Center to open in spring of 2019

BY SALVATORE MAXWELL
Staff Writer

San Jose State is set to unveil the soon-to-be Spartan Recreation and Aquatic Center in spring 2019.

SJSU recently celebrated the Topping Out Ceremony last Thursday after the last beam of the structure’s framing was installed. The center will be equipped with new amenities such as a rock climbing wall, two outdoor pools and an indoor track.

The climbing wall will have a topping height of 41 feet and will overlook the roof, which will be called “The Summit Experience,” according to recreation manager Kristendall Kirkendall.

“It’s 71 feet long and 30 feet [light] for most of its portions,” Kirkendall said.

“Then there’s also a stand-alone bouldering wall which basically is you are not on a rope and need a belay, meaning on supports.”

Currently enrolled students are automatically members of the Recreation Center. For alumni who would want to use the center’s amenities, it “becomes complicated” in the sense that “they would need to be a member,” Kirkendall said.

Kirkendall acknowledged that with currently enrolled students there is “most of its portion,” Kirkendall said.

“At the 1Touch Project booth, Stephen Nicholls talks to a student during the Disability Awareness Fair Tuesday.

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BY NOE MAGANA
Staff Writer

Disability Awareness Fair informs visitors of resources

At the 1Touch Project booth, Stephen Nicholls talks to a student during the Disability Awareness Fair Tuesday. The event was coordinated by the Office of Accessible Education Center (AEC). Associated Students and Counseling and Psychological Services (CAPS) organized the Disability Awareness Fair Tuesday afternoon at the Smith and Carson lives.

The event featured eight booths where visitors could learn about specific disabilities like autism, deafness or hard of hearing and vocal impairment.

The goal of the fair was to spread awareness among students with disabilities and improve the campus climate by giving them some representation within the community according to A.S. Director of Intercultural Affairs Brandon Parent.

Another goal of the event was to help AEC increase its resources by letting students know about the programs, which Parent hopes increases its funding and leads to more events like the fair and other resources for students.

“I learned about [the visually impaired and how there are sign language classes, which I never knew you could minor in.” uncredited freshman Marsalyn Katz said.

The booths provided brochures, cards and handouts with information about the disabilities and resources available to students.

Katz said the event is important because it could benefit the whole community.

A lot of people could get stuck and either have family members or have friends that have these issues or just want to know more about it,” Katz said.

CAPS, located in the Student Wellness Center, provides counseling for students who may be struggling academically or are having personal problems.

“Personal counseling covers topics like self-esteem, depression [and] anxiety, whereas educational counseling covers self-esteem, depression [and] anxiety, whereas educational counseling covers self-esteem, depression [and] anxiety, whereas educational counseling covers self-esteem, depression [and] anxiety, whereas educational counseling covers self-esteem, depression [and] anxiety,” Katz said.

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Students mentioned they would want to see more events that help students with prepping for graduation.

Child development senior Kristen Fong filled out a survey to provide feedback about her experience.

“I wasn’t sure what I was going to do after applying for graduation,” Fong said.

After turning in their surveys, students received a drawing bag. Students brought their transcripts and graduation worksheets to show school evaluators.

Interim College of Applied Sciences and Arts evaluator Karina Avakos worked with students to answer their questions and point them in the right direction.

“We’re trying to figure out what it is that students need as they are coming up here,” Avakos said.

Avakos explained that students will go to their major advisors with questions that graduation evaluators can answer for them.

“Most of the questions have to do with ‘How do I read my graduation worksheet, what do I do next or can you help me look this over?’” Avakos said.

Accounting junior Anukul Chililil pulled up her graduation worksheet on her tablet for the business evaluator, Rosellia
Students call for change in the Clery Act

BY LOVINA PAVEL
Staff Writer

Many students are calling for change after they were left in the dark about the deadly incident discovered in front of the Central Classroom Building on Oct. 15.

According to the University Police Department (UPD), San Jose State University alerts did not notify students of the discovery because the situation did not meet criteria of the Clery Act.

The Clery Act is a protection law that aims to provide communication around campus in regards to crime policy and statistics. It was enacted by Congress in 1990 after the death of college student Jeanne Clery in 1986. The act is a non-profit organization that provides services and statistics. It was enacted by Congress in 1990 after the death of college student Jeanne Clery in 1986.

It is a non-profit organization that provides services and operates the Clery Act as part of a new emergency policy disclosure in 2008. Under this requirement, federally funded universities must “immediately notify the campus community upon the confirmation of a significant emergency or dangerous situation involving an immediate threat to the health or safety of students or staff occurring on the campus.”

