WORKSHOPS

Peer Health Education program lets students teach each other

By Yasmine Mahmoud

The Peer Health Education program is a series of student-run workshops and events aimed to inform San Jose State students about the physical and mental health issues that affect college students.

“Just a tool to help the community,” said Bessy Estrada, the peer educator. “And make us aware of the things that we usually neglect in our everyday lives.”

The Peer Health Education program focuses on wellness and preventative care.

“Our education levels may be different, so keep an open mind,” Bell said.

Peers health educators are SJSU students who are trained to understand and present health issues affecting college students.

Peer health education seminars are typically presented in health science classes, where there are about 30 students, Bell said.

The Peer Health Education program hosts interactive presentations throughout the semester, where students can learn about the seven issues the program focuses on – alcohol,

By Nick Esposito

The South Bay Assembly of Nurses (SBAN) is hosting their second annual bone marrow drive today from 10 a.m. to 2 p.m. in the Art Quad, if weather permits. If so, the drive will move to the Student Union Pacifica Room.

Today is the final day that SBAN will check the eligibility of participants and register them as potential bone marrow donors, said Spencer Wong, a senior nursing major and co-president of SBAN.

The event is held in honor of John Estolano and Ryan Manansala who both have been diagnosed with leukemia. Estolano has been diagnosed with acute lymphoid leukemia (ALL) on New Year’s Eve 2012 and has since gone into remission.

“Acute lymphoid leukemia has a 90 percent survival rate for five years,” Estolano said, “Coincidentally, over break we found out that a fellow classmate was diagnosed with leukemia and after hearing that we were shocked.”

Wong said that Asian Americans represent only seven percent of the registry, which is why SBAN teamed up with the Asian American Donor Program (AADP).

“The goal of this event is to bring awareness about donating bone marrow and how to be a bone marrow donor in the future,” Wong said.

“Blood drives are a waste of time,” Estolano said. “I was shocked when Estolano was diagnosed. I was trying to tell them to go and do something different. We are really, really close to the point of where it wouldn’t work anymore if we continued (chemotherapy) regime.”

“The doctors said to have me continue my (chemotherapy) regime,” Estolano said. “But I was not willing to take the risk of getting cancer.”

The bone marrow drive began in 2013 as a way to do something different, but the meaning evolved when Estolano was diagnosed.

“We use blood drives and blood screens on campus, but realized that no one has done a bone marrow drive on campus,” Wong said.

“Initially, over break we found out that a fellow classmate was diagnosed with leukemia and after hearing that we were shocked,” Estolano said.

“We saw blood drives and blood screens on campus, but realized that no one has done a bone marrow drive on campus,” Wong said.

“We are very excited that we can help save lives,” Estolano said. “We hope that this drive will make a difference.”

“We need to be between 18- and 44-years old and we are going to have them enroll our own checks,” Wong said. “There will be no needles in this drive and it’s entirely painless.”

SBAN is a club for nursing students to help put on health-related events and living public speakers to campus, effectively to connect nursing students with various resources.

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Daniel Ellsworth and The Great Lakes drops ‘Kid Tiger’

Daniel Ellsworth and The Great Lakes' second album, “Kid Tiger,” is set to release today.

The album, “Kid Tiger,” is a stripped-down sound simultaneously conjuring the pop buoyancy of fun, a “Funeral” era Arcade Fire style of Jerry Lee Lewis, and the raspy minimalism of The Black Keys.

“Kid Tiger” is crisp and catchy, but is regrettably over-produced. It’s difficult to attribute the over-production to producer Mark Nevers, whose Midas-touch legacy irksome quality about the album.

“Kid Tiger” is the most accessible, but ultimately not brave or original. Perhaps the undue hype surrounding the release of their first album, “Civilized Man, and exceeded their goal to raise $7,000.

The single “Sun Goes Out” achieves the grandiosity and controlled chaos of a “Funeral” era Arcade Fire song. The soft sound of a synthesizer buzzing and light drumming creates the effect of white noise behind Ellsworth singing. “We say over and over we’ll do the things we like when we’re older, we’re getting older every day.”

