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Destructive wildfires burn NorCal

By Amani Hamed
STAFF WRITER

With the Caldor Fire just four miles away from their home in Camino, 2008 San Jose State business alumnus Justin Ganz and his wife Anna decided to evacuate.

The Caldor Fire sparked on Aug. 14 and as of Tuesday, has been active for 23 days, is only 50% contained and has burned through more than 200,000 acres of El Dorado and Amador Counties, according to the California Department of Forestry and Fire Protection (Cal Fire) website.

Cal Fire stated on its website that the cause of the massive wildland fire is still under investigation.

Justin and Anna have lived in the mountains of El Dorado County since 2018.

Having lived in a high-risk fire area, the couple said they've experienced in evacuation procedures and preparation.

On Aug. 17, Justin and Anna left extra food and water for their chickens, packed their vehicle, grabbed their dog and headed five miles away to Anna's parents' home.

Later that evening, a mandatory evacuation order was issued by the El Dorado County Sheriff's Office.

"It was very scary," Ganz said. "I mean even for a week it was hard, really hard to get sleep at night."

Anna's parents were only nine miles away from the fire, but still within the town of Camino.

Justin said the family took turns checking the CodeRED app for new evacuation orders each hour.

CodeRED is an app government agencies can use to quickly communicate with the public in the event of a crisis situation, according to app developer OnSolve.

Justin was also able to verify their house hadn't burned down and their chickens were safe by checking their security camera footage.

Though Justin said the sky was relatively smoke-free during their stay at his in-laws, the South Bay Area is still blanketed with lingering smoke from the Dixie and Caldor Fires.

With more than 900,000 acres burned and only 59% containment, the Dixie Fire is the second largest wildfire in California's history, according to the Cal Fire website.

As it continues to burn, it may overtake the 2020 August Complex, a wildland fire sparked by lightning that burned for 86 days, to become California's largest wildfire, according to the same website.

AirNow is an air-quality data website run by partnering



INFOGRAPHIC BY HANZ PACHECO; SOURCE: THE CALIFORNIA DEPARTMENT OF FORESTRY AND FIRE PROTECTION WEBSITE

“Creating areas of clearance around the home, planting native and fire resistant plants, can all protect a home from catching fire, but they can also prevent needlessly risking a firefighter's life.”

Eric Gomberg
Helitack fire captain at Cal Fire

groups including the Environmental Protection Agency, National Oceanic and Atmospheric Administration, National Park Service, Centers for Disease Control and

Prevention and other local air quality agencies, according to its website.

Eugene Cordero, SJSU professor of meteorology and climate science, said wildfires have a net zero carbon effect, burning only carbon that had previously been extracted from the atmosphere by trees.

Cordero said the real danger lies in the fires' impact on ecosystems and communities.

"The real problem right now in terms of the fires is the impact on local ecosystems, the impact on humans and plants

and animals who are living in a smoky world," Cordero said.

Though the burning of plant life has no real effect on global warming through greenhouse gas emissions, Cordero said the increase in regularity and severity of fires can be attributed to warmer temperatures and longer droughts.

"We are seeing the chaos globally and regions with increases in fires because of warmer temperatures and drier

WILDFIRES | Page 2

Homecoming
Royalty
2021

NOMINATION DEADLINE:
THURSDAY, SEPTEMBER 9TH

TINYURL.COM/HOMECOMINGROYALTY2021

CAL FIRE major emergency incidents reported

Data from Jan. 14 to Sept. 6



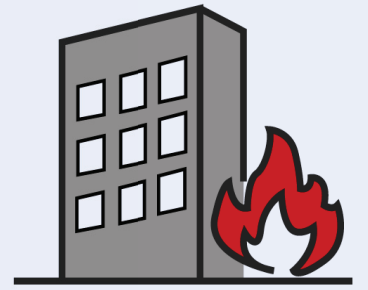
7,064 incidents
number of wildfires



1,968,326 acres
acres burned



1 fatality
confirmed loss of life



3,050 structures
structures damaged or destroyed

INFOGRAPHIC BY LINDSAY VILLAMOR; SOURCE: THE CALIFORNIA DEPARTMENT OF FORESTRY AND FIRE PROTECTION WEBSITE

WILDFIRES

Continued from page 1

conditions, especially drying out the fuels on the ground,” Cordero said.

