Bike heists on the increase for riders on campus

By Chris Moran Staff Writer

On Friday, Sept. 29, three young women hosted a gathering at the Student Health Center to have an honest discussion about sex and sexual violence.

“We want consent to be the first thing you do with your mouth,” said peacemaker Eddy Speight, a sophomore in health care administration.

“This presentation is actually something new,” said Jones, a mother of two young boys and a recent graduate of San José State University.

“Honor aside, teaching students the concept of sexual consent is something the three women said they take deadly serious. Speight, Jones and McClanahan all work for Wellness and Health Promotion Department, a subdivision of the Student Health Center, which has been hosting a series of events called the Peace Health Education Workshops on other health-related topics for some time.

“The presentation is actually something new,” Jones said. “We thought it was important to have this workshop on consent. Before an audience of about twenty people, Speight, Jones and McClanahan explained sexual consent and its importance in having a healthy relationship.

“The audience included both men and women, mostly young students, and a handful of older people as well. "We like to say consent isn’t a contract," Jones said, explaining how consent could be far more subtle and nuanced than a simple statement, and how one must be sensitive to the implicit as well as the explicit messages in an intimate relationship.

These young women covered topics connected to the act of consent as well, particularly the essential differences between a healthy and abusive intimate relationship.

Regular Partner Violence, as they called it, figured prominently in the discussion.

Speight, Jones, and McClanahan described Intimate Partner Violence as an invisible epidemic that enters the lives of many women in all walks of life, and how it affects the relationship.

“Emotional violence can also be an important feature of an abusive relationship,” Speight said.

Several audience members shared anecdotes and personal observations of episodes of Intimate Partner Violence.

Jones said the people who attend these workshops often have personal accounts of abuse, saying that coming to these workshops often brings them memories back.

“Overheating wire blamed for melting plastic cover and setting room aflame

By Jennifer Kuhns Staff Writer

A recent report shows that air quality in Dwight Bentel Hall is safe for students, faculty and staff after a fire occurred in the building in the early morning hours.

The fire occurred on Aug. 16 in Dwight Bentel Hall Room 130, days before the full semester started.

Robert Ruiz, instructor of the school of journalism and mass communication, said he was contacted that evening and came to campus immediately after hearing there was fire and smoke coming out of the windows in Dwight Bentel Hall, Krack said people would not be able to occupy.

The fire was attributed to a wire overheating and melting its plastic wear coating, causing one of the many racks in the room to catch fire, he said.

When fire reaches a temperature that melts plastic, it was explained to me by the fire marshal who was here, there are toxins that are released in the smoke," Ruiz said. "You smell smoke but you also have toxins residue that burns with that plastic. It is pretty strong.""After the fire was put out, he said SHU officials brought in fans to air out the hall, and cleaned from the night of the fire until Aug. 22.

David Krack, director of environment, health and safety, is the union monitoring the air quality in Dwight Bentel Hall.

He said an outside lab came into the building and cleaned from the night of the fire until Aug. 22.

There is no universal measurement for what is considered clean or safe air, Krack said, and the lab tested the air quality inside room 130, the corridor of Dwight Bentel Hall and outside the building on the south side to compare.

According to the report that was analyzed on Sept. 17, the amount of particulates was enough to be detected but not high enough to be reported as a legitimate health concern.

“Evening is a poison,” Krack said. “The only difference between a remedy and a poison is the dose.”

According to Krack, the air ducts and the walls primarily on the first floor of Dwight Bentel Hall will be wiped down and cleaned by fellow Associated Students Transportation Solutions.

Recent studies of the air in the hall has shown that the air quality is safe, he said.

“People have been coming into the hall, testing the air and getting some results from the last sample taken. We have run more tests after the walls and ventila- tion have been completed, he said. "It was really vague, that's what I thought."

According to Krack, the air ducts were also cleaned after the fire was put out, he said SHU officials brought in fans to air out the hall, and cleaned from the night of the fire until Aug. 22.

Krack said people would not be able to occupy.

“We have had bicycles stolen in broad daylight with people watching in front of the bicycle racks while the thieves were doing their work,” Aguayo said, adding that it can take as little as 15 seconds to swipe a bike.

According to Aguayo, there have been 42 reported bicycle thefts so far this year, and there were 109 bicycle thefts in 2015.