In other words, students are only notified if there is a clear and imminent danger.

Students also did not receive an emergency SIBU Alert for the uncle incident at Martin Luther King Jr. Library in February. It was communicated mostly through social media and eventually local news outlets.

“I understand why they wouldn’t tell us since it wasn’t [an] immediate danger,” kinesiology senior Austin Shen said. “I still feel like it was relevant to us and we should have been notified. You don’t know here’s it’s going to affect a certain person, so getting a heads up would be nice to

However, the office is hoping to turn the space into a bike co-op for students to fix their wheels and learn how to properly fix their bikes.

“Having a bike shop would be really cool for students,” biology sophomore Daisy Cervantes said. “Like no new that ride scooters and bikes can save money to get them fixed.”

According to Kirkendall, there has been talk about turning the current sports center into a space for club sports to call home.

“The facility would allow club sports to have a more efficient way to host practices and meetings. Sport Club will remain attached to the Events Center and will continue to operate for now,” Kirkendall said.

An opening date will be announced after further construction progress is made.
Associated Students House turns to the dark side

Students exercise their way through midterms

BY KAYLEE LAWLER

October is the time for pumpkin spice lattes, colored leaves and midterms. To help students relieve stress, Be the Change Yoga Studio hosted their last weekly event, Sunset Yoga and Chill, on Tower Lawn Tuesday.

Be the Change is located on First Street. The studio offers yoga classes and workshops.

The yoga studio is donation-based and has hosted events at San Jose State for the past two or three years.

According to the American Institute of Stress, stress-induced activities such as studying and taking midterms can cause headaches, muscle aches and overwhelming feelings.

“It started out as a way for us to let students know that we are here as a resource and also to bring them stress relief during finals and midterms,” Be the Change Studio owner Taraneh Sarrafzadeh said. “Be the Change’s mission is to bring yoga to everybody so they can all benefit from the health and wellness benefits.”

On Tuesday, Sarrafzadeh led the evening class as campus lights turned on and the sun set.

Tower Lawn was covered with yoga mats and students sweating their stress out into the twilight with poses such as the bridge or the chair as a cool breeze swept past them.

The soft instrumental music mixed with the buzz of campus activities.

Poses varied depending on the body part being worked on and included poses to help strengthen limbs, as well as improve breathing. “Get ‘em!” stems from the Yoga Journal; there are 38 health benefits to practicing yoga including perfecting posture, increasing blood flow and dropping blood pressure to a healthy level.

Corporate accounting and finance junior Camila Parola first heard about Sunset Yoga and Chill as she passed by the event earlier in the month.

“I used to do it a few years ago, just stretches but not yoga,” Parola said. “I tried it last week. It was crazy. It was surreal. I was so relaxed and thought, ‘This is awesome.’”

According to nutrition science and dietetics senior Bree Estrada, 10 students on average come to the event, but 18 students attended on Tuesday.

Students were told to take care of their bodies by going at their own pace and not forcing any advanced moves in the all-levels class.

Attendees started with deep breathing exercises, with one hand on their belly and the other on their chest.

Estrada, Be the Change’s social media intern, has also been participating in the yoga classes. She found out about the studio by attending one of the classes at SJSU.

“Students are giving us their feedback [which is] really helping with midterms,” Estrada said. “Their [the studio's] mission is to make yoga accessible to people.”

Be the Change offers a variety of classes that differ by difficulty level. Although Sunset Yoga and Chill is seasonal, Sarrafzadeh plans to have more events at SJSU in the future.
The film revolves around a set of anti-hero predictors off, causing people in the system and turned the weather forming. There is a network of satellites named Dutch Boy surrounding the earth that is both praised and hated for his creation, but nevertheless wins the hearts of the audience with his brave attempt to save human life while risking his own. It’s somewhat unclear how Lawson even gained his knowledge in the first place, but his determination to save Dutch Boy and human life is vital. The movie sure isn’t a cult classic or a worthy of winning an Oscar, but I have to admire it for its creativity behind the manipulated weather patterns. Something, people within the government tapped into Dutch Boy’s system and turned the weather predictors off, causing people in Afghanistan, China and Dubai to experience catastrophic tragedies. The film revolves around a set of anti-hero astronomers who track down the people behind the manipulated weather patterns. Some, people within the government tapped into Dutch Boy’s system and turned the weather predictors off, causing people in Afghanistan, China and Dubai to experience catastrophic tragedies. The film revolves around a set of anti-hero astronomers who track down the people behind the manipulated weather patterns. Some, people within the government tapped into Dutch Boy’s system and turned the weather predictors off, causing people in Afghanistan, China and Dubai to experience catastrophic tragedies. The film revolves around a set of anti-hero astronomers who track down the people behind the manipulated weather patterns.
Cultural food remedies are difficult to find in America

While many countries have their own kinds of cultural food remedies, the United States doesn’t have conventional ones.

