By Laura Nguyen

Lackluster jobs report means Fed is likely to continue stimulus

Students browse mytag.com, a website created by SJSU alumnus Tony Pham that allows users to buy and sell products.

ECONOMY

By Kevin G. Hall

WASHINGTON — A disappointing jobs report for September released by the government Tuesday points to an economy that was slowing even before the shock hit from a partial government shutdown and threat of a debt default. The Federal Reserve is now likely to keep its foot on the gas pedal.

Employers added a meager 148,000 jobs in September, the Labor Department said in a closely followed report that was more than two weeks late because of the government shutdown. The unemployment rate ticked down a touch, to 7.2 percent.

“The bad news is that the job creation rate here has been very slow, even before the government shutdown,” said Mark Zandi, chief economist for forecaster Moody’s Analytics. “The good news is that the job market isn’t making any changes to policy in the upcoming budget negotiations that may not think they will— the fiscal drag will fade going into next year and job growth will accelerate.”

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Rugby team seeking success for second season straight

By Kellie Miller

Wrestling for the ball, throwing the ball backwards and passing using both hands and feet were common sights at SJSU rugby team’s Blue and Gold Match Oct. 12. Rugby, a club sport at SJSU, was established in 1971 by Ron Macbeth, according to rugby club team Head Coach James Fonda.

For those who never watched the sport, Fonda said that rugby is a combination of football, hockey, basketball and wrestling.

“Basically it has all the same characteristics of football, the only difference is the park, of course,” Fonda said. “There are no pads really in rugby, and the plays in football are what, they’re ahead of you right, well in rugby, everything is behind you.”

Fonda said the comparison to hockey is a penalty of advantage, physical skills are used, such as in basketball, and due to the physical nature of the sport, rugby is like wrestling as well.

Fonda said the game of rugby is very structured.

“A lot of it is a game plan,” he said. “We have an array in the field, we divide different areas of the field, so we make calls with where you are and what you’re supposed to be doing, it just takes time.”

He said that in the season before he took over the team, they were strung out in 15 games, and said he believes the team is “bushing it in the right direction.”

“Our 2013 season was incredible, it was a good year. We won 7-4,” said Adil Charki, a junior corporate finance major and athlete on the team.

Only a handful of senior players left at the end of last season, so the team is really made up of the junior/senior justice studies major and team captain Jeremy Bielby, major and athlete on the team.

Fonda said that the season doesn’t start until January.

…We want to be that much more fit, that much stronger, and that much faster ...

Jeremy Bielby rugby team captain

This semester, the team is in pre-season, because there are so many new players to the team who don’t yet know how to play, according to Bielby.

“Lot of rugby is knowing where one another is going to play the ball and how you’re going to get it to them,” Bielby said. “And in a sense you’ve got to communicate with yourself, writing on the go.”

The Blue and Gold match had the Blue team setting up and playing against one another.

The match was a chance for the team members to learn how to play together and identify strengths and weaknesses.

“Due to the blue side, he liked the ball handling movement and decision making, and on the gold side he liked the communication.”

The team would work on getting into possession and kicker, according to Bielby.

Bielby said a goal for the team to do before the first game in February, but this was the best practice so far.

“People always come in overseas, and they eventually go on to nationals,” Charki said. “And typically, every year more and more students from the International House usually come out to play rugby because rugby is big in Australia.”

Charki said there have been players from England, Ireland, Scotland, New Zealand and Australia.

Charki said that there are a couple of new players coming in, including one from Great Britain.

“It’s a really cool experience to see how they play and see what they bring,” Fonda said.

Bielby said that usually after games, a social is held with the other team.

“This is something he called unique to the sport, a tradition and a good chance to talk to players from the other team and coaches.”

“We beat each other up for 80 minutes and then we go hang out with each other after,” Bielby said. “We consider the world’s largest fraternity.”

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`Captain Phillips’ takes viewers for a wild ride

By Samantha Mendoza

Two-time academy award winner Tom Hanks has come a long way since his first time on the big screen in 1980. “Captain Phillips” could be one of Hanks’ best performances yet.

Hanks stars in the film based on the true story of the first U.S. cargo ship to be hijacked in 200 years during 2009. The captain was almost empty. Perhaps it was a reminder of the action-filled journey Captain Phillips and his crew experienced during a cargo ship transport gone wrong.

Cargo ship Maersk Alabama was overrun by Somali pirates. There are many points in the plot when viewers might think the pirates will give up on their pursuit of hijacking the cargo ship, but their persistence and determination help them complete the task.

Once the pirates are on board, Hanks does all he can to protect his crew, even surrendering himself to the pirates.

A key factor to consider when seeing this movie is the shaky camera Greengrass utilizes throughout the entire film. Viewers would notice sickness to consider the constant shakiness of the camera. While the movie does take place on a ship, the camera wobbles constantly. Although this has been used by Greengrass before in movies, such as in the Bourne trilogy, use of the shaky cam in “Captain Phillips” is excelente.

One thing that wasn’t shaky was Hanks’ portrayal of Phillips. There would’ve been no actor more perfect for the role than Hanks.

Hanks’ strong emotions and passion keep viewers connected with Phillips’ character as he figures out how to save himself and his crew from danger.