“Bicycle theft has always been an issue (on campus) — it has al- ways been a constant challenge for us to deter bicycle theft and arres- t bicycle thieves,” said Aguayo, adding that the campus police has made 15 arrests this year compar- ed to 13 in 2016.

He said most arrests occur around the Dr. Martin Luther King Jr. Library, as that is the one area with security cameras that can monitor the bike racks.

Ottawa M.罗斯man, a transportation student, said they have no way of warding off thieves in the cages other than to advise students on how to be safer.

Aimed towards students, Associated Students Transportation Solutions, said they have no way of warding off thieves in the cages other than to advise students on how to be safer.

Aimed towards students, Associated Students Transportation Solutions, said they have no way of warding off thieves in the cages other than to advise students on how to be safer.

Aimed towards students, Associated Students Transportation Solutions, said they have no way of warding off thieves in the cages other than to advise students on how to be safer.

Aimed towards students, Associated Students Transportation Solutions, said they have no way of warding off thieves in the cages other than to advise students on how to be safer.

Associated Students has no cages around campus for SHU students to protect and lock their bikes, he said, for a $50 deposit, students rent a cage and access to

SEE PAGE 2

Brittany Murphy

A recent report shows that air quality in Dwight Bentel Hall is safe for students, faculty and staff after a fire occurred in the building in the early morning hours.

The fire occurred on Aug. 16 in Dwight Bentel Hall Room 130, days before the full semester started.

Robert Ruiz, instructor of the school of journalism and mass communication, said he was contacted that evening and came to campus immediately after hearing there was fire and smoke coming out of the windows in Dwight Bentel Hall, Krack said people would not be able to occupy.

The fire was attributed to a wire overheating and melting its plastic wear coating, causing one of the many racks in the room to catch fire, he said.

When fire reaches a temperature that melts plastic, it was explained to me by the fire marshal who was here, there are toxins that are released in the smoke," Ruiz said. "You smell smoke but you also have toxins residue that burns with that plastic. It is pretty strong."

After the fire was put out, he said SHU officials brought in fans to air out the hall, and cleaned from the night of the fire until Aug. 22.

David Krack, director of environment, health and safety, is the union monitoring the air quality in Dwight Bentel Hall.

He said an outside lab came into the building and cleaned from the night of the fire until Aug. 22.

There is no universal measurement for what is considered clean or safe air, Krack said, and the lab tested the air quality inside room 130, the corridor of Dwight Bentel Hall and outside the building on the south side to compare.

According to the report that was analyzed on Sept. 17, the amount of particulates was enough to be detected but not high enough to be reported as a legitimate health concern.

“Evening is a poison,” Krack said. “The only difference between a remedy and a poison is the dose.”

According to Krack, the air ducts and the walls primarily on the first floor of Dwight Bentel Hall will be wiped down and cleaned by fellow Associated Students Transportation Solutions.

Recent studies of the air in the hall has shown that the air quality is safe, he said.

“People have been coming into the hall, testing the air and getting some results from the last sample taken. We have run more tests after the walls and ventila- tion have been completed, he said. "It was really vague, that's what I thought."

According to Krack, the air ducts were also cleaned after the fire was put out, he said SHU officials brought in fans to air out the hall, and cleaned from the night of the fire until Aug. 22.

Krack said people would not be able to occupy.

“We have had bicycles stolen in broad daylight with people watching in front of the bicycle racks while the thieves were doing their work,” Aguayo said, adding that it can take as little as 15 seconds to swipe a bike.

According to Aguayo, there have been 42 reported bicycle thefts so far this year, and there were 109 bicycle thefts in 2015.

“Bicycle theft has always been an issue (on campus) — it has al- ways been a constant challenge for us to deter bicycle theft and arres- t bicycle thieves,” said Aguayo, adding that the campus police has made 15 arrests this year compar- ed to 13 in 2016.

He said most arrests occur around the Dr. Martin Luther King Jr. Library, as that is the one area with security cameras that can monitor the bike racks.

Ottawa M.罗斯man, a transportation student, said they have no way of warding off thieves in the cages other than to advise students on how to be safer.

Aimed towards students, Associated Students Transportation Solutions, said they have no way of warding off thieves in the cages other than to advise students on how to be safer.

Aimed towards students, Associated Students Transportation Solutions, said they have no way of warding off thieves in the cages other than to advise students on how to be safer.

Aimed towards students, Associated Students Transportation Solutions, said they have no way of warding off thieves in the cages other than to advise students on how to be safer.