About one minute and 10 seconds into the song, a distant sounding electric guitar steadily prepares for Ellsworth to pound his piano in the ferocious style of Jerry Lee Lewis. At about 30 seconds, a distant sounding electric guitar softly prepares for Ellsworth to pound his piano in the ferocious style of Jerry Lee Lewis. At about 30 seconds, a distant sounding electric guitar softly prepares for Ellsworth to pound his piano in the ferocious style of Jerry Lee Lewis.

The White Stripes and The Raccoonemus, Ellsworth’s piano in a welcome force behind the songs. Ellsworth, who was a contestant on the sixth season of NBC’s “The Sing-Off,” also delivers a flawless falsetto. The emphasis on four-part vocal harmonies is pleasant.

“Calm down, we’re headed for a wreck a city sent to ruin for a wreath a city sent to ruin and crumble, we set ourselves against ourselves, we carry on” bringing a symphonic apocalypse to mind, one in which the spirit of optimism will be triumphant.

Out” achieves the grandiosity and controlled chaos of a “Funeral” era Arcade Fire song. The soft sound of a synthesizer buzzing and light drumming creates the effect of white noise behind Ellsworth singing. “We say over and over we’ll do the things we like when we’re older, we’re getting older every day.”

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New house-flipping show is late to the party and underdressed

By Nick Ibarra

On paper, HGTV’s new reality show “Flip It To Win It” combines the visceral satisfaction of a remodel- ing show with the risk and reward of high-stakes gambling. Onscreen, however, low production value and cardboard characters leave the show on a shaky foundation.

Despite what the name suggests, this isn’t a game show, but a house-flipping show. For those unfamiliar with the genre, think “Extreme Home Makeover” meets “Hogan’s World.”

For those who are familiar, you might be thinking, “Wait, aren’t there already, like, three of those on air?” To which I would say, stop thinking so much, this is reality TV.

“Flip It To Win It” follows two-person teams of house-flippers who scour out defaulted homes about to be put up for auction on the courthouse steps. While the teams poke around through the side and back yards of prospective homes during their scant expedition, they aren’t allowed to set foot inside. The teams are after the same homes, and they viciously bid against one another to get what they want. Once a house is bought, the team is finally able to open up, and those moments are some of the highlights of the show. Here are the interiors: As can be expected when buying a fixer-upper, a floor plan and results may vary.

Next, a construction crew is brought in for 30 days to remodel and furnish the home to prepare it for a quick turnaround sale on the market. The transformation between how the interior’s start and where they end up is definitely satisfying, as is finding out the final sale price.

Another highlight is the auction segment. It’s the Silicon Valley of everyone is frantically swiping at iPads and most of the men are sporting extra-tight shirts, popped collars or both.

Real money is on the table here. One of the teams purchase the most expensive house, a fixer-upper in Los Gatos, that opens at $625,000 and closes well over $1 million.

That’s the basic premise, and it’s definitely got some meat to it. That’s not what you came here to find out, though. You came here to find out if this new housing show has the right stuff.

The slightly longer answer is no. The short answer is no. At least not yet.

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The short answer is no. The slightly longer answer is no, at least not yet. While there are a handful of satisfying moments in “Flip It To Win It,” they are overshadowed by cringe-inducing canned lines followed by uncomfortable laughter and awkward look-aways. “This house is going to take a ton of work,” says one partner. “More like two tons,” says the other.

“We’re like ninjas of real estate,” says another man as his team is introduced.

Such fare is typical for the reality genre, but subpar production values and questionable edits make this new show less than ideal.

For those unfamilier with the genre, think “Extreme Home Makeover” meets “Storage Wars.” For those who are familiar with the genre, think “flip or flip it.”

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By Tony Nuñez

The Spartans softball team began the weekend with a split in the two games against the UCI Highlanders. The Spartans earned the win in Saturday’s contest with a score of 8-3, come-from-behind effort led by sophomore Jessie Huffman. The Miners took the second game of the doubleheader on Sunday with a score of 7-4, thanks to a late-game surge to stifle the Spartans’ cushion, but the defense had to weather both games of the doubleheader Saturday in the Libby Matson Sports Complex.