In comparison, reviewers on Rotten Tomatoes gave “A Hijacking” a 96 percent on the Tomatometer. “Captain Phillips” closely followed behind with a 94 percent.

Greengrass did an incredible job through viewers taking the action-filled journey Captain Phillips and his crew experience during a cargo ship transport gone wrong.

Samantha Mendoza is a Spartan Daily staff writer.

Photo courtesy of imbd.com

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Dear Melissa,

It's been two months since my ex and I have been together intimately. I have a new boyfriend now and we are sleeping together. Since I've been with him, I want to get tested and found out that I have chlamydia. What do I tell my new boyfriend and do I contact my ex?

- Desperate and Confused

DearDesperate and Confused,

That's definitely a serious situation that requires honesty — no matter how uncomfortable it might be.

Chlamydia is easily treatable and uncommon, so it's good that you were tested and are hopefully pursuing a course of treatment, because if untreated, it can cause permanent damage to a woman's reproductive organs and lead to infertility, according to the Centers for Disease Control (CDC).

Thankfully, you can pursue treatment now that you know you have it, and you owe the same courtesy to any current past or present sexual partners, especially because infection rates with chlamydia are common and being infected multiple times increases your risk for pelvic inflammatory disease and other reproductive complications.

I would definitely tell your ex, because a chlamydia infection doesn't show symptoms right away, so there's a good chance you got it from him and he should have the chance to get treated and tested too.

Because it was a recent break-up, you might be on your speaking terms, but I would at least give him a clean bill of health so he knows that he should get tested. Your contact with him doesn't need to go beyond that, unless you want to know if he has it and confirm that he's the one who infected you.

People don't want to hear the scary news that they might have an STD... but he deserves to know and hear it in person.

While it might be awkward to talk about an issue like this or to reconnect with your ex, breaking the news to your new boyfriend will probably be the hardest part.

In order to prevent spreading the infection, you're going to need to wait a week after treatment before sleeping together again and you don't want him to take it personally, so it's bet-ter if you're honest with him and tell him what's going on. If he isn't infected, you definitely don't want to give it to him just because you didn't know how to tell him that you had a sexually trans-missible disease.

People don't want to hear the scary news that they might have an STD, let alone that they may have gotten it from their new partner on-boyfriend, but he de-serves to know and hear it in person.

Brace yourself and avoid accusation until every partner involved has been tested.

I would also look at the time-line of your diagnosis to try and figure out which guy infected you, because he could be carrying other STDs as well. If it's your new boyfriend, I would definite-ly encourage him to get tested for other infections that could have gotten you to the future.

Talking about something as private as an STD can be particu-larly difficult in a new relation-ship when you haven't had a lot of time to build trust, but it is a situation where you just have to take a deep breath and jump in the deep end of the pool.

Be honest and don't flinch to tell your boyfriend the truth. There's a lot of pressure to put on a new relationship, but let it be a defining moment.

If your relationship was meant to go the distance then he will be supportive and you two will be fine with this as a topic. If he gets scared and bolts, then he probably didn't deserve you in the first place.

Dear Melissa,

As a senior expecting to graduate this semester, my stress and anxiety levels have been off the charts. Most grad students have become so se-rious that I find myself breaking down cry-ing on a weekly basis. With the pressure to do well in my class, posters, presentations, I find myself losing grip with re-ality or it seems to be in a s-cramble between work, school and personal time. What are your suggestions for dealing with stress and anxiety?

- Secretly

DearSecretly Seeking Sanity,

I'm very sorry to hear about your high level of anxiety. I think it's definitely not alone. The best thing to do is to do any extremely stressful at-tention is to stop and breathe.

Sometimes we forget that we are masters of our own attitude and have more control over our lives than we realize — not in-cluding the things in your life that are out of your control, but in your reaction to those events.

The feeling that you're losing grip with reality is often a sign that you need to control those things more in your life, becoming tied from it because it can't be done and then spinning out of emo-tional chaos as you let your anxiety get away with you.

Graduation can lay on addi-tional anxiety about uncertainties in your future that can compound the problem, especially if you're just starting out and don't have to deal with the pressure of it. Don't wait until after you graduate to start the job hunt and keep your mind tidy enough to juggle it. You might not have considered be-fore you do the same, but you might surprise yourself.

A little time looking in-ward to figure-out what motivates and inspires you, rather than focus-ing on external or what is causing you stress.

The situation is differ-ent, but generally, when trying to juggle multiple responsibilities at the same time, eventually has to give. According to neuroscientists at MIT, it's just not possible to be 100 percent devoted to more than one task at a time research shows that the concept of multi-tasking is a myth.

Our brains can only process so many things at one time, or stop talking to your friends by the end of the month.

- Don't make yourself an island

DearDon't make yourself an island,

Don't make yourself an island and don't focus on making every-thing perfect. Take back your sanity one day at a time by taking small and remember that sleep is crucial to the body's repair and to the brain.

Graduation is supposed to be one of the most exciting times in your life, but it's often overshadowed by the feeling of relief from the demands produced from the plethora of details leading up to the big day.

Don't make yourself an island and focus on your classes or allow yourself to take a little break.

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