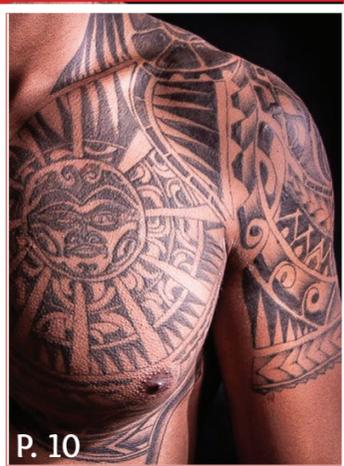




Under your skin

An in-depth look at body modification



P. 10

Photo courtesy of Geo Miller | Zenith Art Photography



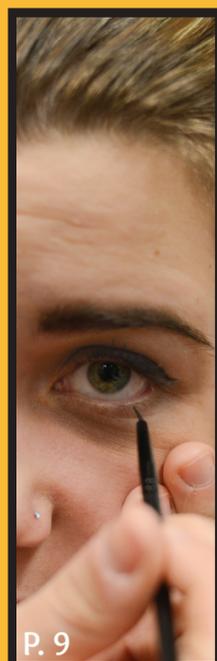
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Jerica Lowman | Spartan Daily



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This special issue of the Spartan Daily focuses on body modification. The aim of this issue is to highlight the predominance of body modification, not just on our campus or in our nation, but internationally. From the conscious decisions people make to pierce or tattoo their skin to the cultural meanings behind issues such as female genital modification, body modification is a historical phenomenon that is still present today.

We hope you enjoy the trip from then to now.

Scan here for a world view of body modification.

<http://bit.ly/1gQH7cp>



CULTURE

Body modification differs in various cultures, religions

By Jessica Schlegelmilch
@jessieschleg

Much of the tattoo and piercing culture we find in America today come from traditions all over the world.

Americans may have been the first to popularize tattoos and piercings in a pop culture context, but the body modification trend extends far beyond the United States.

Foreign exchange students at San Jose State gave insight on body modification in their cultural and religious contexts.

Andrew Kiernan, an exchange student from Ireland, said he got his nipple pierced on a weekend holiday in Galloway, Scotland. After he got out of a long relationship, he convinced his friend to get a nipple piercing with him to "do something different."

His friend was hesitant at first, but Kiernan said he "kind of put it into his head that it would be a great idea, and he decided then that it would be."

He apparently has a high threshold for pain, because he said "The nipple piercing didn't hurt me at all but (for) my friend it hurt quite a lot. He was ... grimacing the whole time."

Kiernan said body modification is "pretty acceptable" in Ireland.

Irish law states that without a parent or legal guardian's permission, you must be 18 to get a tattoo or piercing, but Kiernan said many establishments don't care about the law.

"I know people (who've) got their tongue pierced and they're 13 years old or even younger, and I know that is completely illegal but they (piercers) just don't care if they're getting their money," he said.

Dental work, including braces, are free until you're 18, Kiernan said.

Throughout his life, Kiernan estimated he's chipped and repaired his front tooth eight different times since he was 8 years old.

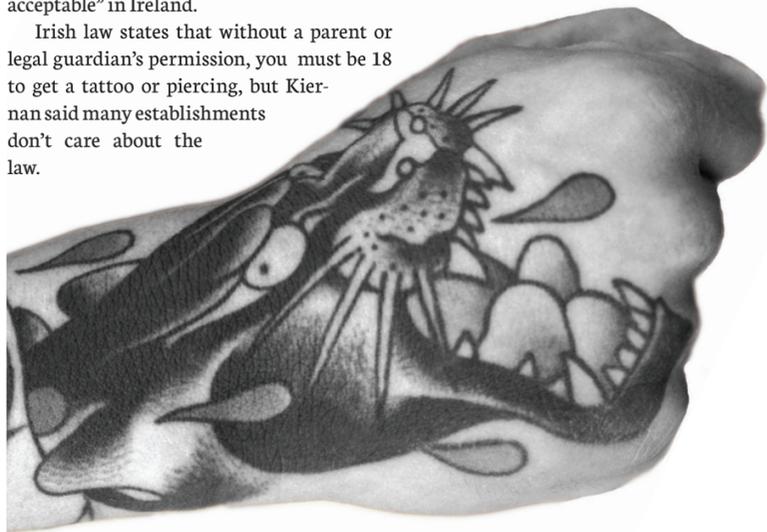
"I was playing this computer game that I usually beat and for some reason I couldn't beat it and my hands were tired from hitting the computer screen so I decided to bite the computer screen," he said.

After getting it repaired, he chipped it again trying to open up a carton of milk and another time when he accidentally hit himself in the face with a guitar.

At a certain point, Kiernan said, "I just decided I didn't want to get it fixed again, I didn't really care."

Before he came to America, he went to the dentist after not going for seven years because he knew it would be expensive to get dental work in America.

Sven Kestan, a foreign exchange student from Germany, talked about the German "norms," or lack thereof, about tattoos and piercings.



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Rabih Alameddine is the author of *The Hakawati*, published in ten languages, which *The Wall Street Journal* called "a new Arabian Nights," as well as two previous novels and a collection of short stories, *The Perv*. Born in Jordan to Lebanese parents, he trained as an engineer before moving to painting and writing; in 2002, he was awarded a Guggenheim Fellowship. Alameddine's latest novel, *An Unnecessary Woman*, will be published in the U.S. in early 2014.

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Kesten said people can wear whatever they want because there are no norms.

"People who wear tattoos and piercings most often they are just fun and open-minded," he said.

He said he believes tattoos are a personal decision and that people have to know what they want to wear for the rest of their lives.

"I don't want to judge other people, other tattoos, he said. "It's like their opinion and that's fine."

German and Irish attitudes seem relatively congruent with the ones we have in America.

Moath Alsaud and Salman Alanazi, two exchange students from Saudi Arabia said they believe some Americans have misconceptions about their culture.

Alanazi and Alsaud said that not accepting body modification in Saudi Arabia is "not about religion, it's about culture."

"It's really okay in our religion," Alsaud said. "There's no rules for it, it's about the culture. People (don't) accept you, especially your father."

Alsaud and Alanazi are both Muslim, but they said their religion does not have rules about hair or piercings.

"You can do what you want," Alanazi said.

Alanazi, who has a fauxhawk hairstyle, with the sides of his head shaved, said it's not the length of his hair, but the style, that can be culturally unaccepted.

They said women in Saudi Arabia are also allowed to cut and dye their hair.

Alsaud said a lot of people outside of Saudi Arabia have the misconception that women can't do anything in their country.

He said women can do whatever they want, and that prohibitions about women driving, for example, have to do with the culture, not Islam.

Alsaud and Alanazi said a lot of the cultural boundaries, not only with body modification but other aspects as well, often make people close-minded.

Alsaud said Saudi Arabian schools send students to America to expose them to different cultures and "make them more open-minded."

Their school sent them to America, paid for their education, gave them checks for monthly expenses and bought them a ticket to return to Saudi Arabia once a year to see their families.

However, tattoos are prohibited in their religion, Islam.

"I have not seen anybody from Saudi Arabia who has a tattoo," Alsaud said.

Instead, Alsaud said young people are more fascinated with new sports apparel, like a cool T-shirt or new shoe line.

Alsaud said this is the biggest cultural difference regarding what is "cool" in Saudi Arabia.

Going farther east to India, Shivam Puri, an exchange student from the state Maharashtra in western India, said body modification, especially tattoos and piercings, "nowadays is a trend."

In India, he said, people normally get meaningful tattoos.

For example, he said his sister has an anchor tattoo because their family is in the merchant navy business.

Puri has a piercing on his left ear and said that Indian people who get piercings chose to for the same reasons that Americans do, "they think it looks cool."

He said, specifically in his region, boys and girls get their ears pierced at a very young age. He doesn't know the specific reason why this is done, but it is a cultural tradition in Maharashtra.

Puri said during Kumbh Mela, a festival that happens once every 14 years on the river of Ganges in central India, deeply religious people called "sadus" or "babas" wear elaborate costumes and paint as a way to devote themselves to different gods in the Hindu tradition.

"If that god has got a piercing, they might get a piercing accordingly," he said.

Babas, who are mostly men, also do not cut their hair.

In Punjab, a state in northwest India, Puri said Sikh, a religious group, has a very strict religion that prohibits its followers from cutting their hair, which is why many of them wear turbans.

However, in recent years, younger generations have not taken these rules as seriously as past generations.

