Elderly respected among university

By Laura Nguyen

Students such as Chris Gonzales, a graduate student in social work, and some faculty at SJSU are working to find ways to overcome the barriers of age.

“I’m in social work because it’s my expression of gratitude for what they gave to me,” Gonzales said about his family. “It’s a previous generation’s offering and leadership that will give me the opportunity to be where I am today.”

People may choose not to work with older adults because of the stereotypes, said Jessica Rodriguez, a graduate student studying social work and co-coordinator of marketing. She was also a volunteer with Gonzales for the senior health and wellness fair Thursday at the Timpany Center near Valley Medical Hospital.

“We are raising awareness, raising funds, doing something to support our culture this week,” she said. Cruz also took pictures of students in their photo booth for Instagram to help promote awareness for immigration reform.

“I hope everyone comes out and supports the rest of the week,” she said.

According to Student Advocates for Higher Education’s David Gonzalez, a freshman aerospace engineering major, the group wants to help undocumented students seeking a higher education, regardless of their origin.

“I hope everyone comes out and supports the rest of the week.”

Nayeli Cruz

Even though the groups that are participating in Nuestra Cultura are predominantly Latino-based, Gonzalez said Student Advocates for Higher Education supports all students who are undocumented citizens.

 commute member and director of CHAMP.

Multicultural Populations (CHAMP), the Timpany Center and the Multicultural Fair organized by the Santa Clara County, the Timpany Center and the County four years ago in cooperation with Santa Clara County, Megginson Center four years ago in cooperation with Santa Clara County, Megginson, SJSU faculty and project director of the Timpany Center, which provides rehabilitation and recreation for older adults.

The SJSU department of knowledge began running the Timpany Center four years ago with support from Seniors Clark County, Megginson and Julie. Gonzalez was pleased with the project.

“A prime example of Gonzales’ efforts was the senior health and wellness fair organized by the Seniors Clark County, the Timpany Center and the Santa Clara County. The fair was for HealthAge Multicultural Populations (CHAMP), according to SJSU division, faculty member and director of CHAMP.

The center is based online and is a membership program that helps seniors integrate various ways of teaching on campus and in the community.

HEALTH

ON PAGE 2

STUDENT LIFE

By Allison Williams

The force was with those gathered at Thursday’s Jedi Night on the Fountain.

Around 7 p.m., the stage was taken over by Jedis and Sith lords with their light sabers ready. The music was loud and urgent as the battle began. The two sides squared off on the brick of the tower fountain.

The red, green and blue light sabers were used by another organization to participate in Nuestra Cultura, she said. “It’s a new experience taking on a role in both clubs.”

The club is new this semester and Trump said the idea for the club came from his and his girlfriend’s Halloween costumes last year, a Jedi and Sith.

Alexis Miranda, a senior recreation major, said she is co-founder and treasurer of the club.

“We’ve been doing it,” Trump said.

“I get to meet a lot of people,” said Kelsey Bass, a sophomore intern at SJSU.

P. 3 A&E: San Jose celebrates Dia de los Muertos

By Chris Shyvers

Vivacious pedestrians, strolling and student groups at San Jose State have come together for Nuestra Cultura Week, an effort to raise awareness among Latino cultures.

Naryel Cruz, a senior sociology major, took part today with her group, Student Advocates for Higher Education, with a “Champ-

Monday’s “One Culture” in Spanish, according to Cruz.

The booth was named Chinon- maste because of the massive state of the group was selling, Cruz said, as they gave out information about California’s AB 540, which allows some undocumented students to attend CSU and UC schools for in-state tuition prices, as well as other information to help undocumented students get the resources they need for attending college.

Nuestra Cultura is an annual week-long event held at SJSU and organized by German Ulrich, a coalition that unites Latino organizations together on campus, Cruz said.

“We are raising awareness, rais- ing funds, doing something to sup- port our culture this week,” she said. Cruz also took pictures of stu- dents in their photo booth for Instagram to help promote awareness for immigration reform.

