

Future innovators showcase ideas



NICHOLAS ZAMORA | SPARTAN DAILY

Software engineering German exchange student, (left) Fabio Schmidberger presents his team's project, Medixflow, to judge Meagan Mujushi on Wednesday in the Student Union Ballroom.

By Huan Xun Chan
STAFF WRITER

On Wednesday, creative and innovative ideas from top finalists of the 15th annual Silicon Valley Innovation Challenge filled San Jose State University's Student Union Ballroom.

The competition was organized by the SJSU Lucas College and Graduate School of Business to provide students a platform to bring their ideas to the stage. It was multidisciplinary and designed for all academic units across campus.

"One of our goals is to create an entrepreneur mindset among our students," dean of the Lucas College and Graduate School of Business Dan Moshavi said. "These are highly transferable skills that we believe are developed through a process like this."

Entrepreneurs, venture capitalists and industry professionals from different fields judged the competition. They listened to students' presentations which included campus solutions, services for health and medicine, social services and more.

Out of 43 finalists, Paragit Solutions won first prize for the best overall innovation.



These are highly transferable skills that we believe are developed through a process like this.

Dan Moshavi
Lucas College and Graduate School of Business dean

The team developed a tool that measures and quantifies the most prevalent symptoms occurring in Parkinson's disease patients, hoping to improve the daily life of the patients.

One of the team members, biomedical engineering senior Alec Moldovan, said there were no objective assessments for the disease that resulted in patients receiving different recommendations from different doctors. The tool measures how the patient is actually doing in real-time and collects longitudinal data.

"I love being close to the patients. Knowing that a patient is using our device and the device is making their

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Politicians break down cannabis laws

By Melody Del Rio
STAFF WRITER

Students Against Mass Incarceration, a San Jose State University social justice group, organized an event on Wednesday night called "Understanding the Politics of Cannabis" at the Student Union Theater.

Students and local politicians engaged in the open forum to discuss how the justice system treats cannabis-related crimes in California.

One of the bills discussed was AB 1793, also known as Cannabis Convictions: Resentencing Law was passed by Gov. Jerry Brown on Sept. 30.

The bill aided the decriminalization of marijuana by requiring the department of justice to review past convictions that are potentially eligible for recall or dismissal of a sentence.

Daniel Portman, a deputy public defender in Santa Clara County, attended the event to break down some of the cannabis-related bills.

"Pop. 64 decriminalized simple possession. People who are convicted for possession would have it removed from

their record," Portman said. He also mentioned that



220,000 cases are eligible for reduced sentences or cleared convictions, but about 4,000 people have applied.

Ash Kalra
California state assembly member

people found guilty of intending to sell and transport cannabis would still be subject to legal penalties.

California state assembly member Ash Kalra mentioned who the stakeholders were on the AB 1793.

The San Jose politician explained that "220,000 cases are eligible for reduced sentences or cleared

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PHOTO COURTESY OF VEGGIELUTION

Volunteers participate in community engagement activities at the Veggielution farm which includes cooking lessons, gardening, picking up fresh veggies and more.

Veggielution strengthens community's food identity

By Winona Rajamohan
STAFF WRITER

Though the rain poured heavily last Friday night, the team from local community farm, Veggielution, pushed on with its agenda of serving food to customers outside the Hammer Theatre plaza.

The baked goods, salads and warm drinks on the menu were prepared by food vendors from Veggielution's latest pilot project under its ongoing food entrepreneurship program, Eastside Grown.

The project, called Eastside Grown Street Hub, is the first time that Veggielution has extensively

taken action in introducing sustainable food culture to the bustling trend of mobile food destinations.

"We wanted to infuse downtown San Jose with a new twist on street food vending," Veggielution's development communications manager, Emily Schwing said.

For the past 10 years,

Veggielution has been operating from its 6-acre community farm and gathering space in East San Jose as a platform to cultivate environmental justice, food justice, and social justice.

The organization was founded by three

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New Disney film "breaks" the sequel curse

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Opinion

It's time to remove stigma of losing one's virginity

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Sports

Spartans suffer worst loss of the season

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lives better, I can't ask for better," Moldovan said about his passion for problem-solving.

Medixflow, the winner of best social innovation and second prize for best overall innovation, invented a digital voice assistant for senior care.

"We are currently facing a huge problem that needs to be filled, which is senior caregivers spending a lot of time on documentation,"

business entrepreneurship senior and member of Medixflow Eduard Weichselbaumer said.

The device would enable caregivers to fill out documents by giving voice commands and importing the data directly into a computer system.

Members of the team said they believed that the efficiency in documentation directly correlates with the time caregivers spend on senior residents and patients.

Currently, the team has

completed research and plans to implement the demonstration at actual senior care facilities for the next step.