Rob Mayeda, NBC Bay Area meteorologist and SJSU meteorology lecturer said, California and other forested areas, which would normally burn and regrow at some point, are staying dry and loaded with fuels as human beings create



We are seeing the chaos globally and regions with increases in fires because of warmer temperatures and drier conditions, especially drying out the fuels on the ground.

Eugene Cordero
SJSU meteorology and climate science professor

a “wildland and urban interface.”

A wildland urban interface occurs when a wildfire results in disastrous property loss, according to Cal Fire’s website.

With more people moving into high wildfire-risk areas in mountain regions, wildland urban interface fires have become more common, according to the Proceedings of the National Academy of Sciences of the United States of America.

“Unfortunately, we’ve had some very catastrophic examples of communities in the western hemisphere that are in an area that is certainly historically a place where you’ve had these massive fires that occurred,” Mayeda said. “But now that these are now populated areas, then so much effort has to go into suppressing those fires and so you’re kind of adding to the fuel for a fire for another day.”

Eric Gomberg, Helitack fire captain at Cal Fire since 1994, said the demand for seasonal firefighters has increased since he was first hired.

Helitack teams are teams of firefighters who can be quickly transported to a fire by helicopter, which is significantly faster than an engine

crew that might need half an hour to arrive or may be unable to access a fire by roads, according to the US Forest Service.

Once in the right location, Gomberg said firefighters can exit the helicopter and begin to work creating fire breaks with hand tools and can also perform rescues as well as deliver essential supplies to firefighters battling large fires such as the Dixie and Caldor Fires.

Gomberg said he was originally hired seasonally from midsummer through October, but with the increasing amount of fires, seasonal firefighters can expect to work nine months out of the year, every year.

“The droughts have gotten more serious and more frequent, which has caused drier fuels and made the fuel beds receptive over time,” Gomberg said.

Gomberg said he is usually based in Los Gatos, but he assisted with fires such as the Santa Clara Unit (SCU) Lightning Complex of 2020.

The SCU Lightning Complex burned nearly 400,000 acres for more than 44 days, according to Cal Fire’s website.

Gomberg said programs including

the Vegetation Management Program are crucial to fire prevention.



“Unfortunately, we’ve had some very catastrophic examples of communities in the western hemisphere that are in an area that is certainly historically a place where you’ve had these massive fires that occurred.”

Rob Mayeda
NBC Bay Area meteorologist and SJSU meteorology lecturer

The Vegetation Management Program uses prescribed and controlled burns to recreate the natural process of cleansing forested areas of excess fuel.

Along with the fire prevention program, Gomberg said homeowners in mountain enclaves must take responsibility for clearing areas around their houses.

Those living in areas susceptible to wildfires can follow directions on the Cal Fire website to protect their homes, Gomberg said

“Creating areas of clearance around the home, planting native and fire resistant plants, can all protect a home from catching fire, but they can also prevent needlessly risking a firefighter’s life,” Gomberg said.

He added if people own a house in high-risk areas for wildfires, there should be a 150-foot clearance around the building for evacuation so firefighters can better protect the property.

Justin Ganz recommended that homeowners in fire-prone mountain areas download the CodeRED app to check evacuation warnings and the Purple Air app to monitor smoke.

After being evacuated for 15 days, Justin and Anna said they’re happy to be home and happier still to report the skies above their mountain dwelling are smokeless and blue.



PHOTO COURTESY OF JUSTIN AND ANNA GANZ

SJSU alumnus Justin and Anna Ganz returned to El Dorado County on Sept. 1 after evacuating on Aug. 17, which was when the destructive Caldor Fire began pushing toward Lake Tahoe and was four miles away from their home in Camino.

