



Gilmore Girls
A&E P4: Luke's Diner back in business

OPINION P5: What is the true meaning of Valentine's Day?

SPORTS P6: Women's basketball steals the lead against UNLV

HOMES ARISING



Quincy Bouldin | Spartan Daily

Construction is scheduled to conclude July 11 in preparation for the opening of the new freshman dorms that are located on the east side of campus in between the Aquatic Center and CVC.

Campus Village 2 on schedule for Fall semester

By Casey Geier & Yale Wyatt
 Staff writers

The Campus Village 2 housing facility is scheduled to finish construction by July 11. Exclusive to first-year students, the new building will be similar to Joe West's social environment.

Kevena Brown, community relations for campus housing, said CV2 was specifically designed with an emphasis on community, contrasting the other campus villages.

"CVC is more of an apartment-style building," Brown said. "You

have to walk out two doors to see people you don't live with. With CV2, it's like the Bricks, you walk outside your room and everybody is right in the hallway."

The new building is expected to have 336 rooms across 10 floors. Each room will be comparable in size to rooms in Joe West. Each floor will also have its own common area, lounge area, study rooms and a multi-purpose room with pool and air hockey tables. Rooms are

available as singles and doubles.

Once finished, construction will focus on the outer perimeter of CV2, including the grass, planters and sidewalks connecting with the rest of campus.

"We are a team with San Jose State," said Sundt Construction employee owner Wynn Olsen. "Every one of us here, students and workers, go to work every morning

CV2 PAGE 2 >>>

TRIAL DAY EIGHT

Last two defendants testify

By Vasuki Rao
 Managing editor

Colin Warren and Joseph Bomgardner, two of three former SJSU students charged with a misdemeanor hate crime, took the witness stand Wednesday.

First to take the stand was Warren, who was roommates with Logan Beachler in 2013 when the incident happened in Campus Village C. Beachler took the stand Tuesday.

Warren described himself as mostly uninvolved in the controversial u-lock incident. He was present when Beachler and another roommate talked about putting the u-lock around the victim's, Donald Williams Jr., neck. However, when Beachler and the other roommate went to the living room, Warren claimed he did not follow them.

However, during the second u-lock incident, Warren said he saw Beachler and Williams falling on the floor together as he walked into the suite with his friend Michelle Tripp. When Tripp asked Warren if they were okay, Warren explained that it was just a prank and they were "horsing around"

before going to his room to watch a movie.

When the fish incident happened, some of the girls living on the same floor put a note that said the fish was going to be flushed. Warren said he initially thought Williams helped the girls steal the fish, but after further clarification, he now knows that Williams had no involvement.

The fish was returned after the building's resident advisor became involved. After the first u-lock incident, Warren says he walked into the suite one day and saw Beachler trying to remove the closet door's handle using some tools. He admitted to joining and helping Beachler take the handle off.

According to Warren, Beachler's reason for removing the handle was to barricade the closet door with someone inside as a prank and prevent them from getting out.

Warren said he was not interested because he believed, at that point, they pulled too many pranks on Williams.

TRIAL PAGE 2 >>>

SJSU ALERT

UPD increases its security on Greek Row

By Melissa Hartman
 Staff writer

AlertSJSU confirmed that Delta Upsilon and Alpha Xi Delta, two Greek organizations residing on 11th Street, had run-ins with prowling and burglary this past weekend.

This has become habitual since Kappa Delta and Pi Kappa Alpha also had burglaries over winter break. Several electronic devices were stolen from Kappa Delta.

As to why these break-ins have been happening so frequently, police Capt. Alan Cavallo thinks there are a multitude of reasons.

The main reason would be a proposition passed in Santa Clara County in November of 2014, Prop 47.

Prop 47 renders many offenses originally considered a felony to a misdemeanor. This includes check fraud, receiving stolen property, grand theft of a person, carjacking, shoplifting, marijuana possession, cocaine possession and heroin possession.

SECURITY PAGE 2 >>>



Quincy Bouldin | Spartan Daily

The Delta Upsilon fraternity house recently fell victim to an off-campus burglary on Saturday, February 6.

DOWNTOWN CROSSWALKS

Crosswalk art
 Crosswalk murals can be found around Downtown San Jose at these locations and are part of a large rejuvenation project.