The winning teams would receive cash awards ranging from \$500 to \$1,500 for the budget of their innovation developments.

Based on the popular votes, SpotMe Solutions, a campus parking solution app, attracted most people's interest and won the people's choice award.

Follow Huan Xun on Twitter | @Huanxun_chan

15th Silicon Valley Innovation Challenge winning teams

- Best overall innovation: Paragit Solutions
- Second best overall innovation: Medixflow
- Third best overall innovation: Vessel Athletics and Sun Patches
- Best educational innovation: BridgeBrain
- Best Social innovation: Helen Keller and Medixflow
- Best elevator pitch: Vessel Athletics
- People's choice award: SpotMe Solutions

SOURCE: SILICON VALLEY INNOVATION CHALLENGE, INFOGRAPHIC BY HUAN XUN CHAN



PHOTO COURTESY OF VEGGIELUTION

Veggielution holds a community-led cooking calls, Veggielution Cocina, on the first Saturday of each month for residents to cook culturally relevant recipes with seasonal ingredients.

VOLUNTEERS

Continued from page 1

San Jose State University students who started off their gardening projects in backyards near campus before their vision was picked up with the support of the city of San Jose, finding a home in its current location at the Emma Prusch Farm Park.

Through community engagement, youth education and leadership development, Veggielution's food-centered programs allow residents to come together to volunteer at the farms, learn about healthy eating all while being in a fun environment that houses - even hosts live music, yoga and art projects.

"Our mission is to connect people from different backgrounds through food and farming for the community in East San Jose," Schwing said.

The Eastside Grown program came into action about a year and a half ago, it has been a tool for Veggielution to reach its goals of providing sufficient leadership development and training for low-income East San Jose food entrepreneurs.

The program provides them with resources, skills and network opportunities to build on their interest in food entrepreneurship whether it be cooking or growing food.

Through the organization's Street Hub pilot project, Veggielution intends to allow San Jose residents to not only enjoy the food before them but to understand the identity of the food with an appreciation of the hands that prepared them, as well as the nature of the ingredients and how they were harvested.

The food carts are placed alongside the "Ha Ha" artwork installation in the Hammer Theatre plaza every Friday, Saturday and Sunday evening and will

continue to do so until the start of 2019, creating an atmosphere that Veggielution envisions to be a space where customers and vendors can engage in a good social experience.

"I don't know whether it's all the technology here but people have been removed from their food," Schwing said. "We're hoping to put the people at front of the interaction with vendors, so it's not just a transaction but a social one, where customers talk to the vendors, learn about the program



I don't know whether it's all the technology here but people have been removed from their food.

Emily Schwing

Veggielution development communications manager

and the food."

For customers to be able to have actual discussions with vendors and ask them, "Why did you make this?" is what Schwing says to be a crucial part of bringing San Jose residents closer to an understanding of the city's food culture.

At Eastside Grown Street Hub, it is not merely an exchange for little snacks like chips, candy and ice cream.

The locally made food and beverages reflect San Jose's diverse cultural makeup and thus each reflects a story and a deeper meaning from the eyes of the vendors preparing them.

Many vendors at Christmas in the Park or Winter Wonderland downtown are not necessarily permitted to sell handmade food at their carts, which is why Veggielution looks forward to introducing these carts into spaces nearby as an avenue for these different types of food, Schwing said.

Veggielution's community engagement manager, Yazmin Hernandez held the

responsibility of recruiting unlicensed vendors doing their jobs on the streets into being a part of the program.

Hernandez said many vendors were skeptical about opportunities like these because of reasons such as licensing processes and past relationships with city officials when on the job.

"That was one of the requirements, that we would get vendors that have no form of licensing or permitting, we facilitate all of those permits," Hernandez said.

The program works with the Silicon Valley Small Business Development Center, which is funded by the Hispanic Chamber of Commerce, to provide professional business development training for vendors while allowing them to build connections with various organizations within the community.

For Veggielution, the end goal lies in giving these vendors a foot in the doorway to continue their careers in food entrepreneurship as licensed food vendors with the resources needed to grow their business efficiently and sustainably.

"We have events that are coming up and they're going to be first in line to cater for those events," Hernandez said. "The city is planning to subsidize food carts for members [of the program] so this gives them a frontline experience in which if anything happens they're going to be benefited first."

Follow Winona on Twitter | @winonaarjmh

POLITICS

Continued from page 1

convictions, but about 4,000 people have applied. That's just more than 2 percent. We don't know how many applied successfully."

According to the presentation put together by Students Against Mass Incarceration, 60 percent of people who are incarcerated in California are people of color.