Follow Amani on Twitter
[@Amani_Marie_](#)

Crime Blotter

Unlawful possession
Sept. 5, 10:34 p.m. at Student Union
Adult Arrest

Alcohol disorderly conduct
Sept. 3, 2:30 a.m. at Joe West Hall
Student Conduct

Grand theft: money, labor or personal property
Sept. 2, 9:49 a.m. at Spartan Stadium
Active

Solicit lewd act
Sept. 2, 9:13 a.m. at Dudley Moorhead Hall
Adult Arrest

Burglary
Sept. 5, 4:34 p.m. at Health Building
Adult Arrest

Felony: grand theft from a person, more than \$950
Sept. 3, 11:55 a.m. at Martin Luther King Jr. Library
Adult Arrest

Felony: concealed weapon, substance possession
Sept. 2, 10:19 a.m. at Administration Building
Adult Arrest

Draw of deadly weapon, not firearm
Sept. 1, 1:22 a.m. at Campus Village C
Adult Cited

stay connected

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Correction

On Thursday, Sept. 2, the Spartan Daily published a story titled, “Student union, Inc. bargains over budget” in which Isaiah Andrews was misidentified.

The Spartan Daily regrets this error.

Student artists perform live



SARAH DWYER | SPARTAN DAILY

Senior Ken Ueda-Martinez, who goes by his stage name Caine Debs, performs an original composition in the Student Union outdoor amphitheatre on Thursday.

By Sarah Dwyer
SENIOR STAFF WRITER

Voices of San Jose State artists echoed in the Student Union amphitheatre Thursday night during the MOSAIC Cross Cultural Center's "Open Mic."

Community members were invited to attend in person, but also had remote access via YouTube livestream.

The MOSAIC's first open mic night of the fall semester consisted of both song and spoken-word performances and is expected to return on the first Thursday of every month.

Aidyn Nguyen, an environmental and design studies sophomore, was pacing in a sequin skirt offstage as she expressed her nerves moments before she took the stage with her electric guitar, "I'm so nervous, but I should be fine."

Nguyen put the audience in a trance with her hypnotic guitar picking, though she said the nerves didn't completely subside when she entered the stage.

The long-time musician described her sound as "smooth low-pop," a sound that's becoming increasingly desired among independent artists on social media platforms including TikTok.

A string of thought-provoking, spoken-word performances detailed societal issues, culture and stories inspired by the artists' own experiences.

With artists like Oliver Cervantes, listeners savored every line.

Cervantes, a creative writing senior, sparked jubilant roars from the audience

with his reading of his own, 'Desert Cowboy,' a poem he wrote while ending a trip in Las Vegas before heading back to Southern California and the young woman he saw along the way.

He said the inspiration hit him like an assassin when he saw the young woman working with her hair in a ponytail.

'Desert Cowboy' was one of the more provocative poems read at the event as he ended his performance asking the audience if his subject wears ponytails to bed.

“I want to give out that feeling of, ‘no matter how lonely you feel you’re never truly alone,’ with good music. I want to be able to make people feel like they have a friend in the room even though they’re the only ones in the room.”

Caine Debs
open mic performer and senior

Cervantes is a local poetry performer at Nirvana Soul, a nearby cafe located on South 1st and San Carlos Streets.

He said he'll continue to stage his poems at the MOSAIC's monthly gig while also featuring at the cafe's weekly open mic night on Thursday nights.

The crowd's attention was then passed on to first-time performer Andy Garcia as she sang Gloria Gaynor's "I Will Survive."

Garcia commanded the stage with the kind of confidence many only have

while singing in the shower.

"I've been struggling . . . the semester's not ideal. So I just wanted to give a little reminder that we're all in this together and we will survive," Garcia said, nearly out of breath from her performance.

Senior Ken Ueda-Martinez, also known by his stage name Caine Debs, silenced the audience with an announcement prior to his performance: "Full disclosure, I'm not racist."

Ears perked up but soon relaxed as his song proved to reclaim ethnically

next open mic as he's in his final semester this fall.

He said, "I plan to [make music and perform] for the rest of my life, regardless of whether it makes money or not."

In the last year, the struggle of the coronavirus pandemic seeped through many artists' desire to perform live.

"I want to give out that feeling of, 'no matter how lonely you feel you're never truly alone,' with good music," Debs said. "I want to be able to make people feel like they have a friend in the room even though they're the only ones in the room."

Thursday night's lineup made it clear a new wave of beatniks found an engaged audience away from Fog City and in the light of Silicon Valley.

Whether listeners heard a velvet voice of poetry about generational trauma or an original song about quitting cigarettes from an artist in denim, Thursday night was the only crowd some of them have ever known.