Infographic by Kavin Mistry

Inspired Bay Area artists refresh Paseo de San Antonio

By Kato Guzman
 Multimedia editor

Downtown San Jose is in the middle of a rejuvenation and the painted crosswalks along the Paseo De San Antonio are just a small part of the project Street Life is undertaking.

The crosswalk project is headed by San Jose State University alumnus Jason Su who graduated from the Urban Regional Planning Master's program in 2013. Su works at Street Life, a non-profit organization part

of the San Jose Downtown Association (SJDA). Street Life commits itself to improving the downtown experience.

The crosswalks project is still in progress, but parts of it can be seen outside SJSU by Philz Coffee along the Paseo De San Antonio as well as at each crosswalk from campus to the Fairmont Hotel.

The crosswalk painting was a high-priority project for Street Life, according to Su.

The organization released a request for qualifications and asked artists to apply and submit their work. Su teamed up with members of the community and local businesses to decide which artists to pick for each crosswalk.

Corinne Okada Takara, a Bay Area artist and arts educator, was chosen to

CROSSWALK PAGE 2 >>>

TRIAL >> from page 1

He did not think the white papers had any racial context to them.

When prosecutor Carolyn Malinsky began cross-examining Warren, she asked him why he did not intervene despite how unusual it was for roommates to struggle on the floor with a u-lock. Warren answered, "A lot of unusual things happen in college."

Warren emphasized that he voluntarily talked to police the day after they had searched the suite, but Malinsky asked him if he spoke with a lawyer before going to the police. Warren said he spoke with a "family lawyer." Citing a foggy memory, Warren could not recall if the conversation happened over the phone or only by email.

In a statement he gave the police, Malinsky said that he mentioned the u-lock incident was different from the other pranks but Warren insisted it was still a prank, just "a different kind."

Warren's parents, Victor and Bonita, also took the stand and said they did not teach their son to be unbiased and refuted that he had ever done anything racist.

Bomgardner took the stand next.

His lawyer, Sam Polverino, asked about his involvement in law enforcement as a volunteer and his experiences as a boy scout.

Bomgardner said he would always leave in the morning and return late because he was in the ROTC program and constantly stayed busy with aerospace engineering. He used this reason to emphasize that he was rarely there and unaware of what was happening.

He considers Williams a friend and said he was not present during the Three-Fifths incident, closet "prank" and the white paper fiasco.

Bomgardner admitted that Williams was struggling and asking them to stop, but Beachler and the other teammate teamed up and continued their antics. He compared Williams' objection to how people react when being tackled.

Bomgardner said that based on Williams' body language, he could tell Williams was unhappy. Through all the struggle, Williams accidentally bit his lip and bled. According to Bomgardner, that happened when Beachler and the other roommate stopped. By then, however, they already had the u-lock around Williams' neck.

Bomgardner's cross-examination is slated to continue this morning.

Contributions from Rebecca Pirayou and Ryan Vermont. Follow Vasuki on Twitter @VasukiRao94

CV2 >> from page 1

to make our contribution."

According to Bizjournals, Sundt came to the Bay Area last fall and currently has more than \$400 million in projects underway. CV2's completion will cost \$126 million.

Once completed, the aquatic center will be torn out to make room for the new Spartan Recreation and Aquatic Center, which will feature a revamped Sports Complex and two new swimming pools. One pool will be for lap swimming and the other will be for recreational swimming.

The recreation center will also include rock-climbing walls and sports club organizations for intramural sports leagues. "The gym we have on campus right now gets pretty cramped," says sophomore mechanical engineering major Wesley Bower. "And it's a shame students can't use the facilities in Yoshihiro Uchida

Hall unless enrolled in a class. I'm really excited to take advantage of the new athletic facility when it's done."

Temo Diaz, a sophomore industrial design major, currently lives in CVB and said he wishes an apartment of this style would be open to students besides freshmen.

"While Joe West and the Bricks are certainly popular amongst students for their social atmosphere, the buildings are pretty old," Diaz said. "It's nice that the new dorm will provide a social environment while being new and nice."

Diaz said the new building will also give incoming freshmen a good first impression of the dorm life.

"It just sucks I won't be able to live here!" Diaz said.

CV2 will be open to incoming freshmen beginning this fall.