“I hope everyone comes out and supports the rest of the week,” she said.

According to Student Advocates for Higher Education’s David Gonzales, a freshman aerospace engineering major, the group wants to help undocumented students seeking a higher education, regardless of their origin.

Gonzalez also said Student Ad- vocates for Higher Education reach out to and visits school campuses in the area to raise awareness among students and parents about the op- portunities open to them, even as under-represented persons “fit in the same position as them,” Gonzalez said. “They don’t have a lot of op- tions.”

Just outside of Clark Hall, senior and junior liberal studies majors Lauren Mendez and Sarah Barboza were busy setting up their own booth, “Food a L.M.A.S.,” serv- ing fruits with tajin chili powder, grilled corn served with mayonnaise or cheese, as well as a face painting fundraiser.

“A.L.M.A.S stands for Academic Leadership Mentors Advocating for Success,” Barboza said, who serves as the group’s co-president. “We also concentrate on raising culture awareness among Latin youth.”

According to Barboza, money raised from the booth will go toward scholarships, as well as other fund- raising efforts, especially because the group just started.

“Last year we were approached by another organization to particip- ate in Nuestra Cultura,” she said. “We decided we wanted to do our own thing.”

Barboza said Academic Leadership Mentors Advocating for Success will put up an altar in remembrance of those who have passed for the Dia de Los Muertos event on Nov. 2.

“Basically we’re a group of girls and guys who put on a bunch of pro-
Club: Light sabers help members relieve stress

Events: Campus groups embrace their cultures

FROM PAGE 1

Health: Ageism impacts ‘me’ generation and senior citizens

FROM PAGE 1

Copyright 2014 Spartan Daily
By Juan Reyes

It may come as a surprise to some that Cinco de Mayo is not the only popular holiday in Mexican culture.

Hundreds of people showed up across the street of El Plaza de Cesar Chavez in downtown San Jose on Sunday to march down to the Martin Luther King Jr. Library for a pre-celebration of Dia de los Muertos, or Day of the Dead, as it's known here in the U.S. This may be the oldest celebrated holiday in Mexico and the Mesoamerican regions with evidence dating back before the Spanish Conquest.

This particular holiday typically starts on Nov. 2 in Mexico, but can begin as early as Oct. 27 in other countries. Dia de los Muertos is a time to recognize the dead and to remember all of those who have passed on, particularly dear friends and family members. Lolo Minako recognized one of her ancestors during the abnormal, jovial holiday.

"My great grandmother is a very special person that we lost and she was kind of a soulmate to us, " Minako said. "This is a good time for me to remember and honor her memory. "

Minako was dressed up for the occasion in her olive green and black dress and white face paint, and stood about nine feet tall on a pair of stilts that she said didn't take long to learn to use.

Next to Minako was Chiquy Boom, another stilts walker who came out to celebrate the festivities to honor the dead.

"It signifies the memory of the people we have lost dearly, " Boom said. "To me, this holiday is very important because I take the time to recognize my mom and all my close friends that have passed away. It's a way to keep them alive in our hearts and in our minds. "

A group of Aztec dancers put on a show to commemorate the holiday by performing a traditional ritual honoring the goddess Mictecacihuatl, Queen of the Underworld, or Lady of the Dead. The Aztecs believed the deceased preferred to be celebrated rather than mourned, so during the festival they first honored los angelitos, the deceased children, then those who passed away as adults.

Across the plaza was a group of people putting the final touches on their costumes and applying face paint, including event volunteer Tania Rejé who said she's been part of the Dia de los Muertos event since she was in a stroller.

"I grew up around this, " Rojas said. "I'm getting a different version since I'm in the United States, but to me, it's a lot about family and being unified, working together to remember the people that meant a lot to you in the past. "

Unlike most people in the U.S. who view death as a sorrowful and painful experience, someone such as Rojas said she likes to celebrate life through death because it's something inevitable.