Aimed towards students, Associated Students Transportation Solutions, said they have no way of warding off thieves in the cages other than to advise students on how to be safer.

Aimed towards students, Associated Students Transportation Solutions, said they have no way of warding off thieves in the cages other than to advise students on how to be safer.

Aimed towards students, Associated Students Transportation Solutions, said they have no way of warding off thieves in the cages other than to advise students on how to be safer.

Aimed towards students, Associated Students Transportation Solutions, said they have no way of warding off thieves in the cages other than to advise students on how to be safer.

Aimed towards students, Associated Students Transportation Solutions, said they have no way of warding off thieves in the cages other than to advise students on how to be safer.

Aimed towards students, Associated Students Transportation Solutions, said they have no way of warding off thieves in the cages other than to advise students on how to be safer.

Aimed towards students, Associated Students Transportation Solutions, said they have no way of warding off thieves in the cages other than to advise students on how to be safer.

Aimed towards students, Associated Students Transportation Solutions, said they have no way of warding off thieves in the cages other than to advise students on how to be safer.

Aimed towards students, Associated Students Transportation Solutions, said they have no way of warding off thieves in the cages other than to advise students on how to be safer.

Aimed towards students, Associated Students Transportation Solutions, said they have no way of warding off thieves in the cages other than to advise students on how to be safer.

Aimed towards students, Associated Students Transportation Solutions, said they have no way of warding off thieves in the cages other than to advise students on how to be safer.

Aimed towards students, Associated Students Transportation Solutions, said they have no way of warding off thieves in the cages other than to advise students on how to be safer.

Aimed towards students, Associated Students Transportation Solutions, said they have no way of warding off thieves in the cages other than to advise students on how to be safer.

Aimed towards students, Associated Students Transportation Solutions, said they have no way of warding off thieves in the cages other than to advise students on how to be safer.
THEF: Ease of robbery makes prevention difficult

FROM PAGE 1

The bike cages on University Boulevard are a hot spot for bike theft and it makes sense for UPD to use a security camera there.

“Get cameras on the cages would require a lot of capital obviously – capital that the don’t have, hard for the student-fund-organized,” Melara said.

Phillippe Bless, a freshman engineering major who uses the A.S. bike cages, said he feels safe using the cages but not at night. He has a cable lock and it could get time people would want to have to bail out to steal a bike. Bless said a student would have to have security leaving his bike overnight.

Both Aguayo and Melara suggested students avoid using cable locks. Aguayo wanted cable locks can be easily cut and then the thief makes off with a bike or parts.

Instead, Melara said students can participate in the Associated Students U-lock exchange program.

At tabling events such as Bike to School Day, Melara said Transportation Solutions educates students on the safekeeping of their bikes as well as gives U-locks in exchange for cable locks.

Students receive a stub in exchange for their old cable lock which they can redeem for a new U-lock within the week, he said.

Aguayo also said students should be aware of their surroundings and report any suspicious activity around the bike racks to the university police.
**Sports**

**After missing last season with injury, Kelsy Holm isswitching positions and embracing the change**

By Peter Teveson
Sudipta

Spartan senior Kelsy Holm has always put her team first and herself second. The women's soccer team always batted through injuries and adjusted to various position shifts to become one of the most experienced players on the SJSU squad.

"I know every position relatively well, some better than others, but wherever my coach wants me, I'll play it," said the 21-year-old.

The senior kinesiology major, who wants to be a sports psychiatrist, played center-back freshman year, switched to the midfield during her sophomore year and has since moved to forward for the 2011 season.

Coach Jeff Leighton said Holm has adapted well to the position changes.

"We've moved her in at different places and she gives us experience and composition," he said. Holm said she enjoyed her left defensive back position for most of the junior season.

Holm said turning down a scholarship to Bakerfield early in the 2010 season, Holm said she collided with a player on the opposite team.

It turned out that Holm had meniscus surgery in her left knee, which she said resulted in a long recovery. Even with her surgery, Holm said she went back to practicing, forcing her to receive surgery to repair the damaged cartilage.

"She's really helped other teammates even when she's down herself," Santos said. "She's someone that can push her own opponents aside and help other people."

Despite her knee problems, Holm went from recording shots on goal in her first few seasons to actually scoring her first collegiate goal, which she collected on her first shot-on goal against UC Davis in August.