Follow Yale and Casey on Twitter @yyaley @Casey_geier



Left: Project engineer Justin Mccapes stands in what will potentially be a dorm room on the second floor of Campus Village 2 and its rooms will be designed similar to the rooms in Joe West Hall.

Vasuki Rao | Spartan Daily

CROSSWALK >> from page 1

design the Paseo crosswalks. Takara enjoys mixing art and technology. During the design stage, she walked along the route to draw inspiration from the environment.

"The crosswalk pattern design is called 'Knots and Connections,'" Takara said.

"It consists of one pattern tile that is rotated in four directions to create the final crosswalk pattern."

According to Takara, the Chinese knot pattern in the artwork honors the history of Market Street Chinatown.

Curving ribbons represent the "text of the Ernesto Galaraza public art" that follows the Paseo walk. The circuits of the crosswalks represent Silicon Valley and are mixed with strawberry leaves to "allude to chandeliers in Downtown San Jose entertainment venues." The blue colors were chosen to represent the Guadalupe River, and essential part to the initial settlement of San Jose.

"I enjoy creating interactive public art and found the

idea of creating something that people walked upon daily a wonderful opportunity," Takara said. "I think it brightens up the public spaces and from what I have seen, cars and people are more aware of the crosswalk spaces."

The reason the Paseo is important is because it is one of the most travelled and most seen walkways in Downtown San Jose, according to Su.

"A lot of visitors see the Paseo as their first Downtown San Jose vision," Su said. "I was even thinking about when I took my parents down right before school. The Paseo, before I even knew what it was was one of the first things that we walked on."

Street Life recently worked with Exhibition District, a group of artists who dedicate themselves to painting outdoor murals in San Jose.

"The crosswalks are nice, don't get me wrong," said Shahrzad Mohamadi, Management Information Systems major at SJSU. "If it were up to me though, I would worry more about providing shelter to the homeless."

There are plans to renew some of the areas close to SJSU, including St. James Park. Street Life is aware of the homeless population in the areas they plan to develop.

"We try to be very empathetic to how we address it. We understand they don't want to be there. It's often they don't have any other choice to be there," Su said.

Street Life works closely with other organizations such as Groundwerx and Downtown Streets Team, two organizations that help fight homelessness through employment to address the issue.

Other ideas for reinvigorating downtown include painted pathways through large parking lots, sculptures of San Jose heroes, creative lighting systems and strategically placed signs that point to popular attractions and help people find their way around.

Follow Kato on Twitter @GuzmanKato

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SECURITY >> from page 1

"It's easier to be out committing crimes," Cavallo said. "it's easier to be a criminal."

Another issue that has negatively impacted the city of San Jose is the police force's size reduction.

According to NBC Bay Area, the department has been gradually downsizing for a few years. As of June 2015, there were 855 officers compared to the 1,400 officers in 2009.

The SJSU police department has also shrunk in size. Cavallo admitted there are only 32 people on the UPD staff and only four people on duty at a time.

"We try to be as good as possible about response time," Cavallo said, "but if there are only four on duty and they are already at a different location on campus or a few blocks off campus, it's challenging."

UPD has identified the two burglars from the Kappa Delta incident and the burglar from the Delta Upsilon breakin.

Cavallo said they have been patrolling as much as possible these past few nights, and officers visited one sorority house to give a presentation on theft presentation. They plan

to do more to increase oncampus safety.

"It's our fault if we leave our door unlocked. It's an invitation to break in... especially if these people breaking in are of low socioeconomic status and they see these big houses and figure there are probably a lot of valuables inside," said senior communicative disorders and sciences major Christina Schilb.

Setting up a program in the Greek system to watch people's properties would be another viable option to prevent breakins, but Alpha Tau Omega member and senior social science preparation for teaching major Greg Brown doubts it will happen.

"I doubt we could come together, because there's so much tension between houses that we would probably just laugh if something happened to another house," said Brown. "We wouldn't see it as a major factor to try and fix."

Cavallo confirmed the burglars of the Kappa Delta breakin came through a backsliding door, and the burglar of the Delta Upsilon breakin came in through an open window.