"You can't do anything about it, " Rojas said. "The best way to deal with death is to embrace it through celebrating how awesome someone was. It kind of motivates you to leave a mark in someone's life. "

Juan Reyes is a Spartan Daily staff writer.

CULTURE
Dia de los Muertos turns death into celebration of life

Chiquy Boom Dia de los Muertos event participant

Lolo Minako (left) and Chiquy Boom make their presence felt during the Dia de los Muertos celebration in downtown San Jose on Sunday morning.

To me, this holiday is very important because I take the time to recognize my mom and all my close friends that have passed away.

Follow us on Twitter! @SpartanDaily

Lighten Your Spring Course Load

Advance Registration begins Wednesday, October 30

www.sjsu.edu/winter
**Soccer**

**Women’s team looks to continue success**

By Kristi Myllenbeck

The Spartans’ (2-13-1, 2-6-1 MW) sophomore goalkeeper Zoe Makrigiannis recorded her second clean sheet in as many days when the team was able to shut out San Jose State (3-13-1, 2-6-1 MW) 1-0, in a Mountain West Conference (MW) action on Friday at Spartan Stadium.

“We have a young team, but a very exciting team,” she said. “Winning the conference is our goal for this year.”

Junior midfielder Alexis Venegas lifted the Spartans’ offensive output with three goals.

“We did pretty well last season, we beat, but we can do it,” she said.

“We are united as a team, and we play and fight for each other every match,” she said. “Each of us have big potentials.”

Gaelle Rey, a freshman forward, scored her second goal of the season.

“I think we have a good spirit,” she said. “We worked hard to achieve our goal.”

By Kristi Myllenbeck

Women’s tennis team looks to continue success

**SPORTS**

Men’s soccer ends with a draw

By Kristi Myllenbeck

For the Rams (2-13-2, 1-9-0 MW), freshman defender Stephanie Reynolds lifted the ball and run of play throughout the ball and played in front of the net. The second half saw San Jose State with the ball and turned and fired it high into the net. The second half saw San Jose State with the ball and turned and fired it high into the net.

“The team had success in the Intercollegiate Tennis Association North- west Regional Championships at Stanford on Oct. 12-13.”

Five seniors, including senior midfielder Megan Molina and senior goalkeeper Zoe Makrigiannis, will soon be leaving the team. The seniors have had a tremendous impact on the team, and their contributions will be sorely missed.

“We have new girls that are prepared to face that challenge,” said Malroux. “I feel like this year we’re just going to keep flowing that success from last year ...

**STAFF REPORT**

The San Jose State men’s soccer team seemed to be headed for victory over Air Force, but was held to a 1-1 tie in the 90th minute.

“I think we have good chances to be successful this year,” Bacelar said. “We worked pretty hard, every day, every week. “

According to the SJSU athletics, “I feel like this year we’re just going to keep flowing that success from last year ...” Malroux said.

“We may be our biggest com- petitors,” he said. “But I think we are prepared to face that challenge.”

Spartan Daily and SJSU Athletics contributed to this staff report.
It’s not religion or politics, it’s respect.

It’s not about voting for the team you like, or not hating your team. It’s not about the color of your team’s jerseys. It’s not about politicians, it’s respect. It’s not religion or politics. What I’m talking about is social issues and human rights.

Sports are a microcosm of the nation. They show us the good and bad. They show us the inequality that exists in our society. They show us the progress that has been made and the progress that still needs to be made.

The nation has come a long way since 1942, when Jackie Robinson first stepped on the field for the Brooklyn Dodgers. The fact that he was able to break the color barrier and play in the major leagues shows us how far we have come.

It has been less than a decade since the repeal of Don’t Ask, Don’t Tell. While strides in racial equality have been observed, sports remain one of the last bastions where many of these issues are still a problem.

In 2011, a fan at a preseason Detroit Red Wings and Philadelphia Flyers game threw a tennis racket at the ice while Wayne Simmonds, who is black, was playing in the shortest.

It’s ridiculous and really opened my eyes to the world by themselves? That’s why I love reading about what’s going on in the world, and how people are treating all people.