The long-lived concept idea of artists molding their struggles, anxieties and even unhappiness into art for the enjoyment of others lives on, live at the MOSAIC.

Follow Sarah on Twitter
@SarahDwezy



ABOUT

The Spartan Daily prides itself on being the San Jose State community's top news source. New issues are published every Tuesday, Wednesday and Thursday throughout the academic year and online content updated daily.

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Columns are the opinion of individual writers and not that of the Spartan Daily. Editorials reflect the majority opinion of the Editorial Board, which is made up of student editors.

VOLLEYBALL



TRAVIS WYNN | SPARTAN DAILY

SJSU volleyball players Yazmin Pitpit (33) and Mia Schafer (21) block a shot taken by the Sacramento State Hornets during Set 2 of their home opener Thursday.

Spartans secure successful season start

By Evan Reinhardt
STAFF WRITER

San Jose State's volleyball team ignited fans at its home opener Thursday as it swept Sacramento State on sets in a 3-0 victory.

This marked the Spartans' first home game in Yoshihiro Uchida Hall since March 27, 2021.

SJSU finished the game with a nail biting 25-23 set win in front of 520 fans in the stands, according to the box score statistics.

However, the Spartans struggled on offense to begin the game, specifically getting sophomore setter Mia Schafer a perfect pass.

SJSU was down 7-4 early on, but after some adjustments and more communication Sacramento State's lead didn't last long.

"Our passing and our defense was absolutely lights out," Schafer said after the match. "It was amazing to see because that was a big focus this week."

As the team settled down offensively, Schafer in turn was able to set up her teammates all night long finishing the game with 33 assists.

With help from eight Hornet hitting errors, the Spartans suddenly drove up the score to 19-9 in Set 1.

Spartan junior middle blocker Yazmin Pitpit capitalized on Schafer's

passes by spiking balls through the Hornet's block and served up the final 3 points of Set 1.

Brimming with confidence from a dominant Set 1, SJSU never trailed in Set 2 and won 25-17.

The Spartans took advantage of the Hornets' poor communication and inability to recover from bad digs.



It can be tough coming into the third set when you're up two. What kept us in it was the fans staying in there with us and us coming together as a group.

Sarah Smevog
libero senior

Although offensive errors gifted the Hornets points, the Spartans defense refused to waiver as Schafer continued to set up hitters Pitpit and Cammilluci.

More SJSU errors kept the game close at 20-16 in Set 2, but Sacramento State dug its own grave with a string

of attacking errors that led to the set loss.

Head coach Trent Kersten attributed the team's scrappiness as a major key in the win.

"We want to be that blue collar team. That's ingrained in our culture here at [SJSU]," Kersten said. "We can dig a lot of balls and we're going to be relentless on the defensive side."

The Hornets posed the biggest threat during Set 3, testing Spartans libero Sarah Smevog.

With 17 digs on the night, Smevog batted away the Hornets' attempts to comeback in the game.

The Spartans seemed to do their best work in the depths of chaos, tying it up at 15-15 in Set 3 after some scrappy plays.

Smevog said the energy from the crowd fed the players' drive to win in the midst of all the mayhem.

"It can be tough coming into the third set when you're up two," Smevog said. "What kept us in it was the fans staying in there with us and us coming together as a group."

With the help of some strategic hits from senior opposite hitter Haylee Nelson, Harper dealt the killing blow to the Hornets at 25-23. The final point ignited the hall with fans' screams and applause, sparking hopes for a winning season.

Harper finished with a



TRAVIS WYNN | SPARTAN DAILY

Spartans huddle after scoring on the visiting Sac State inside Yoshihiro Uchida Hall.

season-best 18 kills on the night, doubling the highest Hornets' scorer.

The win electrified many students in attendance including business junior Greyson Passey.

"I could feel the electricity throughout the whole student section. I'm feeling really good about our volleyball

team," Passey said. "We just got back on campus and we just got a win. I feel like it's rejuvenating."

The Spartans next home game is planned for Sept. 16 against the University of San Francisco.

While the next home game is in two weeks, Kersten said the team will work on

perfecting its offense to get ready for the next match.

"Coming away with a win is great," Kersten said. "But now we [have] another great team to go [prepare] for."