Follow Melissa on Twitter @melhartsyaa

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	thritis Insomnia
	And Many Other
	Conditions

针灸推拿, 各种痛症, 我诊所接受你的保险。

Rush week is part of the college experience

By Casey Geier
Staff writer

With spring rush fizzling out and the giant Greek letters and rush cards disappearing, SJSU students will see less promotion from the Greek community.

I asked students if they felt rushed to be part of the college experience and found that people had fairly positive things to say. Wesley Bower, a sophomore mechanical engineering major said, "Rush allows students who think about going Greek to do so easily. When fraternity members approach me to chat about Greek life, they have always been persuasive but not pushy. They're just doing their job."

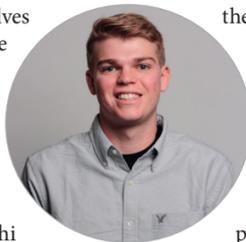
Being in a fraternity myself, I respect this student's claim about us doing our jobs because it certainly is not easy. Starting a conversation with complete strangers can be awkward and difficult sometimes. It is definitely not a job for people afraid of rejection. This is why I take a casual approach during rush and

only talk to people that show interest.

I resonate with people on the receiving end of rush because I did not join a fraternity during my freshman year.

However, I actually enjoyed my walks to class as a freshman during rush week in which I observed how each fraternity marketed themselves as by the music they played or what type of rush events they advertised. Being new to college and living on my own for the first time, it was helpful that during rush week I could talk to people that instantly wanted to get to know me.

I got a chance to talk to Theta Chi rush chair Eddie Mercado, who said he is directly in charge of the recruitment process for this semester. "Many people who go to San Jose State are Greek, so rush is a perfect way to keep the community growing. I've made many useful business connections since joining, and that is something I want to spread to people as rush chair."



Establishing connections certainly seems to be one of the largest incentives of joining a fraternity or sorority on campus, especially with the difficulty of getting a job right after college. "When you join, you instantly have the contacts of fifty or sixty guys, all with different majors and their own sets of connections," Mercado said. "Joining a fraternity worked best for me, even though there are many clubs and organizations that provide useful connections."

It is refreshing to see someone in charge of recruitment conveying this message so strongly. The Greek community is synonymous with many negative stereotypes and Mercado is promoting the positives of the Greek community.

Whether you were a fan of rush week taking place this past week or not, many people certainly take something positive away from the event. But there is something to be said about how less crowded it will be walking to class now that it's over.

Follow Casey on Twitter @Casey_geier

The sad reality of the 2016 campaign

By Rebecca Pirayou
Staff writer

The 2016 presidential campaign has been focusing on the bigger picture, which is extremely wise in retrospect. However, these talks do nothing to help current issues such as hunger and malnutrition in the United States.

According to Feeding America, over 48.1 million Americans live in households that suffer from food insecurity.

This number, which can be found in public records, is rarely - if ever - discussed in the highly publicized 2016 presidential campaign.

According to Polling Report, the campaigns put much emphasis on the economy, terrorism and education, promising Americans a better, safer life and improved current situations.

These topics also ensure stability amongst Americans. They make sure everyone can afford an education, eventually graduating and getting a well-paying

job. This makes life better for the next generation.

In the documentary, "A Place at the Table," a fifth-grader named Rosie has trouble focusing on school because she is hungry.

Her family cannot afford to feed her sufficient meals and she often goes to school hungry, putting her at a disadvantage.

Rosie is not the only one.

In 2014, one in seven people in the United States utilized the food banks provided by Feeding America.

While it is great the 2016 campaign focuses on the bigger picture and finding solutions to improve the economy and job market, the candidates should

pay more attention to fixing present issues.

These discussions about improvement have been a hot topic for numerous campaigns. According to the documentary, the amount of people suffering from hunger and malnutrition in the U.S. has increased while politicians continue to discuss the "big picture" issues.

It is crucial we solve the root of the problem, but accommodating those affected by the problem is also crucial.

Though the government provides food stamps and school lunch programs, that is not enough.

The documentary stated that food stamps give

families a 3\$ budget. With this budget, healthier foods are not an option, leading to malnourishment. It is an inevitable slippery slope.

What the government provides is not enough to ensure Americans eat healthy, but people can take advantage of a provided education and obtain employment that will guarantee their children food in the future.

This problem is solvable. In order to resolve the hunger issue, it must be addressed and discussed.