"Looking at the 2014 data, the African-American, in terms of people who are incarcerated for marijuana is four times the population in California," said Robert Bonta, a California state assembly member representing part of the Alameda County. "The issue of cannabis dealt has been connected to racial and economic policy in our legislation."

The discussion shifted gears and led to the impacts an individual can face when convicted of cannabis possession.

Justice studies professor Edith Kinney mentioned cannabis convictions have caused barriers to the simple ways of life, such as employment, housing, education, financial aid and social services.

"There is a fiscal impact. The cost benefits of not having a conviction on one's record are, more employment opportunities, a net benefit of \$6,190 a year," she said. "People can earn more, which means our taxes get paid, and our salaries getting paid leads to better services."

Lauryn Crawford, a member of Students Against Mass Incarceration, suggested solutions for Santa Clara County to take into consideration. One suggested solution was to publicly announce a



The issue of cannabis has been connected to racial and economic policy in our legislation.

Robert Bonta
Alameda County
assembly member

detailed plan regarding how all demands of AB 1793 would be met by the 2020 deadline.

The student group additionally suggested the county aim to work toward becoming a model for cannabis clearance in the state by reducing 95 percent of charges and have a greater clearance rate in the Santa Clara County.

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Sequel captures spirit of the internet

By Myla La Binc
STAFF WRITER

Disney has managed to avoid the dreaded sequel curse with its latest animated film by producing a far superior and more entertaining film than the first.

The film picks up six years after “Wreck-It Ralph,” with the two characters continuing to play in their individual games.

“Ralph Breaks the Internet” brings back John C. Reilly and Sarah Silverman as the voices of Ralph and Vanellope respectively.

When Vanellope expresses her boredom with the monotony of her racing game, “Sugar Rush,” Ralph tries to help by creating a new track.

However, he ends up complicating matters when a child playing the arcade game in the real world breaks its steering wheel out of confusion.

With “Sugar Rush” in danger of being shut off, Ralph and Vanellope venture into the internet in order to find a new steering wheel on eBay.

The portrayal of the internet as a metropolis is the film’s best and most unique aspect.

Everyday activities done on our computers and laptops are depicted as characters traveling to various parts of the internet world.

For example, Ralph and Vanellope enter eBay, which is a large space with hundreds of auctions going on simultaneously.

Other popular websites are skyscrapers and buildings spread throughout the area.

A major highlight of the film is when Vanellope bonds with the Disney princesses when she goes to OhMyDisney.com.

All of the princesses are seen in their pajamas having a sleepover with Vanellope. I laughed at the references from their films on their clothing.

While the scene is entertaining and humorous, it also serves a purpose to the plot.

I love that the film does not sacrifice real-life consequences for humor, but instead combines both.

Vanellope has a moment of self-realization afterwards and questions whether she’s genuinely happy in “Sugar Rush.”

The film does a great job of showing her character development, as she struggles with her own dreams and wanting to make Ralph happy.

I like that Vanellope is not the same character shown in the first film.

This is what makes the film work so well; it gives a valid reason for making the sequel because it’s not the same story being told.

The bond between Ralph and Vanellope is similar to the relationship between a father and daughter, which is what makes the storyline so strong. It’s incredibly relatable.

That being said, the film is still unpredictable in terms of where it ends up going.

For instance, there is an unexpected musical number that had me laughing because I didn’t see it coming.

The animation is absolutely beautiful and colorful. The look of the internet is remi-

niscent of a brighter version of Los Angeles as seen in “Blade Runner.”

Reilly and Silverman are fantastic in the film. It’s clear that they are not phoning in their performances, despite it being an animated film.

It’s arguably harder to get emotions across through voice acting because the audience cannot see the actors, but both of them do an extraordinary job.

Sequels in general have a difficult time standing alone from their predecessors, but I’m happy to say that “Ralph Breaks the Internet” is an exception.

The film is remarkably different, but still manages to capture the emotion and heart of the first.

A word of advice, stay through the credits, especially if you’ve seen the film’s trailers. There’s a special treat included at the end that is hilarious.

Follow Myla on Twitter @mylalabine25

movie review

“Ralph Breaks the Internet”

Rating:



Directed by:

Rich Moore, Phil Johnston

Starring:

John C. Reilly

Genre:

Animated comedy

Spartunes

Spartan Daily editors' favorite songs about sex

SIDE TO SIDE

Ariana Grande
selected by Jackie Contreras

STILL CALLIN

Dom Kennedy
selected by Ben Stein

ALL THE THINGS YOUR MAN

WON'T DO

Joe
selected by Marci Suela

SLOW HAND

The Pointer Sisters
selected by Elise Nicolas

DIE FOR YOU

The Weeknd
selected by Melisa Yuriar

STRAIGHT UP & DOWN

Bruno Mars
selected by William dela Cruz

BEAT THAT THANG DOWN

03 Greedo ft PnB Rock
selected by Jasmine Strachan

EARNED IT

The Weeknd
selected by Gabriel Mungaray

GET YOU

Daniel Caesar (ft. Kali Uchis)
selected by Nicholas Zamora

BUTTONS

The Pussycat Dolls
selected by Dominoe Ibarra

BREAK FROM TORONTO

PartyNextDoor
selected by Jana Kadah

COCKINESS

Rihanna
selected by Amanda Whitaker

MAKING LOVE WITH THE RADIO ON

Gavin DeGraw
selected by Sarah Klieves

SCOTTY DOESN'T KNOW

Lustra
selected by Mike Corpos

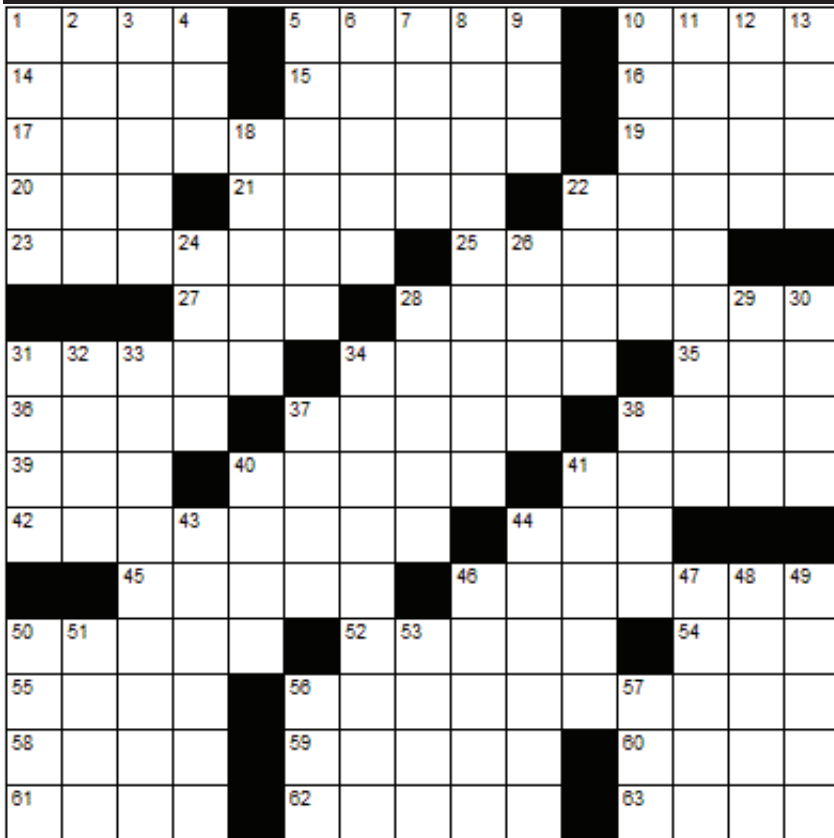


Listen to this playlist on Spotify:

<https://spoti.fi/2POfuWY>

CLASSIFIEDS

CROSSWORD PUZZLE



ACROSS

- Disabled
- Moon of Saturn
- Pitcher
- Skyward
- A pouch in some birds
- Placenta
- Daughter of Zeus and Demeter
- Pelt
- Gladden
- Smelter waste
- Splashed
- A watery discharge
- Make lace
- Unlucky
- Chocolate substitute
- Future fungus
- Genus of macaws
- Again
- Shout
- Radar signal
- A parcel of land
- Moses' brother
- Chip dip
- Attacker
- Ancient unit of measure
- Annoyed

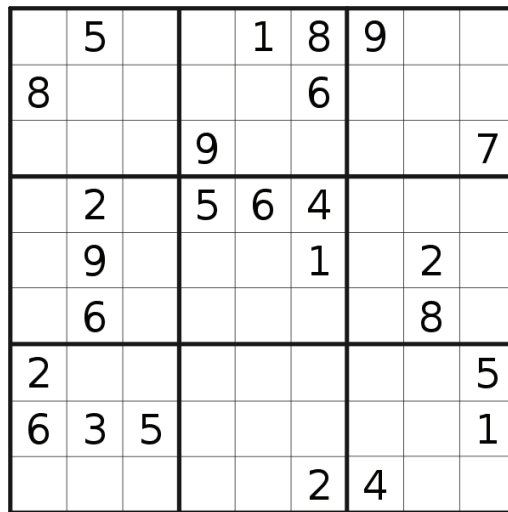
DOWN

- Flips (through)
- Dreadful
- Parisian subway
- Before, poetically
- Pill
- Homeric epic
- Legal wrong
- Not morning
- Greatest possible
- Build up
- Sport played on ice using brooms
- Hearing organs
- It was (contraction)