Follow Evan on Twitter |
@ReinhardtEvan

SJSU men's soccer builds tension

By Sandra Santos-Cruz
PHOTO EDITOR

The San Jose State men's soccer team welcomed fans back to Spartan Soccer Complex with a close 3-2 defeat to Sacramento State Thursday and a dominant 5-2 victory over University of California, Davis Sunday.

The Spartans fell short of a miraculous comeback in their home opener against the Hornets after going down 2-0.

Midfielder Finlay Wood said he was proud of his team's performance and he doesn't blame the result of the game on any individual player.

"The cause of the loss was our own, like I said, it's such a quick turn around now that the season has started," Wood said. The game is on them, but we are trying to improve our mistakes and keep ourselves positive."

It was a tough wake-up call for the Spartans early in the season. Both teams battled aggressively to gain control of the ball in the middle of the field and emotions flared as the referee called out two fouls from the Hornets and one from Spartans.

Hornets goalkeeper Mac Learner replaced Ryan Curtis after a collision that resulted in Curtis hurting his arm. His injuries were not serious and he withdrew from the game at minute 53.

Early into the second half, Sac State scored, leaving SJSU 0-2.

However, the Spartans refused to quit and soon dominated the midfield with a vicious, direct attack.

Bringing tension, midfielder Willy Miranda scored the first goal for SJSU assisted by defender

Kameron Bolden at minute 63.

The Spartans rallied back in just six minutes scoring two goals in that span.

Miranda assisted outside midfielder Omar Lemus to level the game at 2-2.

He said the game was difficult and gritty, but the team showed resilience.

"We need to attack any chance we can, we need to score," Miranda said. "We could have come out with a win, but we need to learn from this and keep improving our game."

Miranda also said that everyone bears responsibility to defend, not just the defence.

“We need to attack any chance we can, we need to score. We could have come out with a win, but we need to learn from this and keep improving our game.”

Willy Miranda
SJSU midfielder

Head coach Simon Tobin said he instructed the team to follow a defensive tactic when they returned to the field after the first half.

"Our defensive plan was to keep the ball," Tobin said. "That first goal, we basically gave it to them, due to lack of concentration."

The Spartans vied for the lead, but with 10 minutes left in the match, the Hornets scored the game-winning goal.



SANDRA SANTOS-CRUZ | SPARTAN DAILY

Defender Miguel Bermudez (24) and midfielder Max Allen (8) move the ball against Sac State defender.

Tobin said he felt the Spartans got complacent after tying the game.

"I think that the determining factor of the game is that when we reached 2-2, we stopped playing," Tobin said. "Those 10 to 15 minutes, they were more dominant and unfortunately the third goal came."

Psychology senior Jesus Soriano anticipated a victory, but also wasn't disappointed by the performance of the team.

"It was an intense game until the

end," Soriano said. "Unfortunately, [Sac] State made that third goal, but Spartans fought through hard to the last second. It was an impressive game, I will most definitely be attending more home games."

SJSU conquered its next home game Sunday afternoon with an historic offensive match. The Spartans captured a 5-2 win over defending Big West champion the University of California, Davis, setting their overall record for the season at 2-1.

SJSU is expected to cleat-up for its match on Sept. 11 at 7 p.m. against Stanford University at the Maloney Field at Laird Q. Cagan Stadium.

Follow Sandra on Twitter
@_sandraiveth_

CLASSIFIEDS

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	25					
26	27	28	29			30	31						
32					33					34	35	36	
37					38				39				
40				41					42				
			43					44					
	45	46					47						
48					49	50	51			52	53	54	55
56					57				58				
59					60				61				
62					63				64				

ACROSS

- 1. Thug
- 6. A pouch in some birds
- 10. Hourly pay
- 14. Queues
- 15. Citrus fruit
- 16. Throw
- 17. Assumed name
- 18. Midmonth date
- 19. By mouth
- 20. Improvement
- 22. Young girl
- 23. Gist
- 24. Pup
- 26. Each
- 30. Pandemonium
- 32. Duplicate
- 33. Deficits
- 37. Canvas dwelling
- 38. Rise
- 39. Prospector's find
- 40. Strutting
- 42. Wampum
- 43. Disturb
- 44. Beam
- 45. Adjust again
- 47. Loving murmur
- 48. Cab
- 49. Audacious behavior
- 56. Dogfish
- 57. Man