If the government budgeted better and allotted more money to food stamps and lunch programs while simultaneously brainstorming to fix the economy, the national numbers for hunger will decrease continually.

Talking about hungry families isn't what gets the audience going during the GOP and Democratic debates.

Americans watch Donald Trump because of his antics and insults or listen to the criticisms about Hillary Clinton's emails.

Those are hot topics in the 2016 presidential campaign because they excite the crowds and ultimately win the vote.

Hunger is ignored by many candidates who sell out for ratings. It is now more important than ever to bring this issue to light.

Follow Rebecca on Twitter @chubecca17



Valentine's Day Grams

Presented by Thursday Thoughts

I love you boo,
Ashley Chew
From Chingun

To the gentlemen of
Sigma Chi:
Happy V-Day to the best fraternity on campus! I <3 y'all & am eternally grateful for your chapter!
Love, Sweetheart Cash

To Paulius,
Thank you for everything you do and always supporting me though everything. You mean more to me then you know I love you with all my heart.
Happy Valentine's Day!
Love,
The Girlfriend

You smell like booboo but your my roommate, so its coo coo. Happy Valentines Day BT Squared AKA Tabby AKA Tabitha AKA Centaur Whisperer AKA Rare Tr3dirion
From, Charles

Happy Valentine's Day Oxygen, Lithium, Vanadium, E, Arsenic, Sulfur!
I LOVE YOU!
#wedothingsdifferently
-Uhhh Nancy

My heart is with **ΑΦ**
— Love Kee

To all my ATOs:
I am so excited to be running for Miss Omega 2016! Happy Valentine's Day boys!
Love, Sophia
#sophiaformissomega

To all our baeOP's, keep that Alpha love going strong FOREVER!
From,
Solange, Tina & Darlene

To Marie,
You brighten my day with your smile. Thank you for everything that you do. I thank God for having you in my life.
Love, Sergio

Plenty of love, Tons of kisses, Hope someday you'll be My Mrs.
I love you alotte and can't wait to see you on Valentine's Day!
To: Rebecca Ahrens

I gotchu psis!
From Stanley



Thursday, February 11, 2016



What is the real meaning of Valentine's Day?

The day that steals your heart and money

By Raymond Baltazar
Staff writer

Oh Valentine's Day, the holiday when couples flood their Instagram feeds with hearts, roses and love for each other. The holiday that spurred Single Awareness Day because people get tired of seeing couples' extra "lovey-dovey" behavior. The holiday when people buy hearts and break their own when seeing the total cost on receipts.

Valentine's Day is this Sunday, and like it or not, it's a consumer holiday despite someone's claim that love is in the air.

They say, "Money can't buy love or happiness," but the United States monetized the value of "love." This is especially true during the weeks prior to Valentine's Day.

Most people spend a certain amount of money on whatever sentimental value the holiday seems to bring them.

According to U.S. News, retail spending for Valentine's Day was expected to reach \$18.9 billion in 2015. Men were expected to double the expenses that women spent on this "lovely" day.

I think even Cupid himself would spend just as much money stocking up on arrows as the average consumer spends on chocolate, cards and roses.

According to Statistic Brain, the average annual spending for Valentine's Day this year is expected to be \$13 billion, with the average consumer spending \$116.21.

"You don't necessarily love your significant other or your friends or family more on that day," junior biology major Caroline Clemente said. "But, you almost feel obligated to celebrate it by buying your lover a gift."

According to CNBC, Valentine's Day ranked third on The Biggest Holidays for Spending in 2011, falling behind Thanksgiving and Christmas.

"Just like Christmas, stores have heart decorations up the second Christmas and New Year's is over," Clemente said. "Flowers and restaurants and chocolates are becoming a little more expensive."

People can argue that there are ways to have a significant and costless day with the people you love, but from flowers and cards to reserving that fancy restaurant Valentine's Day has definitely pulled on the hearts of many as well as their money. People can argue about ways to have a significant and costless day with the ones you love, but thanks to flowers, cards and fancy restaurant reservations, Valentine's Day has definitely tugged on the hearts of many as well as their wallets.

"I feel like Valentine's Day has become this materialistic holiday," junior international business major Yadi Mejia said.

"And people are so materialistic that they end up buying themselves gifts just to flaunt what they have among their friends in order to feel the holiday spirit."