"I have some Sadhar (male followers of Sikhism) friends who had long (hair) before, but now they don't have it," Puri said. "Even the women in that culture are not supposed to dye their's but they are doing it anyway."

Puri estimates that 95 percent of people in the region wear turbans.

Isadora Busch, a foreign exchange student who has a German father and Italian mother but was raised in Brazil, explained that in Brazil, tattoos and piercings have a lot to do with the separation between the lower and upper classes.

She said acceptance of things such as tattoos and piercings is a very new thing in Brazil.

She said in her parents' and grandparents' generations, tattoos and piercings were associated with gangs, drug dealers and rebellious characters.

"There is not so much racial or ethnic segmentation (like in America), but there's a lot (of) social class segmentation," she said, adding that people from different classes probably wouldn't even hang out with each other or go to school together because upper-class families pay for the children to go to private school, something that lower-class families cannot afford.

She said her parents' European backgrounds make them more conservative than some of Isadora's Brazilian friend's parents.

She has eight piercings in her ears and a belly button ring, all pierced since she arrived in America a year and a half ago.

She said her parents were not happy about the piercings because it's not what they expect from her upper-class background.

To continue reading, scan QR code below



Scan here for the rest of Jessica's story and a video.

<http://bit.ly/1hiNd0k>



HISTORY

Current gauging trend has deep historical roots

By Philip Beadle
@Beadlebeat

The trend of gauging earlobes is the process of shoving progressively larger jewelry into a piercing to stretch the hole wider and results in either admiration or cringes from observers.

Stretching body parts is not a new fashion. The world's oldest preserved mummy, King Tut and even Gandhi had gauged earlobes.

Across the globe, archaeologists have discovered a variety of jewelry in several different cultures that all stretch earlobes.

Anthropologists believe that jewelry was significant in several ancient cultures.

The oldest record of a man with gauged earlobes is the preserved mummy nicknamed Otzi by researchers, according to the late Dr. Konrad Spindler, an Austrian archaeologist who studied Otzi and wrote "The Man in the Ice" about him.

In 1991, Otzi the Iceman was discovered preserved in glacier ice in the Alps, according to a 1994 New York Times article.

The same article said that the copper-bladed ax found with Otzi could mean he was wealthy and socially significant.

Reconstructions of Otzi's face showing gauged earlobes have appeared in National Geographic.

This means Otzi, who died around 5,000 years ago, wore gauges.

He also had about 50 tattoos from head to foot, according to National Geographic.

Otzi is not the only famous mummy with gauges, however.

Pharaoh Tutankhamun's burial mask shows large holes in his ears and photos of his

corpse confirm that he had stretched earlobes.

Considered to be the epitome of the "Golden Age of Pharaohs" by Egyptologists, archaeologists found a large collection of treasures that he was buried with.

Several pairs of earrings were found, one of which was fastened to the ear using a thick bar.

A report in World Scientific asserts that these artifacts were significant

illustrates most of what is known about Egyptian pharaohs.

This evidence suggests many pharaohs, wealthy nobles and social elite wore elongated ears.

These gauges were relatively small, about a size six today.

They were also mostly plugs which occupy only the space in the earlobe, but some

He also wrote that most statues of Buddha are representative of the enlightened state, but may reflect what the Buddha actually looked like.

Postel said he likely would have removed the jewelry when he denounced materialism and gave away his possessions, but his ears would not have healed.

In an article titled "Precious Stone of Grace," Norman Hammond, an archaeological professor at Boston University said the Mayans also wore large gauges, usually "flares" or "flesh tunnels."

Hammond said that jade, a stone both unique to Central America and sacred to its people, was used for special occasions.

Flares are circular gauges featuring a groove along the outer edge which creates a trumpet horn shape, allowing it to rest snugly in the earlobe.

Hammond said the Maya created very heavy stone gauges, some too large or heavy to be worn by a living human, that were purely ceremonial and profoundly important, as evidenced by the Pomona Flare.

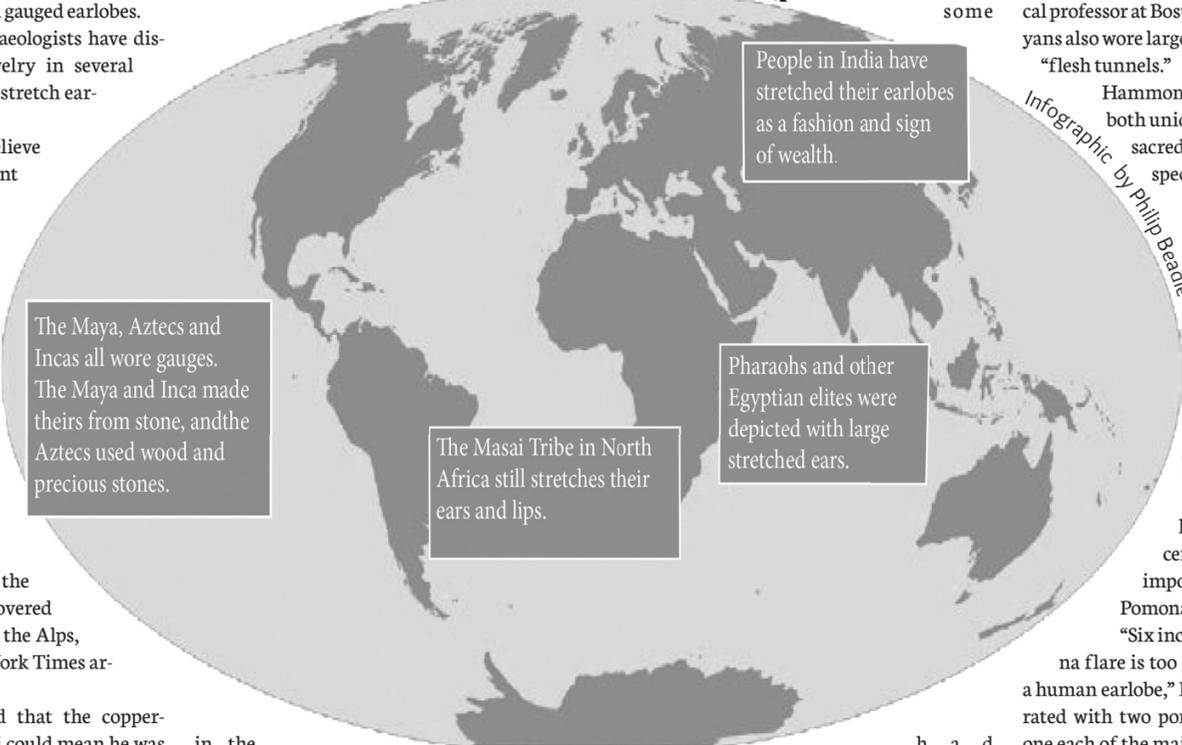
"Six inches in diameter, the Pomona flare is too large to have been worn in a human earlobe," Hammond said. "It is decorated with two portraits of the sun god and one each of the maize and dark gods, together with an early hieroglyphic text that has been read as referring to the rising of the sun and his passage through the heavens to darkness or perhaps allegorically to the accession of a ruler."

The Aztecs and Incas also wore similar but slightly simpler plugs made of wood inlaid with gold or other precious metals that are similar to jewelry worn today.

Now, people all across the world are sharing the ritual of stretching their ears.

Philip Beadle is a Spartan Daily staff writer.

Around the World



Infographic by Philip Beadle

in the Ancient Egyptian burial process.

"Gold was related to the afterlife due to its sun-like brilliance," the report states. "Lapis Lazuli, khesbed in ancient Egyptian, was believed to possess certain magical powers and was considered to be the most precious, after gold and silver, because its special blue symbolized the heavens."

The report also states that, because most Egyptian tombs were broken into and robbed before excavation, the young pharaoh's tomb

had

Egyptians were not the only ones who used ear gauges as social symbols.

Michael Postel, in "Ear Ornaments of Ancient India," described how ancient Indians also elongated their earlobes.

"Children's ear lobes were pierced and a small clay cylinder was put in the holes," Postel wrote. "As the child grew, increasingly large cylinders were put in the lobes until they had stretched enough to accommodate plugs with diameters of up to six centimeters."

WOMEN

Female genital modification continues as 'rite of passage'

By Josie Chavez
@Josie_Chavez23

"Love hurts three times—when they cut you, when you are married and when you give birth," Waris Dirie said.

Dirie is an international model, UN ambassador and author of "Desert Children," a book which details her own efforts to stop female genital modification (FGM).