The Spartans’ offense was led by Huffman, who went 2-for-4 with a single and drove in a run of the game. The Miners scored three runs in the top of the sixth inning, the Miners record the win. Huffman led the Spartans with two runs scored.

The Spartans continue their season next week with a doubleheader at home against the Cal Poly Mustangs.

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SJSU’s bats smacked 13 hits and routed the University of Washington Huskies, 9-6, on Thursday in the season opener and gave starting pitcher Macy Rippentrop the win of the season.

The Huskies scored the first run of the game going two for two at the plate and added two runs to the game to record the save. The Win Pack held SJSU scoreless for the remainder of the game and tucked on three more runs to record the win.

The Wolf Pack held SJSU scoreless for the remainder of the game and tucked on three more runs to record the win.

Garcia was two for four and added a home run, four RBIs and two runs scored. The Spartans continue the season next week with five games. Stetler wiped out any chance the Huskies had with two outs in the top of the first inning.

Recent Mountain West Baseball Player of the Week Jessica Loper had two runs in the game going two for two at the plate and added two runs scored.

Senior Devin Caldwell and sophomore Jessie Huffman outlasted any chance of a comeback. Seaver was the Spartans’ top hitter with two runs scored and added two RBIs and two runs scored.

Neither team could recover from Saturday’s contest, going one for one with a home run, four RBIs and two runs scored.

In game one, the Spartans’ offense was led by Huffman, who went 2-for-4 with a single and drove in a run of the game. Huffman led the Spartans with two runs scored.

The Spartans got a single from Jessica Michelle Coch with two runs scored in the seventh inning. The Miners scored three runs in the top of the sixth inning, the Miners record the win. Huffman led the Spartans with two runs scored.

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Comcast, known for its unbelievably low value to customers and its customer service, is about to get even better.

Hang on, I think you just missed a turn. Let me try again.

Comcast, known for its outrageous prices and axiomatic customer service, is in the midst of acquiring Time-Warner. While this deal will bring together the two largest Internet providers in the U.S. and create a behemoth on the high-speed Internet market that already exists. If approved by the FCC, the deal will put Comcast in the category of America’s many households, according to the Los Angeles Times. The Associated Press reported on April 3, 2014:

"It may not be a coincidence that days after the acquisition was announced, Comcast and Netflix announced they would be starting a "mutually beneficial" arrangement in which Netflix will allow Comcast to own its content is delivered to Comcast customers in "high-quality.""

Comcast Executive Vice President David Cohen was quick to warn consumers not to expect stronger service, or even slower price increases, in the future, but he said he can’t see how the deal would hurt consumers.

Former FCC commissioner Michael Copps disagreed. "I think we need to require Comcast to keep the one big media ecosystem we have in this country, which is broadcast, basic cable, and most online media, and preserve one player, one portal for being the center of massive influence and gatekeeping control, and that’s why I think we need to get consumers and plain old democracy," he said in an interview with All Tech Talk.

"Gravity" and "American Hustle." The Academy Awards ceremony is redundant in the Internet age

The Academy Awards ceremony is essentially just a tool to get a bunch of people win an award, they really just slap among friends in an egotistical way. It's just a high five or a butt kiss, it's lightweight ass kissing. For every award show, there's no reason to watch unless you're a fashion blog-reader and want to bitch about Kim Kardashian's outfits or see people win an award. Every year the process gets repeated. People win an award, they say, "I found this to be very interesting and saddening at the same time."

"I don’t see color," is a phrase becoming more common and "People are more than their skin color" is a phrase that is being accepted as nations such as France, the U.K., the U.S., and Japan, while South Korea has even further in the face. That's pretty embarrassing for a nation that invented the Internet and continues to try to limit it for economic growth or for political and cultural importance. Net neutrality is threatened by Comcast, Netflix merger

Net neutrality is a fight worth fighting

The potential of the Internet as an engine for the free and open exchange of culture, science, and society is at risk. The Internet is no longer just a luxury. It has become an essential utility to modern society, and we, as a society, are going to have to take steps to protect it from distribution by conglomerates and corporations such as Comcast. According to data compiled by the Federal Communications Commission, Co-operation and Development, high-speed Internet in the U.S. is twice as expensive and half as fast as nations such as France, the U.K. and Japan, while South Korea has...
**Crime Log**

The following events were taken from the University Police Department’s daily crime log.