"My idea was to go out there, presume the opposing team’s defense as hard as I could and try and force a bad clearance – which is what happened against the UC Davis goalkeeper – and just capitalize on it," she said. "Anywhere my coach wants me to play, I'll play and I'll do my absolute best at it."

The way she scored her goal against the UC Davis Aggies showed it was her first time playing on the attack.

"I took a lot of shots, but I've always been a defensive-minded player," Holm said of her first two years of action as a Spartan. "For me to score my first collegiate goal was really nice because I haven't scored once since high school, probably. It's a good feeling, definitely, to help out the team in some way."

Holm said she was kind of unlucky with her injury, but she had to "buck up" and try to keep her focus.

"I've just always been a defender," Holm said. "I play center-back for the club team. It was, by far, an awesome experience that got me to where I am today."

**Return to the pitch**

**After missing last season with injury, Kelsy Holm is switching positions and embracing the change**

By Peter Teveson
Sudipta

Spartan senior Kelsy Holm has always put her team first and herself second. The women’s soccer team always batted through injuries and adjusted to various position shifts to become one of the most experienced players on the SJSU squad.

“I know every position relatively well, some better than others, but wherever my coach wants me, I’ll play it,” said the 21-year-old.

The senior kinesiology major, who wants to be a sports psychiatrist, played center-back freshman year, switched to the midfield during her sophomore year and has since moved to forward for the 2011 season.

Coach Jeff Leighton said Holm has adapted well to the position changes.

“Here… our… and… it’s… in… different… places and… she… gives… us… experience… and… composition,” he said. Holm said she enjoyed her left defensive back position for most of the junior season.

Holm said turning down a scholarship to Bakerfield early in the 2010 season, Holm said she collided with a player on the opposite team.

It turned out that Holm had meniscus surgery in her left knee, which she said resulted in a long recovery. Even with her surgery, Holm said she went back to practicing, forcing her to receive surgery to repair the damaged cartilage.

“Her… great… attitude… creates… the… environment,” he said. “They are eager to learn and extremely hard-working.”

**The Son of Henrietta Lacks – The woman who triggered the amazing book**

The Immortal Life of Henrietta Lacks by Rebecca Skloot

David will answer questions from the SJSU community.

Monday, March 3, 2013
6:00 PM
Engineering Auditorium ENG 189

Moderated by
Prof. Steven Miller
African American Studies Department All Welcome! www.sjsu.edu/reading	

**Return to the pitch**

**After missing last season with injury, Kelsy Holm is switching positions and embracing the change**

By Peter Teveson
Sudipta

Spartan senior Kelsy Holm has always put her team first and herself second. The women’s soccer team always batted through injuries and adjusted to various position shifts to become one of the most experienced players on the SJSU squad.

“I know every position relatively well, some better than others, but wherever my coach wants me, I’ll play it,” said the 21-year-old.

The senior kinesiology major, who wants to be a sports psychiatrist, played center-back freshman year, switched to the midfield during her sophomore year and has since moved to forward for the 2011 season.

Coach Jeff Leighton said Holm has adapted well to the position changes.

“Here… our… and… it’s… in… different… places and… she… gives… us… experience… and… composition,” he said. Holm said she enjoyed her left defensive back position for most of the junior season.

Holm said turning down a scholarship to Bakerfield early in the 2010 season, Holm said she collided with a player on the opposite team.

It turned out that Holm had meniscus surgery in her left knee, which she said resulted in a long recovery. Even with her surgery, Holm said she went back to practicing, forcing her to receive surgery to repair the damaged cartilage.

“Her… great… attitude… creates… the… environment,” he said. “They are eager to learn and extremely hard-working.”

**The Son of Henrietta Lacks – The woman who triggered the amazing book**

The Immortal Life of Henrietta Lacks by Rebecca Skloot

David will answer questions from the SJSU community.

Monday, March 3, 2013
6:00 PM
Engineering Auditorium ENG 189

Moderated by
Prof. Steven Miller
African American Studies Department All Welcome! www.sjsu.edu/reading	

**Return to the pitch**

**After missing last season with injury, Kelsy Holm is switching positions and embracing the change**

By Peter Teveson
Sudipta

Spartan senior Kelsy Holm has always put her team first and herself second. The women’s soccer team always batted through injuries and adjusted to various position shifts to become one of the most experienced players on the SJSU squad.