I remember I had a hard time finding healthy food when I first started studying abroad during my second year of high school. The time I spent surviving high school abroad during my second year of high school.

In Japan, my mother forced me to eat rice porridge with a pickled plum every time I caught a fever even though I hated it. Typically, eating digestible food such as rice porridge while being sick is a common habit.

According to Insider, in India, people eat an Indian authentic breakfast, idlis, which they say, is a soft sponge rice cake which contains protein and dietary fiber. People in other cultures also practice certain healing customs.

“When I was sick, my mom just leaves from a granite brick and boiled those to make tea just to heal my throat and stomach,” knowledge sophomore Pablo Almazón said. “This is a little lame, but my mom also made me go out for a walk for a day.”

Almazón found herbal tea to be a culturally conserve remedy in Hispanic communities. His family made his drink fresh tea or eat special food rather than take medicine.

“I think there is a trend that people here are more leaning toward over-the-counter remedies,” Almazón said. “But inside over-the-counter medicine, they lean toward soup or ‘somewhat healthy food’.”

In my host country, the United States, the remedy, but I feel sad that America doesn’t seem to have any other remedies besides over-the-counter medicine.

On Tariffs and Trade

Silvia Campos, animation junior Cynthia Bailey said. “If I were bad, my mom sits next to me and gave meAdvice from her,” Bailey said.

“I would probably do the same thing or call my mom every single time to get advice from her,” Bailey said.

A mother’s care is a universally effective remedy, but I feel sad that America doesn’t seem to have any other remedies besides over-the-counter medicine.

I remember when I asked my host sister, who was 10 years old at the time, ‘What American healthy food was, she grabbed a canned chicken noodle soup from the shelf and showed it to me.’

Potatoes, on the other hand, were everywhere. Also, I didn’t even have a car to go to those stores.

One time when I told my host father that I caught a fever, I remember he said, “Get some water and take a rest. If you are hungry, there’s porridge with a pickled plum every time I caught a fever even though I hated it. Typically, eating digestible food such as rice porridge while being sick is a common habit.

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Spartans finish weekend with perfect record

BY CINTHIA LOERA
Staff Writer

Coming off a loss to Pepperdine in the WCC regular season, the Spartans opened their WCC tournament campaign against Marymount University on Saturday night. Pepperdine defeated the Spartans in the opening round of the WCC tournament, but this time around the Spartans emerged victorious.

The game was played at Cal Lutheran University, the home of the Regals, who are an NCAA Division III program. Marymount is a NCAA Division II program and this was the first time the Spartans had played a team from Division II in a conference tournament.

The game was a close one, with the Spartans leading by just six points at halftime. Marymount outscored the Spartans in the second half, but the Spartans held on for a 72-66 victory, making them 1-0 in the WCC tournament.

Fisher transitions from sinking grades to sinking buckets

BY JOSE F. GOVEA
Staff Writer

SJSU forward Keith Fisher III goes through warm-up drills during practice Oct. 11.

Fisher's transition from sinking grades to sinking buckets continues to unfold this season. Fisher, who redshirted last season due to a torn ACL, is currently ranked among the top forwards in the country and is helping SJSU to a strong start to the season.

Last week, Fisher scored 20 points and grabbed 11 rebounds in a win over Loyola Marymount, helping SJSU to a 3-0 record in non-conference play. Fisher is averaging 10.4 points and 7.9 rebounds per game and is shooting 54.5% from the field.

Fisher's transition from the classroom to the court has been seamless. He is leading SJSU in scoring and rebounding and is helping the team to its best start in recent memory.

The team is 5-0 and Fisher is a key reason for the team's success. He is a natural leader on the court and has a strong work ethic.

Fisher has been a key component to SJSU's success this season. He has been a vocal leader on the court and has been a key figure in the team's win over Loyola Marymount.

Fisher's transition from sinking grades to sinking buckets is a testament to his hard work and dedication to the sport. He has worked hard to get back to where he is today and has not let his injury hold him back.

Fisher is a key player for SJSU and will continue to be a key figure in the team's success. He is a natural leader and will continue to be a force on the court for the rest of the season.