Growing up undocumented

By Brendan Cross

A San Jose State alumnus and student activist is urging students to stand up against racism on campus.

Julio Navarrete, 26, is a student at San Jose State University. He is a member of the African American Student Union and a member of the Asian Pacific Islander American Student Union.

Navarrete started activism at the age of 8 when he was detained by immigration officials.

He said he was detained for six hours before being released.

Navarrete then enrolled at SJSU in 2015 to pursue a degree in journalism.

He said he was inspired to continue his activism because of the discrimination he faced while growing up.

He said he wants to continue to fight for his rights and those of others who are facing discrimination.

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Thalia Anagnos, vice president for undergraduate education, and SJSU alumnus Julio Navarrete chat after his presentation on living undocumented in the U.S.

Business professor Marilyn Easter leads the first Anti-Racism Social Justice Transformation initiative meeting in April.

Correction

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Spartan Daily regrets this error.

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By John Bricker

FINNEAS new EP proves that he deserves a solo career outside of producing hits for his songwriter sister Billie Eilish. Despite being heavily influenced by his contemporaries, FINNEAS assembles familiar pop elements into strikingly beautiful and intimate songs on his debut project, "Blood Harmony." FINNEAS, whose real name is FINNEAS O'Connell, began his career behind the scenes, producing and co-writing every Billie Eilish song while releasing a series of standalone singles every few months. FINNEAS already released most of the material on "Blood Harmony" this way, putting those tracks into context, even in a project barely 20 minutes long, makes a huge difference. Demonstrating a unique voice as a songwriter and producer, FINNEAS creates plenty of heart-wrenching examples accessible even to those that find Eilish's work melodramatic or scatter-brained.

Opening track "I Lost a Friend" establishes the EP's tone perfectly, showcasing FINNEAS' vulnerable performance over sparse pianos and subtle ambiance. The track builds effortlessly into an acoustic chorus, laying on synths and thick vocal harmonies, complementing each new leg of the song with melancholy lyrics delivered through infectious melodies. "Blood Harmony" stumbles after the stunning opening with the EP's only dud, "Shaken." FINNEAS crafts a pseudo-folk pop track that brazenly rips off Ed Sheeran's intro sound, from the overproduced acoustic guitars to the predictable lead vocal.

The track completely lacks the dynamic flair and intricate production of the last song, and FINNEAS fails to elevate the track with any lyrics and more interesting than standard love song material. "Lost My Mind" shows just as much influence from other pop stars, but executes its aesthetic well enough to forgive its lack of originality. The track's spacy pop balladry and deep melodies will sound familiar to fans of Lordi, but the thumping percussion and airy vocal harmonies help FINNEAS make it his own. Hilariously, "I Don't Miss You At All" mimics Kazumi Totaka's theme for the Nintendo Wii's online shop with cheap lounge keys, jazzy chords and a bassline with no rhythm. Somehow, FINNEAS shows mages and comedy into a legittmte pop song with airy-going vocals, layers of wailing synths and bright horns. From here, the second half of the EP just gets better and better, beginning with the dramatic and lovely "Partners in Crime." FINNEAS immediately builds a striking atmosphere with lovely acoustic guitar arpeggios, an ethereal voice and intimate vocals, then slowly unfolds a darkly funny story about two intoxicated lovers getting arrested and separated. This oddly witty track truly feels like something only he could create, just like the next track, "Let's Fall in Love for the Night." After a muffled acoustic intro, the track explodes into a sweet indie-pop, pairing bright acoustic guitars with a propulsive bassline and snappy drums. Partnering this classy pop instrumental with one of his most eccentric performances, FINNEAS switches between tongue-in-cheek flirting and stunning falsettos.

The song ends with only vocals, acoustic guitar and the sound of crickets, giving the track an unforgettably raw and vulnerable tone. "Blood Harmony" goes out with the quiet and the peaceful song, "The Aloneness," patently building from any ambiance, fragile pianos and deep synths as FINNEAS belts out raspy, yet lovely, melodies. The track can seem uneventful at first, but FINNEAS' chill-inducing falsettos and harmonies at the end of the track is worth the wait, creating one of the most stunning music moments so far this year. Although FINNEAS pulls from familiar sources on "Blood Harmony," he has unique production style and songwriting predict a long career of addictive and inventive pop music. Even if he never takes his sister's spotlight, you can count on FINNEAS for some excellent songs and hopefully, more well-rounded projects.

Follow John on Twitter @JohnMichaelBr15

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"Blood Harmony" Review:

Rating: ★★★★★

Artists: FINNEAS

Release Date: Oct. 4, 2019

Genre: Pop

"Blood Harmony" is a beautiful and inventive pop project that showcases FINNEAS as a talented songwriter and producer. The EP features a range of styles, from acoustic ballads to synth-heavy indie-pop, each with its own unique production and harmonies. The track "Lost My Mind" is a standout, with its sparse instrumentation and emotional vocals. "Partners in Crime" is a fun and quirky track that showcases FINNEAS' versatility as a songwriter. "The Aloneness" is a peaceful and introspective song that highlights FINNEAS' talent for emotional storytelling. Overall, "Blood Harmony" is a must-listen for fans of indie-pop and pop music.
Kids are not going to be the face of advocacy

When young people become the face of a movement it loses credibility to those who did not believe in the movement beforehand.