DOWN

- 1. Tell all
- 2. Anger
- 3. Module
- 4. Nipple
- 5. Gist
- 6. Ascend
- 7. Go on horseback
- 8. So be it
- 9. Towards the sunset
- 10. Middleman
- 11. Hearing-related
- 12. Clutch
- 13. L.L.L.L
- 21. Regret
- 25. Not cold
- 26. Does something
- 27. Urgent request
- 28. Charged particles
- 29. Fanatic
- 30. Cantillate
- 31. ___ Kong
- 33. Anagram of "Ties"
- 34. Incite
- 35. Border
- 36. Clairvoyant
- 38. General or widespread
- 41. Gorilla
- 42. Groundbreaker
- 44. Slime
- 45. Bog hemp
- 46. Ways out
- 47. Cream (cooking term)
- 48. A tart spicy quality
- 50. Portuguese folksong
- 51. Skeddaddled
- 52. Apprentice
- 53. Goddess of discord
- 54. Type of cereal grass
- 55. Not nays

SUDOKU PUZZLE

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

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

SOLUTIONS Sept. 2

A	M	I	D	E	S	S	E	O	R	C	A		
M	I	N	E	T	E	E	N	S	T	O	O	L	
A	R	C	S	E	A	R	T	H	T	I	R	E	
H	E	I	S	T	M	A	R	I	G	O	L	D	S
				D	E	E	P	C	A	R	O	M	
O	V	E	R	A	L	L	P	R	E	A	C	H	
P	A	N	T	S	U	I	T	S	N	O	O	T	
E	S	T		G	I	A	N	T	A	M	I		
N	E	A	R	S	P	O	R	T	A	G	E	D	
S	L	E	U	T	H	M	E	R	C	U	R	Y	
				S	C	R	E	E	E	A	R	L	
S	T	O	C	K	Y	A	R	D	Y	E	A	R	S
W	A	D	I	S	T	O	O	D	A	T	O	P	
A	K	I	N	T	E	S	L	A	G	E	A	R	
M	E	N	D		D	E	E	D	E	D	D	Y	

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

JOKIN' AROUND

"What's the best smelling insect?"

"A deodorant."