Dirie is also a survivor of FGM.

According to a report by the United Nations, 125 million women and girls in 29 countries are affected by FGM.

The Center for Disease Control approximated that every week 6,000 girls in the United States are in danger of genital modification.

According to the CDC, female genital modification, sometimes known as female genital cutting or female circumcision, is the partial or total removal of the external female genital organs often performed on girls between the ages of four and 14.

The World Health Organization (WHO) also reports that the long term consequences of FGM can include recurrent bladder, urinary tract infections, cysts, childbirth complications and newborn deaths as well as the need for future surgeries.

FGM is generally done with no anesthesia and consists of the removal of the clitoris and cutting of the labia minora after which the vulva is stitched together

WHO has four categories for FGM: clitoridectomy, excision, infibulation and the fourth is the unclassified combination of all three.

WHO reports that instruments used in FGM include "special knives, scissors, razors, pieces of glass and sharp stones."

Equality Now, a non-profit organization working to end violence against women, reports that females who are subjected to FGM are at risk of contracting infections, hemorrhaging, becoming infertile and, in some cases, death.

According to WHO, FGM can also cause painful intercourse and complications during childbirth. The consequences following FGM can also result in a painful menstrual

cycle and the inability to feel any sensation during intercourse.

The United Nations Children's Fund, a United Nations program that provides developmental and humanitarian assistance to mothers and children in developing regions, estimates that FGM is practiced in 29 countries including Africa, India, the Middle East and the United States.

In places such as Gambia, it is not uncommon to use fingernails to remove an infant's clitoris, according to a WHO report.

The United Nations calculates that 125 million females have been subjected to FGM in Africa and the Middle East since 1989.

CDC reported 150,000 to 200,000 girls are currently at risk of FGM in the United States alone.

WHO reports that the reasons usually fall into four categories: socio-cultural, hygienic and aesthetic, spiritual and religious and psycho-sexual.

FGM is seen as a rite of passage and is performed to ensure the girls and women retain their virginity and purity, according to WHO.

In many communities, it is believed that the girl or woman will be guaranteed a husband and also ensure fidelity in the marriage.

"When you have the culture telling you that your value is only about your body, your virginity, your worth is only to the extent that you're a virgin," said Tanya Saroj Bakhru, Ph.D., an assistant professor in the women, gender and sexuality studies program at San Jose State University. "That really restricts a woman's ability to be self-determined, (and) decide what they want to do with their bodies."

Rosemarie Skaine, author of "Female Genital Mutilation: Legal, Cultural and Medical Issues," discusses the different motivations that communities have to perform FGM.

Skaine writes that communities believe the mere physical appearance of the external genitalia is "dirty" and "ugly," some communities even believe the genitalia will grow into a penis if it is not cut.

SEE BODY ON PAGE 6



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DIETING



Colton Seike | Spartan Daily

Left: San Jose State amateur powerlifter and avid dieter Ilyssa Russ concentrates during one of her power squat routines inside the Sport Club Fitness Center weightroom. Top: A row of meals prepared by Ilyssa Russ is lined up on a table top and set for packaging. Russ constructs her meals with vegetables and meats to fulfill her need of proteins, carbohydrates, fats and other macronutrients to meet the requirements of her diet.

Athletes prosper with healthy lifestyles of their own

By Colton Seike
@Colton_Seike

Dieting is often seen as a must for people who are on a mission to become fit and healthy. Many overdo the plan, but some are making it a healthy lifestyle change.

In sports such as power lifting and wrestling, athletes are challenged to diet — in some cases to an extreme — to perform to their best ability.

Athletes are constantly watching their figure, counting calories and being conscientious about what is going into their bodies on a daily basis.

According to the U.S. Department of Agriculture, the daily calorie intake for active adults is 2,400 to 3,000 for males and 2,000 to 2,400 for females. The calorie intake for most athletes is about 2,000 to 8,000 daily. While training, those calories are spread across five to seven meals.

Todd Robinson, the head coach of San Jose State's powerlifting team, said he believes that dieting is very important in order to train hard, get stronger and perform in all competitions.

"In order to get strong, the student-athlete must

train hard, but also eat well and sleep well for recovery," Robinson said.

Robinson said that healthy food is a necessity for anyone's diet and without it their body cannot grow. The good nutrients and food that go into the athlete's body is what is strengthening them.

Water is also important for any athlete looking to become stronger. Without water in the body, their strength could decrease about 10 percent, according to Robinson.

"We find that most of our underweight students who join the team gain weight as they add muscle from train-

ing," Robinson said.

Avid dieter, body builder and SJSU amateur powerlifter Ilyssa Russ continues to add muscle, strength and lose body fat through dieting.

"For the most part, I try to gain muscle at the same time as losing fat or not gaining any fat as much as I can," Russ said.

Russ said she prepares her meals daily and is on a program called intermittent fasting. In the program, she only eats from 1:30 p.m. to 11:30 p.m.

During her fasting program, Russ eats clean and fresh foods such as vegetables throughout the day to fit in all the necessary proteins, carbohydrates, fats and other macronutrients.

In Russ' dieting lifestyle, she is very conscientious about weighing everything that she cooks to either ounces or grams.

"I need to know what is in everything," Russ said.

Russ said she tends to cook a lot of low-calorie foods such as shirataki stir-fry, one of her favorites. The stir-fry contains chicken, carrots, broccoli and shirataki noodles.

She believes dieting is important to her fitness lifestyle.

"You eat to fit your fitness goals," Russ said.

Russ said she believes that the extreme, restrictive and traditional dieting is dangerous.

"I don't necessarily say that what I do is a diet," Russ said. "I live a lifestyle. It's flexible dieting. I don't want to be in a diet where it's all about the things I can't eat."

Russ realized that by eating healthy and clean foods, not only is she performing well as a powerlifter, she is also enjoying living a healthy lifestyle.

"I've realized that eating good, nutritious and clean food is not an act of self-punishment, it's an act of self-

love," Russ said. "When you learn to love who you are and learn to appreciate your body as a temple, that's when your diet transforms from a diet to a lifestyle."

Bart Ryan, a senior justice studies major and member of the SJSU powerlifting team, said he often sees many focusing on their daily calorie intake and believes that what they put into their bodies is very important.

Bulking up, increasing muscle mass and getting stronger is often on the minds of athletes.

"I think everybody kind of has a phase in them," Ryan said. "The ideology is that with more muscle mass, there's more muscle and more strength that comes with it."

The goal is to develop a health life plan that incorporates all the dimensions of health-wellness...

Daniel Murphy
SJSU Health Science
and Kinesiology lecturer

Ryan said he believes all people, not just athletes, should be aware of what they put in their bodies instead of eating whatever they would like to eat.

According to the Silicon Valley Index from 2011 and 2012, 53.3 percent of adults were either obese or overweight in Silicon Valley, compared to 59.8 percent of adults in California.

"For me, (dieting) is more living the healthy lifestyle," Ryan said.

Powerlifters are not the only student athletes going through extremities in their dieting.

Jobel Cabigting, a sopho-

more communication studies major and SJSU wrestler, is also disciplined in his diet plan.

Cabigting said he gives his body what it needs on a daily basis to perform to the best of his ability in competitions.

Cabigting said he watches what he eats and avoids unhealthy foods and drinks that are around him. He views dieting as a stress-reliever and an energy boost.

"It's not that difficult to move toward a healthier lifestyle once you plan out the objectives," Cabigting said.

Small snacks such as yogurt and oatmeal are important for Cabigting to eat on a daily basis as it keeps his appetite up and metabolism going.

Daniel Murphy, a health science and kinesiology lecturer at SJSU, has found that there are not many benefits to extreme dieting and that people should make a lifestyle change instead.

"There are no long-term positive health benefits to extreme dieting or fad dieting," Murphy said. "The goal is to develop a health life plan that incorporates all the dimensions of health-wellness, which can include balancing intellectual, spiritual, psychological, physical, social and environmental components of health."

Murphy often notices certain health consequences for those who do not eat enough on a daily basis while dieting.

"It is about making healthy food choices," Murphy said.

Dieting should not be what people look for in their lives.

A healthy lifestyle change is what they should be thinking about on a daily basis.

"Dieting is dangerous," Russ said. "A lifestyle change is where people need to be headed."

Colton Seike is a Spartan Daily staff writer.