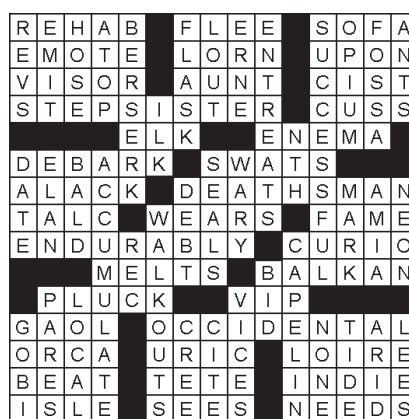
- Rehabilitation
- Apollo astronaut Slayton
- Put away
- Stringed instrument
- Trail
- Colored part of an eye
- The thin fibrous bark
- Serene
- Dwarf buffalo
- Fetched
- Tearing up
- Walk in water
- Pow!
- Northern diving birds
- Egyptian peninsula
- Blood vessel
- Tiny village
- Balderdash
- Jeweler's glass
- Ceased
- Accomplishments
- Celebration
- Police action
- Arab chieftain
- South southeast
- Bar bill

SUDOKU PUZZLE

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



SOLUTIONS 11/28/2018



JOKIN' AROUND

What do you get if you cross a snowman with a vampire?

Frostbite.

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LET'S TALK ABOUT SEX

EDITOR'S NOTE

The content of the following pages explores the variety of topics, issues and general information revolving around sex. Many of us college students use these years to explore our sexuality. The information gathered by the Spartan Daily provides readers – both students and non-students – with available birth control options. The articles written by the staff reflect the issues and misconceptions often linked to sex.

– Jackie Contreras, **Executive Editor**



The Pill

Prescription medication taken every day. Hormones in the pill stop ovulation and thicken mucus on the cervix.

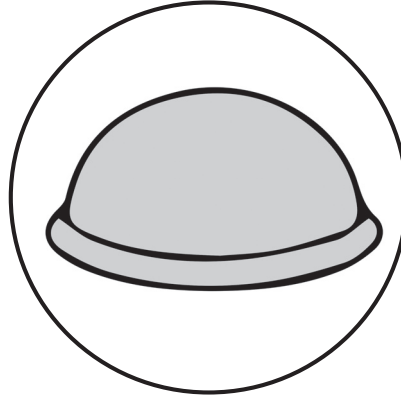
Cost: \$0 to \$50
Effectiveness: 91%



Condom

Thin, stretchy pouches of latex, plastic or lambskin worn on the penis during sex to collect semen.

Cost: \$0 to \$2
Effectiveness: 85%



Diaphragm

Shallow silicon cup that is folded in half then inserted in the vagina to cover the cervix. Adding spermicide to a diaphragm works more effectively.

Cost: \$0 to \$75
Effectiveness: 88%



Spermicide

A chemical that is put deep into the vagina before sex that blocks the entrance to the cervix.

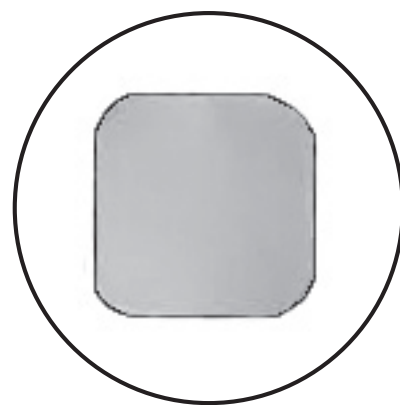
Cost: \$0 to \$8
Effectiveness: 71%



The Shot

Injection of progestin given once every three months to prevent ovulation.

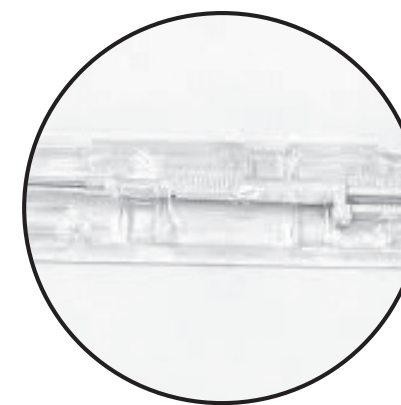
Cost: \$0 to \$100
Effectiveness: 94%



The Patch

Patch placed on the skin. Releases hormones to prevent ovulation and thicken cervical mucus.

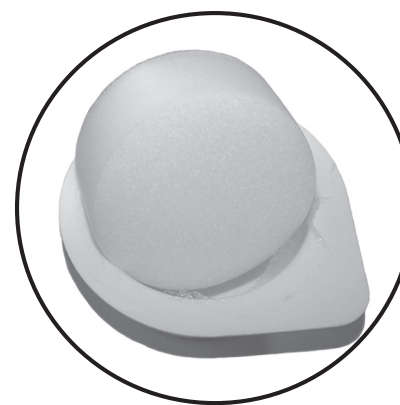
Cost: \$0 to \$150
Effectiveness: 91%



Implant

Tiny, thin rod implanted in the arm. It releases the hormone progestin that prevents pregnancy.