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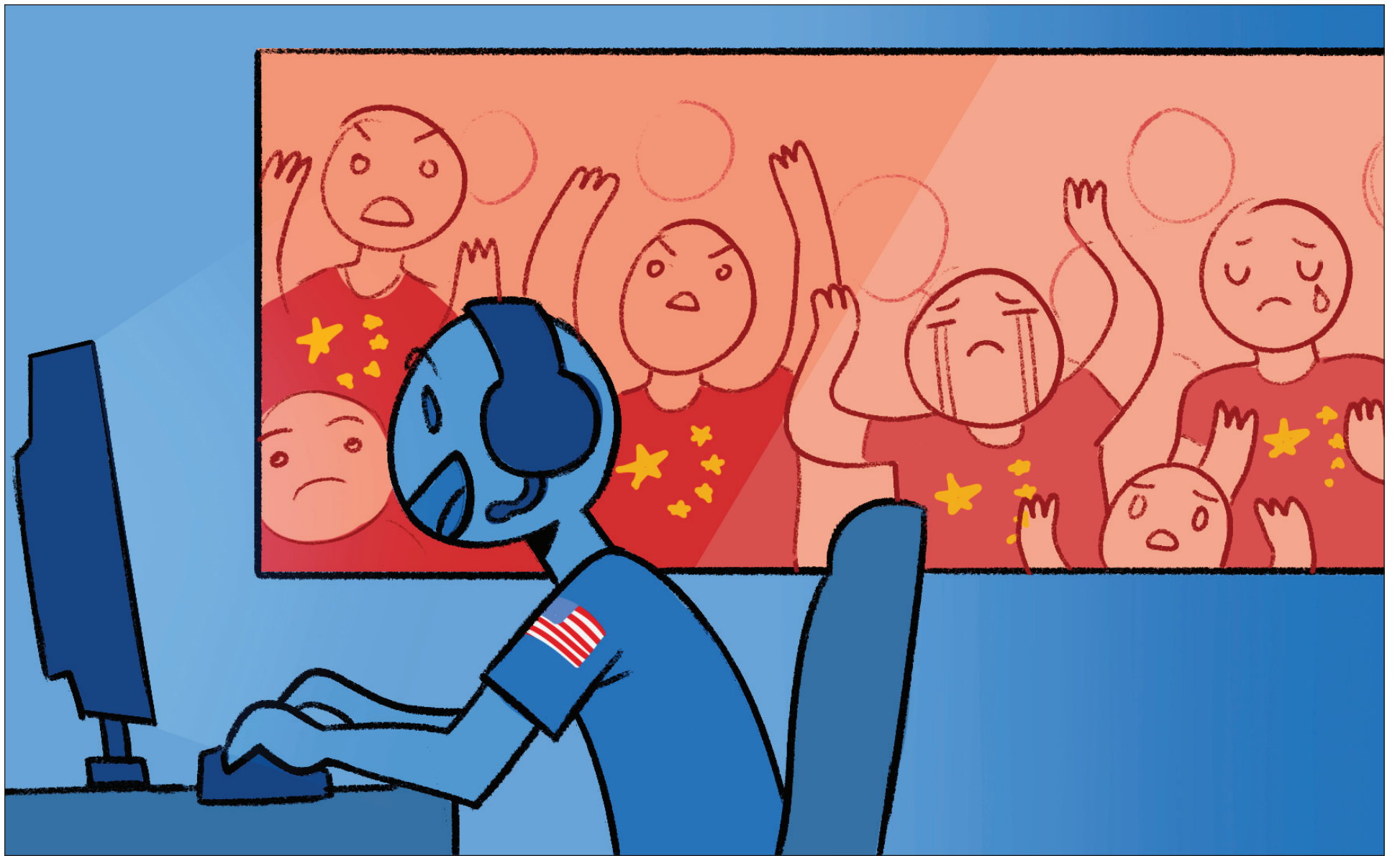


ILLUSTRATION BY BIANCA RADER

Should China limit online video game use?

Harsh restrictions mitigate youth health complications



Don Le
STAFF WRITER

China's new restriction on video games that bans anyone under the age of 18 from playing Monday through Thursday is progressive and forward-thinking, and the U.S. needs to follow suit.

The country's youth can now only play video games for up to one hour a day Friday through Sunday and on public holidays, according to an Aug. 31 Wall Street Journal article.

The Chinese Communist Party (CCP) said it's setting these strict limits because video games are the root cause of societal ills including distracting young people from school and family responsibilities, according to the same Wall Street Journal article.

The CCP isn't wrong.

Children spend too much time playing video games and it distracts them from the real world.

The regulation will be enforced by an online "anti-addiction" system operated by the CCP's state-owned National Press and Publication Administration. The regulation requires all users to register using their real names and government-issued identification documents, according to the same Wall Street Journal article.

While I can admit that China's policy is far too intrusive with the use of real-name IDs, the country is headed in the right direction regarding video game restrictions.

Take it from someone who has put in thousands of hours playing video games, video game time should be restricted by the government.

Believe me, it's difficult for me to say this. I've loved video games all my life.

I have put in an innumerable amount of hours on popular video games such as Call of Duty, Battlefield, Counter-Strike and Overwatch.

Although I passionately enjoy playing video games, it comes at a profound cost.

Prolonged video game use is commonly associated with a gradual deterioration of one's physical health through symptoms including carpal tunnel syndrome, gamer's thumb, obesity and eye strain, according to a Dec. 22, 2020 Harvard Health article.

The symptoms of chronic video game playing is no joke. I have felt each of those symptoms over the years: the eye strain, headaches, wrist pain and sleep deprivation.

The most impressive part of China's ban is the age restriction.

The future of the world, the youth, needs all the protection and sustainability it can get.

According to the book "Glow Kids," by Dr. Nicholas Kardaras, recent brain-imaging studies conclusively show that excessive

screen exposure can neurologically damage a young person's developing brain in the same way that cocaine addiction does.

Who wants their child's brain to look like they regularly use cocaine, when in reality what they're doing is playing video games with their friends?

U.S. parents echoed admiration and support for China's ban to reporter Helen Coster from international news organization Reuters.