In her article “You’re vegan, we get it,” Ilyssa Russ says, “Don’t think that eating clean is an easy job or that you have to be perfect all the time. It’s not that hard.”

I agree with Ilyssa. Eating clean is not easy, but it’s definitely worth it.

It’s not about being perfect, it’s about making good choices. And I think that’s something we can all do.

In conclusion, I believe that sports are a microcosm of the nation. They show us the good and bad. They show us the inequality that exists in our society. They show us the progress that has been made and the progress that still needs to be made.
NEWS

SpartaGuide
Amy Ellingson: Methodologies - Conflating the systemic and the gestural
Today
5 p.m. to 6 p.m.
Art Building, Room 133

46th Annual Spartan Service Celebration
Wednesday, Oct. 30
3 p.m. to 5 p.m.
Barrett Ballroom

Slayer Concert
Wednesday, Oct. 30
7:30 p.m.
Event Center

Take Flight with PR: Presentations and panel discussion with high-profile members of public relations firms
Tuesday, Nov. 5
5:30 p.m.
Barrett Ballroom

Tuesday Night Lecture Series: Barbara Alexandra Szerlip
Tuesday, Nov. 5
5 p.m. to 6 p.m.
Art Building, Room 133

sjDANCEco ChoreoProject Awards
Thursday, Nov. 7
7 p.m.
Spartan Complex, Room 219

SJSU Crime Log
10/21 - 10/27

The following items are selected from the University Police Department daily crime log. Times shown are when the incidents were reported to police.

Oct 21
American Language Lab
An officer responded to a report of a bicycle theft.

Oct 23
King Library
Police arrested a man on suspicion of public intoxication and disorderly conduct.

Oct 25
10th St. Garage
An officer found two people lodging in the garage elevator. The pair was asked to leave the campus.

Oct 26
Spartan Stadium
A person attempted to take food platters from a refrigeration unit. The suspect fled when confronted by security staff.

Oct 27
South Fourth Street
Police arrested a man on suspicion of driving under the influence.

Information compiled by Leeta Rose Ballester from SJSU police department

ENVIRONMENT
Mercury from Gold Rush mining still washing downstream in floods

By Bettina Boxall
 McClatchy Tribune

LOS ANGELES — The destructive environmental legacy of Gold Rush mining in the Sierra Nevada could last for thousands of years in the form of ongoing erosion of mercury-laced sediments, according to new research.

Mercury, a toxic heavy metal, was used in copious amounts in California’s hydraulic gold mining operations in the mid- and late 1800s. Miners blasted gold-bearing sediment out of vast, ancient gravel beds with water cannons. They then added liquid mercury to the slurry, allowing the gold-mercury amalgam to sink to the bottom of troughs.

But finer gold-mercury particles washed out of the mixture with the bulk of the sand and gravel. It has been estimated that between 3 million and 8 million pounds of mercury entered the environment from the hundreds of hydraulic gold mines that were operated in the Sierra before a court order banned the downstream deposition of mining debris in the region.

Researchers have long known that mercury-tainted sediment has made its way downstream all the way to San Francisco Bay, contaminating fish and wildlife and entering the food chain.

In a paper published online Monday in the Proceedings of the National Academy of Sciences, researchers tried to get a more precise idea of the deposition process.

They examined historical streamflow and topographical data in the Yuba River corridor and ran models to gauge sediment distribution downstream of old gold fields.

They concluded that large stores of undiluted mining debris remain in the river’s floodplain — a reservoir of contaminants that major floods can unleash and carry downstream for the next 10,000 years.

Given predictions that climate change will increase extreme weather events, powerful floods capable of eroding the mercury deposits could become more frequent.

Potent floods can “effectively deliver toxic sediment slugs downstream into sensitive lowlands, thus augmenting a major potential source of food web contamination” in the tidal wetlands of the San Francisco Bay estuary, wrote the authors, led by Michael Bliss Singer of the Earth Research Institute at the University of California, Santa Barbara.

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