“I know every position relatively well, some better than others, but wherever my coach wants me, I’ll play it,” said the 21-year-old.

The senior kinesiology major, who wants to be a sports psychiatrist, played center-back freshman year, switched to the midfield during her sophomore year and has since moved to forward for the 2011 season.

Coach Jeff Leighton said Holm has adapted well to the position changes.

“Here… our… and… it’s… in… different… places and… she… gives… us… experience… and… composition,” he said. Holm said she enjoyed her left defensive back position for most of the junior season.

Holm said turning down a scholarship to Bakerfield early in the 2010 season, Holm said she collided with a player on the opposite team.

It turned out that Holm had meniscus surgery in her left knee, which she said resulted in a long recovery. Even with her surgery, Holm said she went back to practicing, forcing her to receive surgery to repair the damaged cartilage.

“Her… great… attitude… creates… the… environment,” he said. “They are eager to learn and extremely hard-working.”

**The Son of Henrietta Lacks – The woman who triggered the amazing book**

The Immortal Life of Henrietta Lacks by Rebecca Skloot

David will answer questions from the SJSU community.

Monday, March 3, 2013
6:00 PM
Engineering Auditorium ENG 189

Moderated by
Prof. Steven Miller
African American Studies Department All Welcome! www.sjsu.edu/reading
Protestors swarm Berkeley Republican cupcake sale

McClatchy Tribune

BERKELEY, Calif. — What started as a natural bake sale turned into a race-based absurdity turned into a mass rally on university diversity and affirmative action programs Tuesday as hundreds crowded Sproul Plaza on the University of California, Berkeley campus.

The event was spurred by a bake sale run by the campus’ Republican group, where baked goods were offered at varying prices based on the buyers’ gender, race and ethnicity.

Word Connerly, a former UC regent and the mastermind of the 1996 ballot measure that banned race-based preferences, helped staff the bake sale table, holding discussions with students.

“People have been mostly civil,” he said. “In fact, I think the tactic is not the best one. “We’re having a good time.”

The event was peaceful. At one point, hundreds of black-clad students layed silently on the quad in a message urging the university to increase student diversity.

One member of the Berkeley College Republicans said the event met its goal.

“We’re here to foster a good discussion, a good conversation, to look at the issue,” said senior Andy Nee, executive director of the Berkeley College Republicans.

Still, hundreds of students decried the sale, which they call racist and demeaning.

“It trivializes the problems of peo- ple of color,” said Joe Frence, vice president for external affairs for the Associated Students of University of California student government. “They’re taking it to the next level in an inappropriate way.”

The ASUC passed an emergency resolution Sunday condemning dis- crimination against student groups, a direct response to the bake sale.

The Republican group called the event last week to counterprotest the Associated Students of University of California’s student government resolution that is taking it to the next level in an inappropriate way.

The ASUC passed an emergency resolution Sunday condemning dis- crimination against student groups, a direct response to the bake sale.

The Republican group called the event last week to counterprotest the Associated Students of University of California’s student government resolution that is taking it to the next level in an inappropriate way.

The ASUC passed an emergency resolution Sunday condemning dis- crimination against student groups, a direct response to the bake sale.

The Republican group called the event last week to counterprotest the Associated Students of University of California’s student government resolution that is taking it to the next level in an inappropriate way.

The ASUC passed an emergency resolution Sunday condemning dis- crimination against student groups, a direct response to the bake sale.

The Republican group called the event last week to counterprotest the Associated Students of University of California’s student government resolution that is taking it to the next level in an inappropriate way.
There's just not enough time

by Francesco Rendon

Opinion

So, I've lost about 15 pounds since this time last year. Call it the Transfer 15.

In the spring I started working. With my inexperience in weight training, the pain I suffered was nothing compared to the hip pain I've had in the past few weeks, like the fact that, in the moment, seem insurmountable, seems to be the qualities to face problems better. As I look back over the past year, I can clearly remember things about myself I would have allowed me to learn. Despite the weight loss, however, these experiences have allowed me to learn things about myself I would not have otherwise.

As I look back over the past year, I can clearly remember various points of crisis that made me pause and want to give up. It is these same points of crisis, however, that ultimately led to greater victory. A wise philosopher of our time – Chuck Norris – once said that pain is weakness leaving the body. In weight training, the pain you feel from the musc le breaks down, so they can regrow, stronger.