Democrats are rallying in the streets and the 10% have displayed a couldn’t-care-less attitude about what they have to say, because those Americans need to be educated on green energy jobs that come as they are only going to listen to their wallets.

In 2016, the Office of Energy Efficiency and Renewable Energy said it added 73,000 solar energy related jobs and 25,000 wind turbine energy jobs nationwide.

This growth of green energy jobs needs to be told what climate change reform can do for them.

When young people become the face of a movement it loses credibility to those who did not believe in the movement beforehand.

Candidates need to show the coal miner in Wyoming and West Virginia that when they take away their jobs in the mines they will be ready to educate them on green energy jobs that come as the inevitable replacement.

President Donald Trump gained the support of the fearful Americans by saying that his administration ended “the war on coal” and brought job security to anyone in those industries.

“Your mines have been mistreated and they’re not being mistreated anymore,” Trump said at the Conservative Political Action Conference in 2019. Candidates need to show the coal miner in Wyoming and West Virginia that when they take away their jobs in the mines they will be ready to educate them on green energy jobs that come as the inevitable replacement.

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Plan the ideal workout at the rec center

For someone who rarely goes to the gym, the idea of working out in a large gym can be nerve-racking. San Jose State opened the new Spartan Recreation and Aquatic Center this year, which gives students a stepping stone into getting active during the school year.

Even though students may have gym-phobia, once a routine is established fear is replaced with a new sense of confidence. The gym can provide a liberating feeling from everyday stress and a healthy coping mechanism to let off some steam after a busy day of classes.

Despite the jock and athlete stereotype in the media, the gym is a place that is inclusive for anyone determined and ready to make a change in their life. Having a game plan for what each exercise will entail and what parts of the gym will accomplish your goals are key to a successful and comfortable gym experience.

The rec center caters to 35,000 SJSU students, not to mention paid members of the community, so the gym can get extremely packed. The earlier you go during the day, the less people will be filling up machines. Toward the end of the day the gym gets empty too, but not anywhere as much as the morning.

Weekends are the prime time for a solid three-day workout schedule. The gym is virtually empty all day Friday to Sunday, leaving plenty of machines open and a less claustrophobic environment.

If you are ready to kick-start a healthy life there is no better place to start than the rec center. It is time to take advantage of the membership every student receives and get a fresh sense of confidence.

Going to the gym alone can make the experience a lot more intimidating. Lacking a spotter prevents certain workouts from being performed safely, and if you don’t know exactly how to use free weights, it can leave you open to injury. The weight machine section of the gym is the perfect area for beginners to get a great solo workout without running the risk of getting hurt. The machines also have a diagram of how to properly perform the workout. A routine should come natural and reflect personal goals.

There are three dumbbell racks at the rec center and they tend to be crowded for most of the day. The two downstairs are the most busy, but if you want to perform some dumbbell routines without feeling claustrophobic, head to the rack upstairs. It does not have weights heavier than 20 pounds like the racks downstairs, but it is always the most empty of the three. It also has four benches that you can adjust to workout your chest and other muscle groups making it a fairly open area for a full body workout.

SJSU offers bouldering and top rope climbing in the rec center. If you have never climbed before, rock wall supervisors have free one hour belay climbing lessons to show you the ropes. Rock climbing may seem like a leisure activity, but by the end of a session your body will be sore and shaking. The exercise might seem like it focuses effort on your upper body, but a proper climb will workout just about all of your muscle groups.

The rec center’s track is one-eighth of a mile and offers a great indoor running experience for timed runs. The winded curves in one of the corners of the track make GPS tracking running apps useless when it comes to measuring exact distances while running. This comes into play if your goal is to improve a specific time on a mile, but if the quicker run times are not your goal then the indoor track is perfect for a standard jog.

Recommended hours:
Mon-Thu: 6 a.m. to noon or 9 p.m. to midnight.
Fri-Sun: all day

What to bring:
- water bottle
- sweat towel
- headphones
Altareas coloran la biblioteca
Estudiantes participan en la decimocentésima exhibición de día de los muertos

Por Mauricio La Plante

Las maravillas y fotos sobre los altares en el piso pase de la biblioteca de Martin Luther King Jr. parecía ser la primera exposición de los Muertos para ciertos estudiantes. Cada año esta exposición promueve la tradición mexicana hacia los estudiantes, dijo Kathryn Blackmer Reyes, la coordinadora del evento y también una bibliotecaria.

"Nuestra exhibición siempre es parte del proceso educativo de los estudiantes," dijo Blackmer Reyes. "Es una forma de enseñar y aprender.

La bibliotecaria ha estado activa desde cuando la exhibición de Día de los Muertos comenzó hace 20 años. "Es mas que una exhibición de arte," dijo Blackmer Reyes. "Es una gran oportunidad para estudiantes que no conocen esta tradición también ser estudiantes de Día de los Muertos para ciertos estudiantes que pueden ser la primera exposición.

"Nosotros esperamos que los estudiantes no tengan miedo a ver los altares. "Pienso que si vamos a ver un cambio en la comunidad, todo el gobierno necesita cambiar no sólo el presidente."

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Por Andrea Briesño

Dos estudiantes de la Universidad Estatal de San José, dijo Blackmer Reyes. "Es un estudiante de último año en el nuevo trabajo del altar. "La mayoría de la gente que participa está tomando arte en el universidad, dijo Blackmer Reyes. "No tiene que [ser] gente que sean artistas pero gente que le guste el arte."

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