Cost: \$0 to \$1,300
Effectiveness: 99%



Birth Control Sponge

A small sponge that's made of squishy plastic containing spermicide that's inserted into the vagina before sex.

Cost: \$0 to \$15
Effectiveness: 76-88%

SOURCE: PLANNED PARENTHOOD, REPORTING BY JACKIE CONTRERAS & SARAH KLIEVES, INFOGRAPHIC BY SARAH KLIEVES

Deflowering delusions about virginity



Jana Kadah
COPY EDITOR

It's a comparison I've heard in different forms far too many times.

A woman is like a lollipop, soda can or piece of tape. If you open it, or "break the seal" then it is dirty and unwanted. Similarly, if a woman breaks her seal, then she too is impure and therefore unwanted.

As a child, these metaphors made sense to me. I was taught by my teachers, religious leaders and some women I admire, that my virginity was something to protect. If I lost it then not only did I lose a part of myself, but also my shot at love.

In fact, it wasn't so much so the act of having sex that would scare away any decent man, but just the notion that I may not be a virgin.

My mom taught me not to use a tampon so that nothing would break my seal.

Again, this made sense to me. Why would I ever want a man to think for a second that I was impure – especially over a silly tampon. It made so much sense until I decoded the myths of virginity.

Myth #1: Virginity is not biological.

For centuries, people have believed that a woman's hymen is proof of virginity, according to a TEDx Talk given by sexual health workers, Nina Brochmann and Ellen Støkken Dahl. If a woman broke her seal and bled on the sheets, she was a virgin. If she didn't bleed, then the seal was already broken by another man.

But if that were true, then one would be able to determine whether a woman was a virgin or not simply by looking at her genitals.

Women are not lollipops or soda cans. Their value is not diminished after one "use."

In 1906, Norwegian doctor Marie Jeancet examined a middle-aged sex worker and determined that her hymen was similar to that of a teenage virgin.

In a recent study done by the Royal College of Obstetricians and Gynecologists, 52 percent of women tested, who were between the ages of 13 to 19 and admitted to having intercourse, still had intact hymens with no evidence of penetration.

Of the 36 pregnant woman who were

tested, only two had definitive findings of disruption. Of the 200 never-sexually-active women, only 20 had complete hymen-clefts.

The hymen is like a scrunchie, according to Brochmann and Dahl. For many women, the hymen is elastic enough to handle penetration without sustaining any damage, while other women's hymens may tear a little to make room for the penis.

Many women sustain smaller tears during physical activities like horseback riding or gymnastics. And for almost all women, the hymen stretches and then reverts back to its original state.

Myth #2: There is no concrete definition of virginity.

If you cannot determine virginity biologically, then what is the concrete textbook definition that determines whether a woman is a virgin or not?

Most definitions will say it is a person who has never had intercourse. While this may seem obvious, the definition of virginity is actually quite vague.

Does it only mean vaginal penetration by a penis, or does it apply to penetration by a foreign object or oral sex?

Writer and historian Hanne Blank was faced with similar questions when she was a sex educator for young teenage girls. Her students would repeatedly ask what "counts" and if they were virgins.

Blank decided to look for the true definition of virginity in dictionaries, medical dictionaries, encyclopedias and even gynecology textbooks, but she couldn't find it.

In a lecture at the University of Maryland – Baltimore County, Blank spoke about her research on the history of virginity in her book, "Virgin Territory: On Writing a History of Virginity."

"If virginity exists objectively as a state or a thing, then it should have certain properties like observability or materiality. There should phenomena in other words, that we can measure by some reasonably objective external standard that will tell us whether someone is a virgin or non-virgin," she said.

Yet there is no biological or psychosomatic change that consistently occurs in a woman after she has intercourse. According to Blank, all but one study regarding virginity was inconclusive or not published.

Myth #3: Virginity does not determine a woman's purity.

So if we cannot accurately define what a virgin is, then it bodes many questions, among them, where does the concept come from? Blank, Brochmann and Dahl argue virginity is a social construct used to subdue and control women's sexuality.

The truth is, you cannot look between a woman's legs and see her sexual history. And more importantly, even if you could, it wouldn't tell you anything else about her.

Women are not lollipops or soda cans. Their value is not diminished after one "use."