WILLIAM JESSUP
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Herb-Parmesan Roasted Tomatoes

(Recipe courtesy of Health.com)

¼ cup grated Parmesan
½ teaspoon dried oregano
½ teaspoon kosher salt
⅛ teaspoon freshly ground black pepper
⅛ teaspoon garlic powder
2 teaspoons extra-virgin olive oil
12 ½ inch- thick tomato slices, from 6 medium tomatoes

1. Preheat oven to 425°F. Line a rimmed baking sheet with parchment. In a small bowl, combine Parmesan, oregano, salt, pepper and garlic powder. Add olive oil and stir to form a moist mixture.

2. Arrange tomato slices on baking sheet and spoon a heaping 1/2 tsp. Parmesan mixture on top of each slice, dividing evenly. Use your fingertips to press into an even layer. Bake until tomatoes are soft and topping begins to brown, about 20 minutes. Serve hot or warm.

COMMENTARY

PED, steroid use injects skepticism into American sports

By Austin Belisle
@AustinBelizzle

To “juice” or not to “juice?” It’s been one of the most challenging questions athletes have had to deal with since performance-enhancing drugs (PEDs) and steroids were injected into the culture of American sports, changing the public’s perception of athletic achievement forever.

The steroids era is at a crossroad. On one hand, fans are tired of attaching asterisks to longstanding records and accomplishments.

On the other, it’s difficult to watch a sport such as football and ignore the increasing size and speed of the world’s most visible athletes.

Theodore Butryn, sport sociology and sport psychology professor at San Jose State, said he believes the popular view on steroids is one tinged with negativity.

“I certainly think that the public perception is that a PED is ‘bad,’” Butryn said. “One of the main reasons it is ‘bad’ is because it is ‘cheating.’”

In the Bay Area, for example, Barry Bonds’ record-setting 2001 season, in which he hit 73 home runs, has been slapped with a giant asterisk. Bonds’ entire career is marred with “before-and-after” images of a man transformed by anabolic steroids.

Bonds was a potential hall of famer before the height of the “steroids era” and was one of the most prolific players to step up to the plate before taking the “Cream” or the “Clear.”

According to Baseball-Reference, Bonds won the MLB’s Rookie of the Year in 1986 and also garnered the NL’s MVP award twice during his career with the Pirates, once in 1990 and again in 1992.

According to the Center for Substance Abuse Research (CESAR), anabolic steroids are any drug or hormonal substance chemically related to testosterone, a male hormone that promotes muscle growth.

While many in the Bay Area believe the steroid controversy began with the BALCO investigation and eventual downfall of Victor Conte in 2003, anabolic steroids and performance-enhancing drugs have been promi-

nent scientific developments since the 1930s. Anabolic steroids were developed by German chemist Adolf Butenandt in 1935 to treat hypogonadism, or testosterone deficiency, according to Sports Illustrated’s timeline of performance-enhancing drugs published in 2011.

According to Sports Illustrated, American doctor John Ziegler developed the anabolic steroid methandrostenolone in 1958 that provided the muscle-building benefits of testosterone without certain androgenic side effects.

In today’s world of sports, Ziegler’s original formula has been adapted and enhanced to include an entire cocktail of supplements and substances for athletes to use.

The uproar over steroids and doping erupted in 1988, when Ben Johnson’s record-setting 9.79 in the 100-meter dash at the Seoul Olympics was deleted from record books and his gold medal stripped after Stanozol, an anabolic steroid, was detected in his urine sample.

Daniel Murphy, a health science and kinesiology lecturer at SJSU, said he finds the issue of steroids to be a particularly complex topic.

“As a society, we hold athletes to double standards,” Murphy said. “We often admonish the athlete who uses PEDs or social drugs, while many of us are doped on legal, over-the-counter and illegal drugs on the daily.”

The NCAA, according to its official website, bans anabolic agents, stimulants, alcohol and beta blockers, masking agents, peptide hormones and analogues, anti-estrogens and Beta-2 Agonists.

These drugs, according to CESAR, are often used through injection, both intravenously and intramuscularly.

Elite athletes use PEDs through stacking, a method that requires the user to ingest a dose 10 to 100 times higher than those normally prescribed for medical conditions, which may provide the user with increased muscle mass, but can cause long-term problems such as liver disease or liver cancer, according to CESAR.

Student-athletes in the NCAA lose one full

year of eligibility for the first positive test result and a second positive renders the student-athlete permanently ineligible.

Don Cardona, owner of local fitness studio iNmotion Wellness, has seen an increase in the popularity of over-the-counter supplements and exercise nutrition products in recent decades.

“The popularity of Mark McGwire and Sammy Sosa was fueled by PEDs,” Cardona said. “Their faces were plastered over bottles of androstenedione and this stuff was completely legal (in the late 1990s).”

Androstenedione, a substance banned by the NCAA and four major sporting leagues, has been used by athletes to increase the production of the hormone testosterone to enhance their athletic performance, as stated in a study published by Rice University.

But Butryn said he believes that such drugs also have positive benefits and should not be regarded in a completely negative light.

“Certainly, some PEDs have positive effects,” Butryn said. “If you have a muscle wasting disease, steroids can be beneficial and used to boost red blood cell counts.”

When a player breaks a record or performs an athletic feat only possible in one’s imagination, the public and the media immediately wonder, “Is the player cheating, using steroids, supplementing?”

Cardona, unlike the majority of the public, said he has been questioning athletes for decades.

“Players have been using performance-enhancing drugs for years,” Cardona said. “Basketball players were using cocaine, baseball players were juicing and the NFL has done the best job in keeping steroid use under wraps.”

According to a 2013 study by the National Baseball Hall of Fame and Museum, 63 percent of the public believe that steroid use is a big problem among professional athletes.

“Steroids can’t give players like Bonds or A-Rod the god-given ability to swing a bat or catch a baseball,” Cardona said. “Steroids only enhance their ability and make them the multi-million dollar contracts that young athletes dream about.”

While the general public sees steroids as a negative, if integral, part of sports, the ath-

letes themselves look at steroids as the key to a successful, prosperous future.

In a 2005 USA TODAY survey of 568 professional baseball players, 79 percent said that they believed steroids played some role in record-breaking performances by high-profile players.

“Trying to scare athletes by telling them drugs are harmful is not going to work,” Butryn said. “It was the fear of being banned and the loss of income that was the biggest reason for not wanting to dope.”

Athletes such as Alex Rodriguez, the New York Yankees slugger recently embroiled in steroid controversy, are almost solely motivated by the lucrative \$100 million contracts awarded to the game’s best players.

Lance Armstrong, on the other hand, has experienced a complete fall from grace in the public eye after being exposed as a doper on his way to seven Tour de France championships.

The United States Anti-Doping Agency (USADA) published a 202-page report on Oct. 10, 2012 detailing its reasoning for banning Armstrong from competition for life.

In the statement, the USADA outlines Armstrong’s “use and/or attempted use of prohibited substances and/or methods including EPO (blood doping), blood transfusions, testosterone, corticosteroids, and/or masking agents.”

Butryn said that embarrassment and shame, especially related to family members, is a major factor for why some athletes choose not to dope.

The debate on steroids was recently rekindled after Bonds was hired as a batting coach for the San Francisco Giants.

Some argued that he should be banned from the sport as a convicted felon while others still view Bonds as one of the greatest players to set foot on a diamond. Either way, steroids may or may not have aided his ascension to the top of the MLB record books.

The legality, morality and safety of PEDs and steroids will always come into question, infusing the American sporting world with skepticism at every fallen record and athletic achievement.

Austin Belisle is a Spartan Daily staff writer.

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Information compiled from NCAA
Information compiled by Austin Belisle

Check out Tony Nuñez's story about tattoos in sports.

<http://bit.ly/1saJOFi>

Check out Jasmine Leyva's story about body building competitions.

<http://bit.ly/QH9XSX>



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CULTURE

Unsterile environments, tools lead to infections

By Jerica Lowman
@thehellajerica

Old-fashioned parents often view piercings as a threat or sign of rebellion, while younger generations use piercings and other body modifications to express themselves.

Most of these parents do not know that there are piercing shops that offer clean, friendly services.

Pierced Out, located on Union Avenue in San Jose, is a premiere body modification studio known for being clean and friendly.

A body piercing is exactly that — piercing or puncturing the skin with a needle and, according to the piercers at Pierced Out, is not very dangerous.

Jay Zogg, a professional body piercer, has a variety of piercings on his face and said that he is used to the misconceptions people have about piercings.

He said that piercings can only really get infected if the tools used are unsterilized.