Valentine's Day is just another day of the year that we can live without if it disappeared.

"When you are in a relationship, you should be doing all these things for each other every day of the year," junior business marketing major Jhonathan Mendoza said. "It does not specifically just have to be on Valentine's Day. You do not have to go out and buy things."

In all seriousness, Valentine's Day is a great day to spend with loved ones, and it is possible to keep the cost low if you spend on that special day. If anything, celebrate after the holiday because prices are bound to decrease once it is over.

Benjamin Glaser, features editor for Deal News, told CNBC that roses, chocolates and restaurant prices increase prior to the holiday. He also said these mark-ups cause prices to go down after the holiday. "Last year, Godiva cut prices by 40 percent after Valentine's Day," Glaser said.

Ultimately, it is your decision on how you want to "spend" this holiday.

Follow Raymond
on Twitter @raysremmurd

Less is more on Valentine's day

By Daphne Morales
Staff writer

Valentine's Day may be known as a "consumer holiday" to most boring people, but to me, it is the most romantic holiday of the year.

It's a day to celebrate and appreciate the people we love just a little bit more.

Yes, I agree everyone should show their appreciation toward the person they love every day, but Valentine's Day is a chance to do something different from the monotonous routine we all live in.

Most of us are extremely busy people. Whether it's school, work or both, we do not always have the time or energy to go that extra mile for our significant other.

Valentine's Day is only a consumer holiday for those who believe it's all about spending money.

There are infinite ways to stop and appreciate someone who deserves it without blowing too much cash.

"Truth is, I would actually prefer something small and inexpensive but of course something out of the ordinary. My boyfriend and I are two very busy people, but on Valentine's Day he always finds small ways to surprise me and remind me of how much he really cares," said junior graphic design major Melissa Tran.

According to the Statistic Brain Research Institute, 61.8 percent of consumers celebrate this passionate holiday. If you happen to be part of that percentage, make sure you celebrate it correctly in order to show your appreciation in a more economic way.

You can bring out the romantic mood without breaking the bank by having a delicious dinner in the comfort of your own home instead of going out.

According to The Simple Dollar, the average American would save \$36.75 per

person per week by substituting eating out at a restaurant to cooking your own meals. Pull out the pots and pans and cook each other your favorite food.

It's not about spending money, it's about spending time.

Another cheap alternative could be to substitute a day in the spa with a day at home. You can be each other's masseuse, get a back massage, maybe even a foot rub and not have to spend a single dime.

You can also never beat those Groupon deals. There are always inexpensive activities like half-off meals or cheap tickets to local festivals.

"Last year during Valentine's Day, my boyfriend planned us a fun day in Napa," said sophomore organizational studies major Jennifer Quezada.

"He surprised me with a hot air balloon date even though I was super scared but it was actually really fun. Later, he told me he found the deal on Groupon for half of the actual price."

Do not buy into the Valentine's Day hype and begin to blow all of your funds on overrated gifts.

According to the Statistic Brain Research Institute, 52.1 percent of people give cards, 47.5 percent give candy and 34.3 percent give flowers.

The key to a successful Valentine's Day is to plan ahead and show originality.

Let's continue to celebrate this romantic holiday and use it to remind friends, family and significant others that despite busy schedules we love and care about them very much.

Follow Daphne
on Twitter @Glitzydaph



Valentine's Day edition SPARTUNES

Baby makin' music

Dakotah Zabroski
Suga Suga - Baby Bash

Daniel Reedy
Gonna Wanna Tonight - Chase Rice

Jovanni Arroyo-Camberos
Our First Time - Bruno Mars

Vasuki Rao
Middle - DJ Snake

Kavin Mistry
2AM - Adrian Marcel

Miguel Garcia
Sexy Love - Ne-Yo

Leticia Castro
Nobody - Keith Sweat

Adolfo Oseguera
Your Soul - Hippie Sabotage

Rashaad Murbarak
Fire We Make - Alicia Keys

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Spartans take over late against UNLV

By Daniel Reedy
Sports editor

The San Jose State University women's basketball team defeated the University of Nevada, Las Vegas Runnin' Rebels Wednesday night 69-61 at the Event Center.

The Spartans victory came on the back of point guard Dezz Ramos who lead the Spartans with 20 points, eight assists, three steals in 38 minutes played.