Children spend too much time playing video games and it distracts them from the real world.

"Oh, that's an idea," a parent told Coster in a Sept. 1 Reuters article. "My American gut instinct: This is sort of an infringement on rights and you don't get to tell us what to do inside of our own homes."

However, that same parent said it would be a lot more attainable to regulate their kids' video game time if it wasn't just arguing with mom, but actually saying "Well, the police said so."

The CCP's allotment of three hours of video games time is perfectly reasonable and inhibits sedentary behavior, which especially for kids, isn't ideal.

Sedentary lifestyles can put individuals at an increased risk of obesity, cancer, depression and cognitive functions, according to a Nov. 19, 2020 U.S. National Center for Biotechnology Information research article.

Dr. David Daum, SJSU kinesiology assistant professor, said many people around the world were forced to live an inactive lifestyle during the coronavirus pandemic.

"Sedentary lifestyles, regardless of what you're doing, are bad for your health," Daum said.

As a former video game addict, I approve of China's governmental decision to limit children's online video game playtime to three hours a weekend and I await a similar U.S. decision.

Other countries need to take notes.

Video games are a proven cause of negative health effects and need to be regulated, not as an infringement but as a savior.

Children need to learn to live in reality, not in the fictional worlds of electronic games.



Christopher Nguyen
STAFF WRITER

Video games have taken the modern world by storm and become popular for people of all ages. However, some governments have placed restrictions on video games, and that's unfair to the millions of people that use it as a pastime.

Recently, the Chinese government placed a three-hours-a-week time restriction on video games for anyone under 18 years old, according to an Aug. 30 NPR article.

While people would like to think time restrictions on video games come from good intentions, governments shouldn't be allowed to restrict how long children and teenagers can play.

Children under 18 in China can only access online games on Fridays, Saturdays and Sundays, as well as national holidays, and only between 8 p.m. and 9 p.m., according to the same Aug 30. NPR article.

Although this law passed in China, citizens and lawmakers in the U.S. shouldn't consider making the same steps to govern children's video game use.

In fact, video games have many benefits.

During the coronavirus pandemic, many Americans faced stress transitioning from the office or school to working at home. In fact, 227 million or over two-thirds of Americans played video games as stress-relief, according to a July 13 USA Today article.

If limited playing time for video games were to be pushed for anyone below 18 years of age in the U.S., many children would be in a state of constant stress.

Video games allow children and adolescents to virtually see their friends, especially considering they couldn't see them in-person because of the coronavirus.

Meanwhile, children can actually gain learning skills through video games.

Building competence, exploring autonomy and fostering friendships, are some positive things kids can gain when playing video games, according to an Oct. 8, 2018 Fuller Youth Institute blog post.

The Fuller Youth Institute is a research-based organization that assists leaders and parents in "unlocking the potential" of today's youth, according to its website.

As the pandemic continues to rage on, video games can be used as a bridge to help children socialize in the comfort of their own homes.

While video games are exciting, it can become addicting and used as a way to tune out the world.

The World Health Organization (WHO) has added video game addiction as a disorder in its International Classification of Diseases

on Sept. 14, 2018.

The WHO defines video game addiction as a pattern of gaming behavior "digital-gaming" or "video-gaming" characterized by impaired control over gaming, increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interests and daily activities.

More classification is a continuation or escalation of gaming despite the occurrence of negative consequences, according to the same WHO article.

To classify something as an addiction, however, is extremely circumstantial and not at all uncommon amid other activities or hobbies.

Food and social media abusers can even be classified as "addicts" as too much of anything is dangerous.

There are ways to limit children from developing an addiction that are within the household's control.

Current major devices used to play video games, including consoles, phones and tablets, have parental control options and allow parents to configure what their child can do on a device.

The amount of control parents already have to limit what their children can do on their devices is extensive. Parents are responsible for their children, the government isn't.

Companies including Apple, have support pages to guide parents in setting up limitations on how long they want their children to play online.

The amount of control parents already have to limit what their children can do on their devices is extensive.

Parents are responsible for their children, the government isn't.

Governments shouldn't step in for the parents' lack of understanding of technology.

If parents aren't willing to understand the technology they buy for their children, what will it take for them to learn what their children are doing online?

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