tips To Avoid Getting Catfished



Information from socialcatfish.com

INFOGRAPHIC BY JALENY REYES



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Classifieds

Sudoku Puzzle

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

DIFFICULTY RATING: ★★☆☆☆

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

Previous Solutions

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

Mar 7

L	O	F	T	J	A	F	F	A	P	A	D	S		
A	B	L	E	A	L	E	U	T	I	D	E	A		
S	O	U	N	D	N	E	S	S	O	F	M	I	N	D
T	E	S	T	Y	T	E	N	U	I	T	Y			
H	E	A	P	D	A	M	E							
A	B	C	I	C	E	S	L	E	N	G	T	H		
B	R	A	N	E	S	T	S	T	R	A	Y			
B	A	C	K	G	R	O	U	N	D	N	O	I	S	E
A	N	T	I	S	N	O	R	E	M	E	R	A		
S	T	I	N	K	S	S	W	A	B	G	E	R	A	
D	I	O	R	S	T	U	D							
W	I	L	L	I	E	S	L	I	T	H	E			
D	I	N	I	N	G	C	O	M	P	A	N	I	O	N
A	N	O	N	N	A	S	A	L	G	E	L	D		
B	O	N	G	E	P	O	X	Y	O	R	E	S		

Crossword Puzzle

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20						21					22			
						23	24							
26	27					28		29	30	31				
32						33						35	36	37
38						39	40					41		
42						43						44		
						45						46	47	48
						49	50					51	52	
53						54						56	57	58
59						60						61		
62						63						64		
65						66						67		

- ACROSS**
- 1 "Waiting for ___"
 - 6 Dignified manner or conduct
 - 10 Potted meat brand
 - 14 "With not ___ out of place" (totally neat)
 - 15 Cookie from Nabisco
 - 16 Trident feature
 - 17 Pennywise contestants compete on "Bowling for ..."
 - 20 Doo-wop's ___ Na Na
 - 21 Big name in running water
 - 22 More than pleases
 - 23 Mean without saying
 - 25 Small, loud ruckuses
 - 26 ___-bodied (strong)
 - 28 Where river and sea meet
 - 32 Peruvian cousin of a camel
 - 34 White-tailed shore eagle
 - 35 Heifer's utterance
 - 38 Thrillseekers compete on "Match ..."
 - 42 "I just discovered this!"
 - 43 Well-bred, well-mannered chap
 - 44 More mentally stable
 - 45 Catchwords
 - 48 Gripping device
 - 49 Bobbing in the ocean
 - 51 Square, nerdy sort
 - 53 Greek goddess of wisdom
 - 55 "Take ___ song and make it better" (Beatles lyric)
 - 56 Ending with "walk" or "shoo"
 - 59 Milk maidens compete on "Shop 'Til You ..."
 - 62 Fraught with danger
 - 63 Be the card distributor
 - 64 Like gummy bears
 - 65 It's found lying on the beach
 - 66 Aces may complete them
 - 67 Food sample
- DOWN**
- 1 Roams around
 - 2 "Here comes trouble!"
 - 3 Buddhist bigwig
 - 4 Engine need
 - 5 Lady's partner, in animation
 - 6 Strolls casually
 - 7 Ayatollah's country
 - 8 Evening, in old poems
 - 9 Lymph ___
 - 10 "Easy there, boy"
 - 11 Horse or Ford of old
 - 12 Poker fees
 - 13 It requires house-keeping
 - 18 Part of Hollywood?
 - 19 Some red wines
 - 24 Viral internet item
 - 26 Wee bit of marine life
 - 27 Far from stimulating
 - 29 Udder parts
 - 30 Ashes receptacle
 - 31 "___ port in a storm"
 - 33 Kabul currency
 - 35 Small motorcycles
 - 36 Things in billfolds, sometimes
 - 37 Brutish beast of folklore
 - 39 Above, to poets of old
 - 40 Letters from your folks?
 - 41 "I ___ a Dream"
 - 45 Took a quick look
 - 46 Ill-fated Fords
 - 47 Mop, as ship decks
 - 49 Lobbies for light gatherings?
 - 50 Fleeced but good
 - 52 Draw out
 - 53 Attaches
 - 54 Ifs or buts partners
 - 55 At the drop of ___ (right away)
 - 57 Semiaquatic salamander
 - 58 Protrusion of the eyelid
 - 60 Wooden golfing gadget
 - 61 One of two in a dance name

Jokin' Around

What do you call a police officer in bed?

cop
Answer: An undercover

Why did the bicycle fall over?

two tired.
Answer: Because it was

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OPINION

From Barcelona to California

Sophomore water polo player Carla Tohà Vilanova makes quite a splash

BY JENNIFER BALLARDO
STAFF WRITER

When Carla Tohà Vilanova speaks, the words that come out of her mouth are articulated in a way that reflects her home country.

“When I talk, I didn’t think I [had] an accent,” Vilanova said. “I thought I talk the same as you but then I came here and everyone was like, ‘Oh you have an accent’...but I don’t notice it.”

Vilanova is from Barcelona and plays on the San Jose State women’s water polo team. She scored 53 goals last season which made her the top freshman scorer in the Mountain Pacific Sports Federation (MPSF). This led to her getting an honorable mention from the MPSF.

After hearing about the study abroad program from a friend at her high school, Vilanova began to look into it herself.

“I found the opportunity to get a scholarship and then study abroad as well and play the sport that I like so it was pretty cool,” Vilanova said.