“Infection does not necessarily come from bad after care,” he said. “Unless you are fully touching it and not keeping it clean, your piercing should not be infected.”

Zogg said that there are some shops that do not mind reusing tools and needles.

“At least for us, infected piercings are not seen very often,” he said.

Pierced Out also provides their customers with an effective way to clean their piercings and provides extended details on the process on its website.

The Pierced Out staff suggests sea salt rinses or soaks twice a day to speed up the healing process.

Any other common sense things you can do to keep your new pierc-

ing clean will also be helpful, such as staying out of pools, hot tubs, foreign waters and hot springs.

Zogg said not everyone heals the same way and healing times vary.

Lindsey Wright, Pierced Out floor manager, said piercing is something that she is truly passionate about.

“I would not want to work for a company that did not approve of me because I have piercings,” Wright said.

Wright and Zogg also expressed great concern with piercing gun usage.

“The most important thing to know about piercing guns is that they can’t properly be sterilized,” Zogg said.

He also said most piercing guns are plastic, expensive, used repeatedly and are not tossed out right after being used.

“The jewelry being used (in the guns) is not sharp,” Zogg said. “It’s equivalent to taking something about as sharp as a pen and trying to shove it through your ear.”

Piercing guns can cause blunt force trauma, ripping and, if not sterile, infections.

Many professional piercing prices run at higher prices than those performed in mall stores such as Claire’s. However, putting a price on your safety and well-being is not worth the health risk, Zogg said.

Piercings, similar to tattoos and hairstyles, are simply forms of self-expression and not self-mutilation.

Pandora Brown, junior creative arts major, said that having piercings makes her feel beautiful.

“There’s a lot of things people do that I see as unhealthy, but you won’t see me trying to get them banned from the work place or labeling them unprofessional,” Brown said.

She said she was once approached

by a man who told her she was beautiful and that she didn’t need “all that metal in your face.”

She told him she liked the jewelry in her face and did not care what he or anyone else thought about them. A woman who overheard told him not to be so judgmental.

“When it comes to people’s negative thoughts on body mods, I just ignore them,” Brown said. “When it comes down to it, I don’t get piercings to please them, so their opinion doesn’t phase me.”

Jerica Lowman is a Spartan Daily staff writer.

Jerica Lowman | Spartan Daily

Pierced Out’s floor manager Lindsey Wright said she is not concerned with how people judge her for her piercings. Plugs come in a wide variety of material, including glass, wood, metal and plastic.



Body: Modification affects women, girls around the world

FROM PAGE 3

“Tribal myths justify circumcision to distinguish the sex of a child,” Skaine said.

The African Women’s Health Center at Brigham estimates that 228,000 women and girls in 2000 suffered from or were at risk of FGM, which shows a 35 percent increase between 1990 and 2000.

Despite the staggering statistics, it is unclear how prevalent FGM is in the U.S. due to the secrecy involved in the practice and few cases being reported, but authorities suspect a higher number, according to Ayaan Hirsi Ali foundation (AHA), a non profit organization which works to help protect and defend the rights of women in the West from oppression.

AHA reports that authorities in the U.S. suspect women and girls are being sent out of the country to undergo FGM.

Womyn of Color, a student organization at SJSU, discussed FGM in their March 11 meeting.

The meeting centered on viewing a film that discussed FGM as well as forced marriages and honor killings.

“To me, I always felt that that kind of violence doesn’t happen in the U.S., it was shocking,” said Jessica Carrasco, a graduate student in Mexican-American Studies.

AHA stated that in the U.S., FGM is punishable under federal law with up to five years in prison and is a crime in 21 states.

Although 21 states in the U.S. currently have legislation against FGM, punishment is very weak, according to AHA.

In some states, such as New York, the five year sentence that is given out to violators of the FGM law can be knocked down to a year of probation, AHA reports.

“It’s not really a priority,” Bakru said. “I think it’s because it’s a woman’s issue.”

Vacation cutting is the term used to de-

scribe women and girls in the U.S. being transported out of the country to undergo FGM.

In 2013, the Transport for Female Genital Mutilation Act in the U.S. prohibited knowingly transporting a woman or a girl out of the country for the purpose of FGM.

As of 2008 UNICEF has been working to eliminate FGM in 22 countries.

Some organizations have already reached out to U.S. senators and lawmakers to set up laws against FGM.

AHA has written the model FGM State Legislation, which encourages the remaining 29 states in the U.S. to enact criminal prohibitions on FGM.

But survivors of FGM are also taking up the cause by lecturing and writing on FGM.

Waris Dirie, international model and United Nations ambassador, has written books such as “Desert Children” on her own experience with FGM and her efforts to raise awareness in places such as Europe, Africa and the Middle East.

“Cutting a girl’s genitals is one of the worst things you can do to a human being,” she wrote. “We have to do everything possible to prevent it.”

Dirie created a foundation that provides support to victims of FGM and lectures internationally on FGM in Europe, Africa and the Middle East.

Organizations such as AHA, Equality Now and UNICEF continue to push for action on FGM globally, as well as raise awareness in the U.S.

Bakru believes that an end to FGM and other violence against women is not possible without “trans-national connections.”

“We need to look at what are the ways that women ... experience oppression in various locations and in various contexts,” Bakru said.

Josie Chavez is a Spartan Daily staff writer.

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A parent's belief shouldn't affect a child's body

At a young age we look up to our parents for the answers to our questions, but as we grow, we begin to question their answers.

Children have to live with the important decisions parents make for them based on religious, moral and cultural values that their children have to live with them.

Parents' views can be shaped by their experiences and cultural beliefs.

These uncontrollable factors have a domino effect on their children.

I have a piercing on my left ear that hasn't been filled since I was in kindergarten.

I didn't have a choice in the matter, I wish my mother would have thought about the effects it would have on me.

My grandmother had passed down an old wives' tale to my mother regarding the piercing of a child's ear.

Because of this, my mother believed in a



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superstition that required a newborn's ear to be pierced to ward off any voodoo queens, witches or evil spirits from possessing the child's body.

By piercing a newborn's ear(s), a supernatural entity would become focused on the piercing rather than wanting to inhabit the child's body.

It sounds crazy and delusional, but my mother ultimately pierced my ear because of it.

The funny thing is, during high school I used to put a stud in my ear to look cool.

My mother disapproved of the earring and demanded I remove it.

It confused me that she disliked my earring during high school, yet it was her decision to have my ear pierced in the first place.

This piercing made me feel intolerant and irritated by superstitions.

Every time I look, it reminds me of how much control a parent has over a child's life.

This piercing is as unnecessary to me as the pinky toe on my foot.

No, I am not saying I'm going to go and cut that little piggy off, I just realize it's useless.

Although it's understandable that parents want to pass down their beliefs to future generations, some traditions have become outdated and irrelevant.

My mother's strong belief in superstition compelled her to continue this tradition and now I have a freaking hole in my ear.

The same mentality that led my mother to pierce my ear is the same mentality that makes millions of parents circumcise their babies.

While a newborn is incapable of expressing its views regarding its foreskin, let alone embrace religious practices, its parents make the lifelong and irreversible decision for them.

Many children will have their foreskin removed before they even understand what a penis or foreskin even is, much less the religious practices that compel them.

They won't be able to voice their opinion nor

will they be able to make the decision for themselves until it is too late.

Religions such as Judaism and Islam believe a child's circumcision is an important entryway into their belief system and some religions have made circumcision a mandatory tradition.

In Judaism, the removal of the foreskin is a commandment located in the Torah.

It describes God commanding Abraham to circumcise himself and all others in his family so that he may be welcomed into an "everlasting covenant."

If one fails to adhere to this commandment, they will be shunned from the covenant.

Islam requires circumcision based on ideas of cleanliness to prevent infections or diseases.

Besides religious purposes, many parents choose circumcision based on physical hygiene.

Religion is a huge factor that influences a parent's decision on body modification and a child has little to no say in this aspect of their life.

Although many practices may be done with the best intentions, it's scary how much control parents have over a child's body.

Franko Valencia is a Spartan Daily staff writer.

Your body is a temple that you should decorate how you please

"Mija, your body is your temple."

Those were the words my mother told me when I first mentioned I was getting a tattoo for my 20th birthday.

My mother, an old-fashioned Salvadoran Catholic woman, did not agree with my decision to "decorate my temple."

She was scared that I would regret my decision later in life, or worse, get my family or friends talking.

So what if anyone disagrees or judges me for having a tattoo?