Follow Jana on Twitter | @Jana_Kadah



IUD (intrauterine device)
T-shaped plastic or copper piece inserted into the uterus. Changes the way sperm cells move so they can't get to an egg.
Cost: \$0 to \$1,300
Effectiveness: 99%



Female condom
Pouch put inside the vagina to create a barrier that stops sperm from reaching an egg.
Cost: \$0 to \$2
Effectiveness: 79%



Vaginal Ring
Flexible ring worn inside the vagina that releases estrogen and progestin to help prevent sperm from meeting an egg.
Cost: \$0 to \$200
Effectiveness: 91%



Cervical Cap
A soft silicone cup that's inserted deep into the vagina that covers the cervix.
Cost: \$0 to \$90
Effectiveness: 71-86%

Student Health Center Resources

The Student Health Center is located inside the Student Wellness Center, across from the Event Center. Gynecological services including pelvic exams, pap smears and STI screenings are available for free or a reduced fee.

Pelvic Exam

What is a pelvic exam?

It's when a doctor or nurse examines your vulva, vagina, cervix, ovaries, fallopian tubes and uterus.

When should I get a pelvic exam?

If you experience pain or abnormal bleeding, think you might have a yeast infection or STI or to collect evidence if you've been sexually assaulted.

Pap Smear

What is a pap smear?

It's a screening test for cervical cancer.

When should I get a pap smear?

Beginning at the age of 21 or when you become sexually active. Scheduled annually or every three years depending on your medical history.

STI Screenings

What is an STI screening?

A blood or urine test, cheek swab or physical exam to test for STIs. Common STIs include chlamydia, genital warts, (caused by human papillomavirus or HPV), gonorrhea, genital herpes, HIV/AIDS, syphilis and pelvic inflammatory disease.

When should I get an STI screening?

If you've had vaginal, anal or oral sex or if you notice symptoms including sores or bumps on and around your genitals, weird discharge from your vagina or penis, burning while urinating, having to urinate a lot, or itching, pain, irritation and/or swelling in your genitals. Though it's important to remember not all STIs have symptoms.

SOURCE: STUDENT WELLNESS CENTER, PLANNED PARENTHOOD & KAISER PERMANENTE, REPORTING BY MELODY DEL RIO & SARAH KLIEVES, INFOGRAPHIC BY SARAH KLIEVES

Other Birth Control Methods

Withdrawal (pull out)

Pulling the penis out of the vagina before ejaculation.

Cost: \$0 to \$15

Effectiveness: 76-88%

Sterilization

A surgical procedure that permanently closes the fallopian tubes.

Cost: \$0 to \$6,000

Effectiveness: 99%

Vasectomy

Surgery to tie the vas deferens, the small tube in the scrotum that carries sperm from the testes.

Cost: \$0 to \$1,000

Effectiveness: 99%

Faking orgasms doesn't do any good



Melody Del Rio
STAFF WRITER

Clothes are off, knees are shaking, everything feels good but you're wondering why it's taking you so long to orgasm.

Being a woman, any topic revolving around sex is obscured. However these are the topics we should be talking about because it's absurd that women have to fake orgasms.

The topic of faking orgasms came up in conversation the other day with my group of friends.

During our conversation, we asked the question, "Why do women fake orgasms?" and wondered why would any woman want to fake it rather than communicate to their partner that they are not being satisfied.

I haven't talked to a female friend that has had sex and didn't fake an orgasm at least once. It's wrong and it shouldn't be encouraged because it doesn't help either party involved.

Sex is something that you're going to have to learn as you go. Figure out what feels good. Learn the do's and don'ts of what you're comfortable with and learn how to communicate with your partner.

You shouldn't give your partner the false idea that you're into it when in

reality you're not.

Though faking an orgasm is convenient, it's not necessary. A sex therapist who studied at Brown University named Vanessa Marin told Bustle, "You end up spending so much attention trying to convincingly fake an orgasm that you usually don't end up enjoying yourself very much. Your partner doesn't get to learn how to actually bring you pleasure."

Marin's statement makes sense. If you're busy faking it, you'll most likely not be able to orgasm at all. So why waste time faking an orgasm and miss out on the opportunity to have one?

Women aren't the only ones who fake an orgasm. GQ writer Jim Behrle has admittedly said he has pulled the O-face accompanied with grains.

Behrle did so by using a condom and then quickly throwing out the semen-less condom.

In a study called "Sexual and Relationship Therapy," researchers surveyed 230 American and Canadian men ages 18 to 29 and a full 30 percent of the men admitted to faking orgasms.

The reason stated that the reason some men decide to fake their orgasm was to boost their partner's ego and the other reason was that they were drunk.

According to Huffington Post's website, sex therapist Kimberly Resnick said that orgasms activates beneficial neurochemicals that provide emotional and physical benefits, such as improved

sleep, decreased anxiety and improved concentration. She states faking an orgasm forfeits your opportunity for these benefits.