"My teammates did a good job of giving me a little bit of cover [and] easy layups" Ramos said.

Head coach Jamie Craighead said there were other factors in Ramos' performance that attributed to her impressive showing on the night, since she had former teammates on UNLV's roster.

"This game was a little bit personal for

her" Craighead said.

UNLV took an early 21-12 command of the game at the end of the first quarter. The Spartans responded, quieting the Runnin' Rebels shooters and entered halftime with the game tied at 33.

UNLV shot well in the first quarter, shooting 44.4 percent from the field and 42.9 percent from long range.

"We didn't really feel like they were as fast as us, so just wanted to keep going and get them tired," said SJSU guard Nyre Harris.

The success didn't last for UNLV as they managed just 24 percent from the field and was just 15 percent from the three-point line.

After shooting just 25 percent in the first quarter, SJSU improved to 37.03 percent



Quincy Bouldin | Spartan Daily

Junior point guard Dezz Ramos dribbles the ball up the court after a rebound, she finished the night with a game high 20 points and eight assists.

from the field for the rest of the game.

Spartans senior center Riana Byrd also neared closer to 1,000 rebounds pulling down a game high 17 boards.

The score remained close for the entire second half, but the Spartans were able to hit the clutch shots to stay ahead.

With the victory, SJSU increases their winning streak to three games and im-

proves to 7-5 in the Mountain West (9-14 overall).

"A gutsy win by our team, one that we really needed to get, we only get one shot at UNLV." Craighead said.

With contributions from James Kim
Follow Daniel and James on Twitter
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Men's basketball falls late



Infographic by Kevin Mistry

INSIDE

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Powerlifting requires dedication and effort

By Nick Avila
Staff writer

On weekends, during SJSU Sport Club Fitness Center hours you'll typically find a group of powerlifters finishing up their workout for the day.

These lifters come in the morning before other students or gym-goers are allowed in to make sure they have ample time to work out that day.

Some joined the club because they were looking for something to keep them in shape, but senior aviation major Nicole Herbig, who's now captain of the powerlifting club said her curiosity got the best of her when she happened to see a powerlifting club sign and decided to give it a shot.

Herbig has been competing in powerlifting for four years.

Herbig said that it's all about planning your days and giving the effort to divvy up your time while going to school and working out four days a week.

"Prepping is basically how I manage to make it work for school," Herbig said. "If I don't prep, then I have one big large meal when I come home."

Herbig said that if you are determined, you will make it work.

Prepping is preparing your meals ahead of time so that you can just reheat it and eat it on the go.

For senior kinesiology major Robin Dore-Andrews, powerlifting was something he got involved in after leaving the school's water polo club team.

Dore-Andrews said that it's not difficult to put in the two and a half hour workouts he has four days a week.

Dore-Andrews said his girlfriend and others see the time and effort that goes behind competing and wonder how he's able to handle it.

"From the outside, it's a lot harder...than we feel it is," Dore-Andrews said. "Once you make it a habit and start sticking to it,

it becomes a lot easier."

Herbig and Dore-Andrews both focus on the amount of calories they're consuming on different days.

For rest days, their calorie intake is lower than if they're working out. However, they try to keep their carbs up to keep themselves energized.

And while taking creatine and protein between your meals, guzzling down pre-workouts and BCAA (branched-chain amino acid) before or while you work out doesn't seem like a challenge, the effort and money that's required can add up.

Kevin Sosa, junior industrial technology major, said that when you are dedicated and make sacrifices, it's achievable.

Sosa also said that he waits for supplements, such as protein, BCAAs and pre-workout to go on sale to avoid the high costs.

"I try and be smart with my money," Sosa said. "If I have to sacrifice going out with friends, I will so I can get enough food for the week."

While the team had a competition at the end of January, they're already looking forward to their next competition, which will be on Feb. 28 at SJSU. They will also have one in March and April.

Each person isn't competing in every meet; many attend the competitions so they can cheer on their teammates.

Although school and time could potentially be the drawbacks from competing, Dore-Andrews says he loves the camaraderie that is expressed by the club.

"I had a lot of issues before powerlifting and powerlifting's really helped me overcome them," Herbig said. "And I've made really great friends out of it too, more of like family actually."

Follow Nick on Twitter
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