It is my body and I should be able to paint it like a canvas if I want to.

However, convincing my parents to go with me to my tattoo appointment was another challenge.

They were hesitant about going, but after much discussion about what a tattoo can inhibit me from doing in the future or "what would Jesus do?" talks, I finally got them to go with me.

The one and only tattoo I have symbolizes my pride and love for my parents.

It's the outline of my dad's anchor pendant that he wears every day, and the drawings inside symbolize the unity and strength they have.

My dad has suffered an aneurysm, transient ischemic attack and another massive stroke that sent him into early retirement when I was a senior in high school.

My dad has always been hopeful and strong even with every tribulation his health or my family has faced. I greatly admire him for his outlook on life and decided that I would get my first tattoo for him.

On the day I got my tribal anchor tattoo, my mother made me promise that it would be my one and only — and at the time I agreed.



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But as time progresses, I find myself thinking of going back on that promise.

I don't necessarily think I will get a tattoo for every life-changing moment I experience, but I find it is a way to express my love and admiration for the few people that truly mean the world to me.

Some write a poem, story or song, others draw for their loved ones or inspirations.

I have found that I enjoy having a meaningful tattoo as a physical reminder of what I have learned and from who.

When it comes to tattoos, anyone can be creative and create an art piece.

I couldn't care less whether someone has a biblical verse, Pikachu, skeleton, a random symbol or a masterpiece tattooed on any part of his or her body.

What I find most interesting is the story behind it — whether it was a last minute decision, planned, a dare or just for giggles.

Tattoos are present day walking art, not mistakes or gossip topics.

Why should they hide what's on their body?

They can be very artistic ranging from a whole body work or a simple quote, molded to each person's experience or outlook on life.

Tattoos are a way people express themselves, as well as allowing tattoo artists to show off their own styles through this type of art.

By having their art on a person, the work of a tattoo artist can travel around and be showcased on a daily basis, rather than just sitting on a wall in a museum or living room.

Who says they can't be today's Michelangelo or Banksy? After all, they're just adding more art to the world.

Sol Granados is a Spartan Daily staff writer.

Some bold statements should be covered up in the workplace

I am not prude. I like dirty humor, I'm a fan of hip-hop and punk music, I believe in the freedom of expression and I think tattoos and body piercings are awesome forms of artistic expression.

I just don't like looking at them in the workplace.

Now, I don't hate tattoos. Some of my best friends have tattoos and hell, my girlfriend has three tattoos and plans on getting more.

I like how most of them look, I just think there is an appropriate time and place for them, and work isn't one them.

I don't want to have to see a giant blue snake tattoo rising from the depths of someone's shirt collar that wraps around the neck twice before ending in the middle of their forehead.

The obnoxious tattoos that exist solely to make that "I'm a bad ass" statement are absolutely inappropriate for any clean-cut job.

It's a professional courtesy to look presentable for work and tattoos that have a mission statement to scare off as many people as possible are not conducive to a healthy work environment.

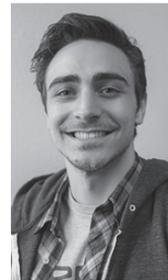
According to a 2013 Forbes article titled, "Tattoos No Longer A Kiss of Death," more than 14 percent of the U.S. is "tatted" up and as the article's title suggests, there are fewer and fewer ramifications for having tattoos in the workplace.

There are some employers and employees that understand how to cover up tastefully.

While tattoos are becoming generally accepted in society, environments such as hospitals and health clinics are adopting a strict cover up policy because patients have to trust their nurses and doctors.

Yes, this may seem like a judgmental point of view, but before you come at me with pitchforks and torches, think about it.

Who would you trust to perform open-heart surgery on you? Someone with a tattoo



Follow Nick Esposito on Twitter @NickSEsposito

across their head that might as well say "screw the world," or someone in a white coat with no tattoos on the face and a fresh out of Harvard medical school look?

The same scenario works if I was at a tattoo parlor. I wouldn't want some guy with a nice smile in a white coat to give me my tattoo. I want the guy with the tattoos all over who knows what the heck he's doing.

That's what it comes down to. Appearances set the tone for professional environments.

While tattoos are a form self-expression, our culture places a heavy emphasis on how we should look. It's a double standard, but there is a time and a place for everything and tattoos are no exception.

You wouldn't go to your best friend's wedding in a chicken suit (unless you lost some awesome bet) and you wouldn't go to work at the bank in your cutoff jeans and green tank top.

Not all tattoos at work are bad. There are exceptions.

Tattoos with religious meaning, family history or even the occasional sleeve tattoos that are neat and tastefully done are conversation starters and don't bother anyone.

Now keep in mind these types of tattoos are generally concealable and don't instantly invoke a "stand-offish" feel.

I've met plenty of people in the workplace who have interesting tattoos and have struck up conversations with these people.

Not all work environments have the same rules and regulations for tattoos and expressing individuality is something that should be encouraged in life, but it is still a tricky subject.

The freedom of expression is a great thing but when it involves tattoos at work, just keep it covered up.

Nick Esposito is a Spartan Daily staff writer.

I just don't like looking at them in the workplace.

Go online to read Talia Geliebter's take on tattoos.
bit.ly/1hjFBeg

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Thursday Thoughts

Social Spartan Thoughts of the Week #SpartanDaily

stephensuh_ 7 months ago · ♀ SJSU CVB RAC
Snapbacks and Tattoos theme at our all staff RA meeting 📷 #yatted

👍 kaywoww, amazingraceeeee, jimmykimmy and 97 others like this.

Jolenehom21 Kool kids

halesssss This is so great!

BlackPantherBo @AGtheGiant · Mar 27
no matter how many piercings i have, i still hate the pain of getting new ones

College Confessions @ColConfessions · Mar 5
I have piercings and tattoos and i'm proud of that. bit.ly/1iOCr3k #UWECConfessions

College Confessions @ColConfessions · Nov 13
Gotta love them girls with colored hair, piercings, and tattoos!!! bit.ly/1fCzljf #CSU-PCConfessions

• Mike's Shoutout

Good luck on your finals hunny!

TO: ASHLEY FROM: MIKE S.

• Michelle's Shoutout

Happy 2-year Anniversary Babes!

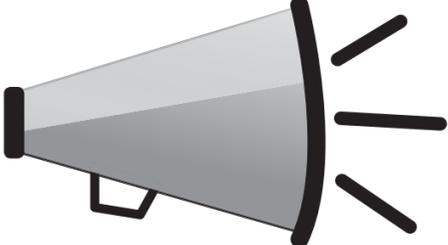
TO: STEVE T. FROM: MICHELLE

• Kristie's Shoutout

Happy Birthday Stephie-poo! #TurnUp

TO: STEPHANIE T. FROM: KRISTIE H.

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Sudoku Puzzle

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

	3		9					5	6
2	7		4					9	
	9			7	5				
	5				9				
		8				2			
			8				4		
			5	3			2		
	2				4		1	7	
3	4				7		6		

DIFFICULTY RATING: ★★★★★☆

Previous Solutions

8	7	2	3	5	1	6	4	9
4	6	1	9	2	7	8	5	3
9	3	5	4	6	8	2	1	7
2	9	6	8	7	4	1	3	5
3	1	4	5	9	6	7	2	8
7	5	8	2	1	3	4	9	6
6	2	7	1	3	5	9	8	4
1	4	3	7	8	9	5	6	2
5	8	9	6	4	2	3	7	1

APR 02

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Crossword Puzzle

1	2	3	4	5	6	7	8	9	10	11	12	13				
14				15				16								
17				18				19								
20			21					22								
23																
24																
25	26	27		28		29	30		31		32	33	34	35		
36			37			38			39			40				
41						42					43					
44						45					46					
47						48			49		50			51		
52						53					54			55		
56	57	58	59						60	61				62	63	64
65									66					67		
68									69					70		
71									72					73		

ACROSS

1 He bullied George McFly
 5 Neuter, as a male horse manager
 9 Big wine holders
 14 Big man in Oman
 15 Strong smell
 16 Group of eight
 17 Coin of Western Samoa
 18 San Juan, Puerto
 19 Geneva's river
 20 Where bullets may be stockpiled
 23 Female rabbit
 24 "7 Faces of Dr. _____"
 25 Sigma-epsilon go-between
 28 Tolkien creatures
 31 Put the cart before the horse, say
 36 Host before Paar and Carson
 38 Creole food veggie
 40 Big name in desktop computers
 41 One-room heater
 44 Large, round hairdo
 45 Hall-of-Fame manager Weaver
 46 Land in the Thames, perhaps
 47 Part of a bathing instruction
 49 Little kid
 51 "_____ none of your business"
 52 Surgeons' work-places, for short
 54 Mature, as wine
 56 Useful guy to have around
 65 Established rule
 66 In _____ of (replacing)
 67 Faithful or factual
 68 Contour
 69 Lively spirit
 70 Effortlessness
 71 _____ a high note (fin-ish well)
 72 Blood supplies
 73 Some deli loaves