The first partner I had I didn't know what was going on.

I didn't understand why he finished so easily and it took me a while to figure out what worked.

Being a woman, any topic revolving around sex is obscured. However, it's absurd that women should fake orgasms.

Sometimes it wasn't going to happen for me and because it wasn't getting anywhere fast, I faked it.

I wanted to spare my partner's feelings because he couldn't help me reach my finish and I didn't want him to think it was lack of effort on his part.

After talking to my close friends about my dilemma, I found out that I wasn't alone in faking an orgasm or two. It's no secret that women have a harder time reaching their climax than men.

University of Massachusetts professor of psychology and brain sciences Susan Krauss Whitbourne states that 70 percent of women do not experience orgasm whereas 90 percent of men do.

In another study, zavammed.com found that 20 percent of women have faked an orgasm during a one-night stand versus the 29 percent who've faked during a new relationship, and the 31 percent who've faked in a long-term relationship.

One should avoid giving false information about climaxing because better sex starts with open communication which can improve the experience.

When I started to tell my partner what worked for me, I no longer had to fake nor did I have to pretend. If it doesn't orgasm, I let him know it's not going to happen and vice versa.

This ensures neither of our feelings are hurt. Plus there is always another time so there is no rush.

Whether it's trial and error or if you're not going to reach your climax, make sure you don't mislead your partner.

Sex should be fun for both parties in the room and though an orgasm is the best way to conclude an encounter, sometimes getting to the climax falls a little short.

This is OK but do yourself and your partner a favor and don't fake it.

Follow Melody on Twitter @spartanmelody

Spartans sputter to sixth straight loss

By Paul Hang
STAFF WRITER

San Jose State University men's basketball team fell to Indiana State University 86-57. This marks the sixth consecutive loss for the Spartans.

Sycamores' sophomore guard Clayton Hughes opened the night with a 3-pointer for Indiana State, 26 seconds into the game. SJSU answered back with a 3-point field goal of its own by sophomore guard Noah Baumann to tie up the game shortly after.

As the game progressed, the Spartans' defense failed to defend the Sycamores' 6-0

SYCAMORES

86

SPARTANS

57

run to keep Indiana State in the lead 9-3 with 16:35 left in the first half.

Junior guard Brae Ivey thought the team was intimidated by the

Sycamore's performance and thought they didn't play as well as they should.

"It was more we got of to a slow start. We came out intimidated and we didn't come with the initiative that we needed to have," Ivey said.

The Spartans struggled to score until senior center Oumar Barry hit one of the two free throw shots to end the SJSU scoring drought.

Both teams continued



GABRIEL MUNGARAY | SPARTAN DAILY

Spartans junior guard Brae Ivey drives past a Sycamores' defender during the team's 86-57 loss Wednesday night at the Event Center.

to fight, but the Sycamores dominated the Spartans for most of the first half. The Sycamores constantly broke through the Spartans' zone defense.

By the 8:20 mark in the first half, the Sycamores led 21-14. The Sycamores continuously got out on the break, constantly knocking down 3-point shots in the first half.

For the next six minutes, the Sycamores went on a 13-0 run to extend their lead to 34-14. The Spartans' defense had no answer for Indiana State's two starting guards,

Tyreke Key and Hughes as the two combined for 23 total points in the first half.

The Sycamores led by as many as 24 points in the first half as they led 44-20 over the Spartans heading into halftime.

In the second half, the Spartans scored first after Ivey made field goal, looking as if they may come out of their shooting slump from the first half. However, the Sycamores carried their momentum and lights out 3-point into the second half. At the 17:27 mark, Indiana State built their

lead up to 50-25.

The Spartans failed to keep up with the Sycamores. With 13 minutes left, the Sycamores racked up their biggest lead of the night at 34 points, leading the Spartans 62-28.

Failure to grab rebounds and protect the paint doomed the Spartans for much of the second half. The team was out-rebounded 39-23 and outscored in the paint 50-20 by the end of the game.

The Sycamores exploited every weakness in the Spartans' defense and held on for the wire-to-wire

86-57 victory.

Barry thought the team didn't play as well and lacked energy.

"They're a pretty good team. We just got to give it to them and they were ready to play and won," Barry said. "We got to make sure the coming game we are ready to play from the start."

Head coach Jean Prioleau had a similar opinion to Barry. He felt their shooting woes and slow start did the Spartans in for the game.

"We did not come to play tonight. We're better

than that," Prioleau said. "I don't want just to say I'll just chalk it up a bad night. We should be able to play better than that."

Follow Paul on Twitter
@ITz_BisyMon

UPCOMING GAME

BCU vs. SJSU
Dec. 6 @7 p.m.

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themw.com

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