I’ve learned how to manage my sleep schedule and the hard- set school workload I’ve ever had had at me. Six pounds gone, but I survived, with a decent GPA at that.

In the spring I started strong but petered out through the middle, especially in the period of Baha’i fast, when, for religious reasons, I did not eat for almost a month. Being able to move past the comforts of day-to-day life, but inwardly they allowed for the majority of what most of us end up learning at San Jose State. In retrospect, I wondered why more people didn’t tell me this.

I can prioritize giving myself enough sleep to recover from regular 12-hour workdays. Three pounds gone, and counting.

In terms of the actual product that’s been given to fans in the ring, it’s improved drastically in the past few months. It’s not as much in the way of audience and the performances, on the surface, raw in June. Punk essentially rallied against the company’s hierarchy of Vince McMahon, his daughter Stephanie and her husband, wrestler Triple H.

Punk’s contract was coming to an end, in a month, that wouldn’t allow him to leave the company with the title. The Punk storyline was brilliant. It resulted in a sold out All Star weekend in Chicago, full of CM Punk fans who drowned John Cena in boos.

One can either get ahead or stay in the same place, depending on how much harder you work. As I look back over the past year, I can clearly remember things about myself I would have allowed me to learn. Despite the weight loss, however, these experiences have allowed me to learn things about myself I would not have otherwise.
J. Cole, an up-and-coming hip-hop artist who had previously released three mixtapes, is now new to the limelight. Cole released his highly-anticipated debut album on Tuesday titled Cole World: The Sideline Story. The Sideline Story is an 18-track album which includes such songs as "Triple Beam, Drakes, and Money Elliot," which he claimed in 2009 would be on his debut album, "No matter what, the beat and hook are what will make these tracks timeless."

Developed to be his first album, after he decided he was not pleased with the overall record, Cole released it as a mixtape. His unique lyrics are the tracks which appear on the track "Mr. Nice Watch." Lyrically, Cole's work can be described as being uniquely entertaining and a style linking him to legends Jay-Z, Eminem and Nas. His style is a combination of visuals and storytelling, a good example of which comes in "Last Ones In," in which he raps about a young couple going through the experiences of learning that they are pregnant. Other good examples of his music are his lyrics on the track "The Sideline Story" and "Deluxe and A Dreamדות."

MTV is a lot of a reality programming making it less important. However, this idea of desperate attention-grabbing through shows has become old to many we have heard from mainstream. MTV had no idea that MTV is bad for music as it is used to do as much as just as a time slot for sales to fans. However, MTV has come to a realization that if this is what the renowned music network has come to, it is possible that MTV is not a music network at all. Before I begin my rant, I will say that I really enjoyed MTV at one point. I mean seriously, the Best New Artist of hip-hop megastar Jay-Z, titled his first mixtape, Friday Night Lights, which he initially created to be his first album. After he decided he was not pleased with the overall record, he released it as a mixtape. The response to the first three tracks was enormous. Ten months later, Cole released his second mixtape, The Warm Up, to critical acclaim. One specific song struck the listeners as being the icing of the bag, titled "Lights Please." Before releasing the song, the former Natural Lauren headed Cole but now to his new label, Def Jam. In 2010, Cole released yet another mixtape, Friday Night Lights, which is an 18-track album which includes the songs such as "Triple Beam, Drakes, and Money Elliot," which he claimed in 2009 would be on his debut album, "No matter what, the beat and hook are what will make these tracks timeless."

Developed to be his first album, after he decided he was not pleased with the overall record, Cole released it as a mixtape. His unique lyrics are the tracks which appear on the track "Mr. Nice Watch." Lyrically, Cole's work can be described as being uniquely entertaining and a style linking him to legends Jay-Z, Eminem and Nas. His style is a combination of visuals and storytelling, a good example of which comes in "Last Ones In," in which he raps about a young couple going through the experiences of learning that they are pregnant. Other good examples of his music are his lyrics on the track "The Sideline Story" and "Deluxe and A Dreamitories."

The beats, produced mostly by Cole himself, are unlike any we have heard from mainstream hit-makers on the radio. As previously mentioned, Cole's techniques in style are strongly influenced by the hits of the 1990s, with eclectic melodies intertwined with fast-paced beats. The album features appearances from notable artists such as Trey Songz, Drake, and Money Elliot, with Jay-Z who appears on the track "Mr. Nice Watch."