Although Vilanova enjoys California, there is one thing about the Golden State she did not expect. “Since it was California, I thought it would be all sunny, surf and stuff — but it [wasn’t],” Vilanova said.

Klaudia Paradi, an athletic training junior and Vilanova’s teammate, also came to SJSU from a different country.

“We bonded early on when she came here because I know how hard it is to be an international [student] and just get thrown in the middle of school, college and water polo,” Paradi said.

She spoke highly of Vilanova’s athletic skill.

“She’s already a leader at practices and in the pool as well because she’s a super strong player,” Paradi said. “She’s kind of like our anchor in offense so we really rely on her.”

Head coach of San Jose State’s women’s water polo team Gabor Sarusi also spoke favorably of Vilanova.

“She’s a very talented young woman ... she’s very goal oriented ... and she’s a hard worker,” Sarusi said. “It’s good to work with her. I feel lucky to have her for sure.”

Vilanova credits her brother Damià for getting her interested in water polo.

“I had to always go there and sit and watch [my brother’s] practices so my mom just decided to put me in,” Vilanova said.

Carla is working towards a major in sociology with a minor in special education. However, this was not her first plan. She changed her mind after running into some issues.

“My first interest was law but since I want to work back in Spain the laws didn’t match,” Vilanova said. “I’m really into special education and people and [working] with people ... so sociology and special education was what I decided.”

A major and minor is enough to keep any student busy, and the added practices and matches only supplement to the stress. However, Vilanova says it doesn’t phase her much anymore.

“I’ve been all my life going to school and doing a lot of sports so it’s hard,” Vilanova said. “You just [have to] get used to it.”

Being on the water polo team has helped Vilanova adjust to her new environment.

“I really like my team ... if I’ve had any ... hard moments and I really miss home or something they’ve been there for me,” Vilanova said. “It’s not just a sport ... they are like my second family.”

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“It’s not just a sport ... they are like my second family.”
Carla Tohà Vilanova

TERRELL LLOYD | SJSU ATHLETICS

CONFERENCE BID

Spartans prepare for Mountain West Tournament in Las Vegas



KRISTIN LAM | SPARTAN DAILY (File image)

Forward Ryan Welage attempts to dribble the ball past three Nevada defenders on March 1 at the San Jose State Event Center.

BY KELLY BURNS
STAFF WRITER

San Jose State’s men’s basketball team will start off the postseason with the Mountain West Championship Tournament this week in Las Vegas.

The men’s team has never won a game in the Mountain West Tournament and is hoping to turn that around this year.

“It’s big for us as a school,” said sophomore guard Jaycee Hillsman. “We haven’t had much history of winning and it would help us start a tradition here.”

SJSU’s first matchup of the tournament is with Utah State on Wednesday.

The Spartans suffered an 81-75 loss to the Aggies at the Event Center on Feb. 22 in an uphill battle as it fell behind early in the first half.

Head coach Dave Wojcik said the Spartans defense wasn’t up to par the last time it played Utah, despite its strong defense helping it win past games this season.

SJSU made six more threes than Utah State in the first meeting which helped it shift the score back in its favor, yet it was still unable to come through with the win.

Going into the tournament, both teams have a record of 7-11 in the Mountain West conference.

In order to be successful in its upcoming game, the Spartans will need to make sure all its players, both defense and offense, are working together.

“Winning games, especially this time of the season, it

takes everybody,” Hillsman said. “It doesn’t matter if a guy is in practice, on scout team or plays 38 minutes — every part a guy plays is huge.”

Freshman guard Koby McEwen is one of the Aggies’ key players as he scored 23 points for the team and had five assists when they last faced the Spartans.

In order to limit McEwen’s scoring, the Spartans will need to guard him closely.

Despite having lost the last four games, SJSU is confident going into the tournament.

“It’s big to go in with momentum and confidence,” Hillsman said. “That’s what March Madness is all about.”

While sophomore forward Ryan Welage came up big for the Spartans scoring 20 points against the Aggies, the team’s versatility is what makes it good.

“We have a lot of guys that can do something special every night,” Hillsman said. “That’s definitely a scary thing about our team, you really never know who’s going to come out and have a big game.”

Wednesday could be a historical day for the SJSU men’s basketball team if it is able to pull off the win against Utah.

“This is what coach Wojcik had in his vision for us,” said sophomore forward Cody Schwartz. “What he’s doing here — he’s really turning around the program.”

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Workout tips for Spring Break

A Q&A with SJSU fitness instructor Lee Pate

What’s a good workout for abs?

Answer: I like variations on a plank. High planks: straight arms, straight body, on toes. Low planks: on elbows, straight body, on toes. Mountain Climbers: just hold, bringing your knees in one at a time. Side planks are great for your obliques. You can do so many things.

Everybody wants a nice butt, how do we get one?

Answer: It’s nice to be born with the genetics for a nice booty. That said, I love lunges to tighten up the glutes. Form is extremely important though, so when performing a lunge it is important to keep your chest lifted and do not let your knee go farther than the toes. If you don’t like lunges then doing a stair workout will work too. Just go up those stairs!

Are protein drinks effective or necessary for weight loss?

Answer: Some protein shake companies may claim that their shakes can help decrease body fat or aid in weight loss, but for the most part protein shakes are not a “magic bullet” for weight loss. Replacing meals with protein shakes may help you lower your daily calories, which can help you lose weight. When you start eating real food again though your excess weight can return if you haven’t made other changes to your diet.

INFOGRAPHIC BY TIANA WALKER