DOWN

1 VCR format of old
 2 Islamic
 3 What soap may leave
 4 Swindler's crime
 5 More likely to receive an R rating
 6 Prepare for publication
 7 Mathematical sets
 8 Emulate Pavlov's dogs
 9 Beef _____ bleu
 10 Have rheumatic pains
 11 Bit of sign language?
 12 Bingolike game
 13 Annotation in proof-reading
 21 Worst possible turnout
 22 Nymph presiding over rivers
 25 Spanish appetizers
 26 Up in the sky
 27 Prefix meaning "extremely"
 29 Coke or Pepsi, e.g.
 30 Go around, as an issue
 32 Winery storage units
 33 Bacteria in uncooked food
 34 Build an embankment
 35 Allowances for waste
 37 Black, to Byron
 39 Depend
 42 Distrustful
 43 Surrounding blockade
 48 Scam artist
 50 Hawaiian medicine man
 53 Brogue bottoms
 55 Vegetable oil, e.g.
 56 Mocking comment
 57 Yoked animals
 58 Sir Francis Drake's was "Golden"
 59 Eating peas with a knife, e.g.
 60 World's longest river
 61 Rend Evangelist's suggestion
 62 Either of three English rivers
 64 Football holders

Counter *Points*

It is not up to men to define women's beauty standards

I was 12 years old when I used my first real makeup and spent hours trying to master the art of eyeliner.

I never knew why, I just did.

I will admit that I have been sucked into the YouTube makeup tutorial world – spending hours watching videos.

There are videos for everyday makeup looks, ones for going out, eyebrows, how to contour and even some on how to look like Johnny Depp's Jack Sparrow character.

I became overwhelmed because most of these videos are longer than 15 minutes.

How can anyone stand to stare at their face in the mirror while they slather expensive makeup on for more than 15 minutes?

There are many reasons women choose to wear makeup, and one of the main reasons is to be more physically alluring.

Women tend to be dishonest about their reasons for wearing makeup.

If they wear makeup and admit it's for someone else, they are labeled shallow and vain.

I have listened to countless dudes who comment on the amount of makeup a girl is wearing while in the same breath asks another girl why she looks so different.

It's this duality of expectations we have of women that has paved the way for many of the sexist assumptions made about a woman wearing makeup.

She is only doing it to get male atten-



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tion, the only thing she cares about is looking hot and without makeup she feels unattractive.

"Why women use makeup: Implication of Psychological Traits in Makeup Functions," written by Rodolphe Korichi, Delphine Pelle-de-Queral, Germaine Gazano and Arnaud Aubert, explores the idea of the relationship of women to their makeup.

The journal says that physical attractiveness is one of the most important determinants of interpersonal attraction in the early stages of many relationships.

In other words, it is natural for humans to be attracted to a person based on the look of their face.

Naturally, someone would want to enhance those qualities they already have and with women, it's done with makeup.

Men shave or groom their beards and mustaches.

Women can ask questions like, "Why don't you let your beard grow? You look better when you have your natural, unshaved face."

If you are a guy and it sounds ridiculous to you that anyone would take so much concern with your personal choices, then think next time you tell a girl that you like or don't like when girls wear makeup.

And if you are a girl who loves to wear makeup, own it and do not let anyone tell you what you should and should not do.

Jerica Lowman is a Spartan Daily staff writer.

Makeup is nothing but a cover-up for your insecurity

The pursuit of beauty can be a complicated thing.

My girlfriend usually complains about putting on makeup.

"Damn it, my makeup is smudged ... What the hell?"

That's what my girlfriend sounds like when she wears makeup.

I tell her to simply stop wearing it.

This usually leads to a back and forth between me and her.

She defends makeup, I condemn it. She says I'm wrong, I say I'm right.

These small debates may seem trivial but we do touch on bigger issues, such as health consequences, self-confidence and free will.

"The Doctors," a show on CBS about healthy and unhealthy body habits, hosted Dermatologist Dr. Annie Chiu for an episode where she talked about the health risks of wearing makeup.

A woman volunteered to keep her makeup on for a month and not wash it off. The effects of doing the experiment resulted in looking dramatically more aged.

This is the exact opposite of why most women wear makeup.

My girlfriend tells me that wearing makeup creates a desired look that can only be reached by modifying the face with these products.

I don't believe that having sagging skin and dark circles around your eyes, as the



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results of the experiment showed, is a desired look.

Makeup doesn't cover up blemishes as much as it reveals women's insecurities. When you wear makeup you are trying to cover up something you don't accept about yourself, about your own body.

On the other hand, women wearing makeup can be compared to guys wearing certain clothing.

I love wearing things that are comfortable, but sometimes I dress myself according to what looks are trending.

Does that make me insecure? Maybe.

There is a double standard when it comes to being insecure and what each gender does to cover them. Men can just put on a nice button-down shirt or a pair of nice jeans and shoes and we are ready to walk out the door with confidence.

Even though men and women wear nice clothing women still have to change the way some of their body elements look to have that same confidence.

Society says for a woman to look nice, they have to be flawless. This standard is self-perpetuated by the insecure women who strive to obtain perfection.

While men can be just as insecure as women about how others perceive them, at least the clothes we wear don't mess with our skin or have chemicals that will screw with us.

Brandon Chew is a Spartan Daily staff writer.

Technology will slowly transform the human body

The practice of body modification is one of the oldest human traditions, predating written language and agriculture.

While according to National Geographic the earliest known tattoo was found on Otzi the Iceman, who died more than 5,000 years ago, the art is commonly thought to stretch back at least 10,000 years.

Neanderthal skulls found in the Shanidar Cave in northern Iraq show signs that intentional skull-shaping probably dates back more than 40,000 years.

Some ancient practices are still considered fairly conventional in western culture such as makeup, piercing, tattooing, circumcision and, of course, hair cutting.

Others, including various forms of binding to restrict or alter the size of organs and limbs, are considerably less conventional in modern society.

Still, others such as female genital modification are downright reprehensible.

In the twentieth and early twenty-first centuries, body modding has exploded as a field of medicine and form of personal expression.

Contact lenses for the vision impaired, cochlear implants for the hearing impaired, artificial limbs for amputees, pacemakers to replace malfunctioning hearts – all of these are practical modifications that can be made as the need exists.

We know much about the history of body modification. We know much less about its future.

The future of body modification is obviously unknown, but by examining historical trends and the current avenues down which modern science is traveling, educated guesses can be made.



Follow Nick on Twitter @NickMibarra

One safe bet is that computers will end up inside of our bodies.

The driving forces behind technology are the enhanced ability to perceive, record, calculate and communicate, and computers aid us in each of these areas.

What started as huge machines filling entire rooms have been brought down in size successively to desktops, laptops and are now pocket-sized.

They've gotten smaller and closer to our bodies, and there's no sign that trend is close to ending.

With Google Glass in its infant stages and "Google Contacts" surely no more than a handful of years away, it's all too easy to imagine that the next place computers are going to end up is inside of our bodies.

Or, if you take the word of transhumanists such as Ray Kurzweil, the next place we are going to go is inside computers (and wouldn't that really be the ultimate body modification – doing away with the body altogether?)

Kurzweil, an eminent author, inventor and director of engineering at Google, predicts that the near future will surpass all but the most ambitious science fiction.

This will be made possible, he claims, by the simple fact that technology is increasing exponentially, and at a certain point exponential growth begins to point, for all intents and purposes, straight up.

Kurzweil calls this point of infinite advancement "the Singularity," and he thinks it's going to happen within our lifetime.

Many in the scientific community are skeptical of everything from Kurzweil's optimistic timeline to the biological feasibility of what he suggests, but Kurzweil and other transhumanists represent the mouthpiece of what may be a shift in the purpose and

direction of body modifications. A shift from fixing to enhancing.

All of these possibilities represent a fascinating shift in practical body modifications – a shift from decorating and fixing to enhancing.

The first stirrings of this shift are already in effect.