**March 8: 05 p.m.**  
A woman reported that her backpack was taken from her office in the administration building.

**12:33 p.m.**  
A subject suffered from sudden illness at Duncan Hall and was transported by ambulance to a local emergency room for treatment.

**12:42 p.m.**  
Police officers responded to a theft reported at the Martin Luther King, Jr. Library. Officers tried to detain the suspect. In the process, the suspect tried to push a stroller with an infant into on-coming traffic. The suspect resisted and battered officers. Officers subdued the suspect and turned over the suspect for mental evaluation. The infant was released to a family member.

**1:32 p.m.**  
A woman reported that her backpack was taken from her office in Campus Village Market. An ambulance transported the subject to a local hospital.

**8:05 p.m.**  
At Campus Village Market, a male subject reported he was feeling ill from marijuana consumption. An ambulance transported the subject to a local hospital.

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**Educate: Student fees fund lifestyle workshops**

**FROM PAGE 1**

“[I] think that it will help us if we know how to perform on the field,” Lazalde said about a body image workshop called “The Self-Love Diet: The Only Diet That Works.” The workshops are run by Peer Health Educators, and are interactive. Students who participate as audience members are asked to participate, and are encouraged to engage and participate in the presentation, she said. “Many students are very much engaged,” Lazalde said. “We have a lot of questions to ask and it’s very interactive as it gets students to participate.”

Lazalde said that it’s important for students to be involved in on-going care to a subject. Officers responded and took the subject to a local hospital for treatment.

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**Help: Group raises awareness of underrepresented donors**

**FROM PAGE 1**

Ly said all that is required is a check-in, or fundraise and donations have found at the drive.

“Stor 6 to 9 p.m. clean outs testing your work. It’s enough to see if you might be a match in a patient,” Ly said. “From these preliminary tests, if you look like a match they are going to ask you for a blood sample to confirm.”

Elizabeth Ortega, a junior psychology major, said the process was simpler than she thought it would be.

“I used to have this pre-conception that they have to do a spinal tap to see if I was a match,” Ortega said. “I wish more people knew that it was very harmless and that you just use swabs.” Once a participant’s information is submitted, individual health care providers can search the database for registries that match their patient’s need.

“[...], [they] settle to decide in one or two ways,” Wong said. “They will either ask for a blood transfusion, when they sit there for a few hours and the bone marrow is filtered through the blood, or the other way, which is a normal procedure where they extract the bone marrow from your hip bone.”

Estolano underwent a bone marrow transplant on June 11, 2013. He is now in remission, but his main focus is getting back to school and finishing his degree and, most importantly, staying alive.

“It’s bitter sweet but mostly sweet because during the whole journey you don’t care about anything other than being alive,” Estolano said. “Donating bone marrow to me that much of a commitment I know it saves so many lives especially for minorities and those who come from multi-ethnic backgrounds.”

Nick Esquivel is a Spartan Daily staff writer.

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**Memorial: Community remembers student’s inspiring take on life**

**FROM PAGE 1**

Brenden never gave up. His friends described his hard work and dedication as “the Triage mentality.”

On Monday, Feb. 10, friends, acquaintances and JSU community members gathered in remembrance of Brenden as a vigil held in front of Joe West Hall, where he resided during his first semester.

Brenden inspired many, including his girlfriend, Kris Fred. In a eulogy she wrote, “He saw a light in everyone and more lives for those who are going to ask you for a blood sample to confirm.”

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**Help:** Group raises awareness of underrepresented donors

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While Brenden saw a light in everyone, many lights shined for him at the vigil.

Funeral services were held at Good Shepherd Church Feb. 18.

Brenden leaves his parents, younger sister Naomi, family members and close friends. Jeannette Layes is a Spartan Daily staff writer.