A small group of people led by body-mod artists Steve Haworth and Jesse Jarrell are experimenting with implanting magnets under the pad of a finger, giving them an additional "sense" for electromagnetic fields (and the ability to pick up paperclips).

Some health concerns exist, since magnets and microchips don't play well with the inside of the body on their own, tending to decompose and spread toxins.

Haworth and Jarrell's magnets are encased in a silicon sheath, but they've had issues with that, too, deteriorating over time, allowing infection to set in.

There are also clear ethical concerns, one being that revolutionary body-mods will probably only be available to a small wealthy segment of the world's population.

Another is the unequal social policies that can develop from something that borders so closely with eugenics.

If future society is really divided into two groups – an elite group of cybernetically enhanced near immortals and a majority of out-of-the-box regular folks – what's to prevent the former from oppressing, enslaving or eliminating the latter?

A third consideration is whether, if Kurzweil's dream were to become a reality and man and machine fully merge, something innately human would be left behind.

Despite those issues, it's a safe bet that astonishing body mods are just around the corner for those who can afford the ticket price.

Still, even for those who can afford it, when it comes to experimental body-modifying technology it's probably a good idea to hold out for the second generation.

Nick Ibarra is a Spartan Daily staff writer.



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PROFILE



Artist preserves cultural significance of tribal tattoos

By Brandon Chew
@bchewphoto

“Bzzzzzzzz.”

Kenny Brown, a tribal tattoo artist at Mainland Inc., steadily works to the hum of a tattoo gun.

In the background, Kid Cudi’s music slightly drowns out the buzz.

Art pieces of different tribal tattoo designs, all done by Brown, decorate his station.

The smell of rubbing alcohol catches the air around his station as he cleans his utensils for the upcoming day.

To him, tribal tattooing is not just a cute piece of art — it is a journey that is taken by the artist and the recipient.

“I have declined people simply because they don’t know what it represents,” Brown said.

Brown is Samoan and African-American, and has the majority of the left side of his body tattooed.

He said that the tattoos on his body all represent him.

When he was 18, his uncle gave him his first tattoo.

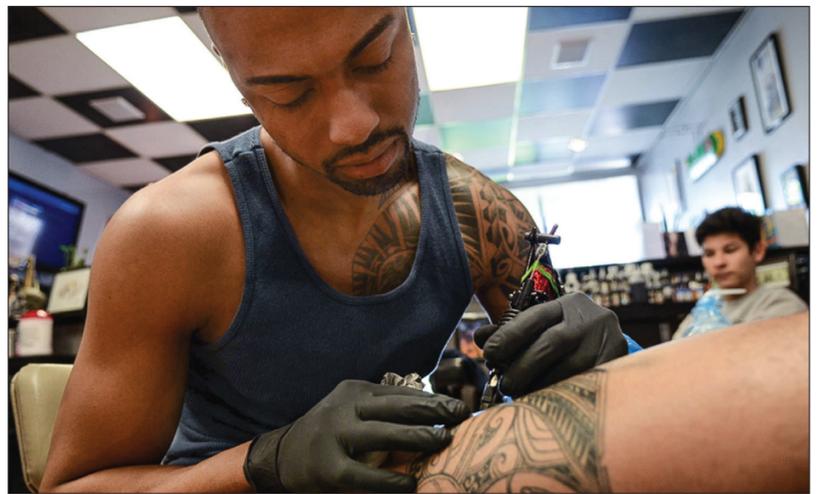
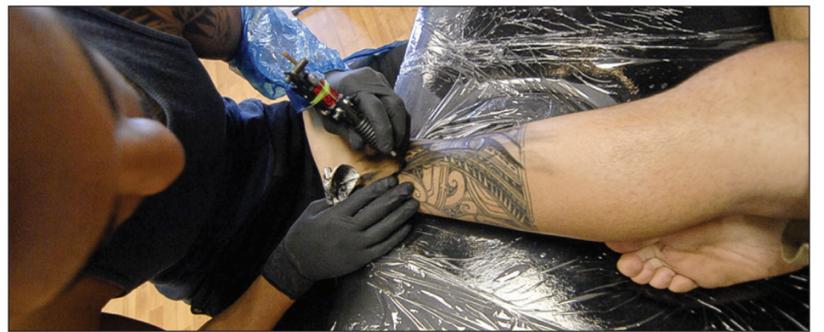
The tattoo’s main focus point is a sun on the left side of his chest.

“I wanted it to represent a lot of the negative things that I was going through in my life...the terrible things that I did to my family and friends,” Brown said. “Turning into someone that not a lot of people recognized.”

This tattoo was a reminder of not going back to that life, Brown said.

His second tattoo, which is on his back and made mostly of intertwined braids, represents his family’s bond and unity, Brown said.

Brown said when he was getting his first tattoo, his uncle said to him, “You’re going to lay there and for as long as it takes. You’re going to sit there and be quiet and if you ever



Left: Devin Bessbe got this tattoo to represent his will to bring his family together. Top right, bottom right: Mainland Inc. tattoo artist Kenny Brown tediously works on Ricky Blas’ ankle tattoo on March 26.

feel pain I want you to think of how much pain you inflicted upon others and don’t say a word.”

Brown refers to his experience as a journey that he and his uncle took.

He now tattoos so that he can take others on journeys just as his uncle did. He said he wants to encourage others to learn that tattooing is not just a spur of the moment idea.

“It is more so my journey about how I got here — the relationship with the fiancé, mostly about my side of the family and getting a better relationship with my mom and two brothers,” Devin Bessbe, a client of Brown, said.

Tribal tattoos have a deeper meaning than just ink. There is emotion and a personal realization behind them that Brown aspires to bring out in everyone.

Brandon Chew is a Spartan Daily staff writer.

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San Jose fitness, martial arts instructor explains his tattoos

By Josie Chavez
@Josie_Chavez23

Arash Dibazar’s skin has been punctured by a needle multiple times throughout his life in the name of art.

“I was 18 years old when I got my first tattoo,” said Dibazar, a fitness and martial arts instructor.

He said he is used to walking down the street and receiving stares and side glances from others.

Dibazar is covered in tattoos and facial piercings.

His bald head is covered in an intricate pattern of black ink and everything from his arms and wrists to his eyelids are tattooed.

A snake wraps around one arm from his shoulder to just above his wrist.

His lips and brows are adorned with platinum piercings.

“A person’s most intimate possession is their body,” Dibazar said.

The tattoos do not match Dibazar’s strict Persian upbringing, which he said led to his family disowning him.

“In the Persian culture I’m beyond an outcast,” he said. “I don’t even know what the hell I am. It’s like I’m my own species.”

Tattoos are symbolic of something greater, he said.

Dibazar said his first tattoo conveys more than a pair of hands reaching up toward the heavens.

He said it reflects a mentality that demonstrates breaking free from the “chains of society.”

The tattoo is also a tribute to Dibazar’s first mentor Manu Tupou, a Broadway actor and director.

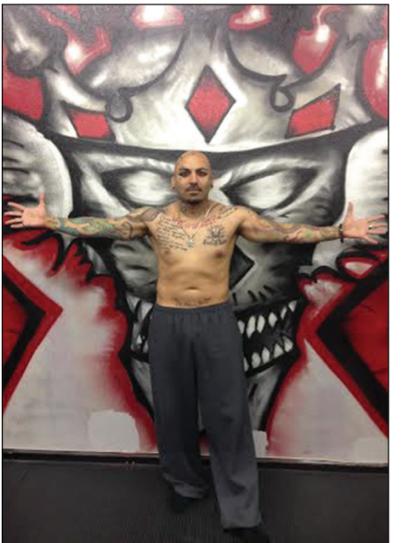
For Dibazar, the thought process behind a tattoo comes in the form of sudden visions.

“My tattoo process is like this: I see the tattoo before it happens,” Dibazar said.

Dibazar said he is conscious of the physical pain involved in tattooing and does not consider himself a masochist for the number of tattoos that he has.

“I hate the pain,” Dibazar said. “I can’t stand it. If it wasn’t for the pain, I’d have even more tattoos than what I have now.”

However, Dibazar said, the pain will not deter him from getting future tattoos.



Josie Chavez | Spartan Daily
Arash Dibazar shows off his tattoos after teaching a class at IMC Academy in San Jose.

Dibazar said he is aware of the stigmas of being covered with tattoos.

He wears long-sleeved shirts and a hat when visiting his family out of respect for his culture.

Dibazar said he has a rational philosophy on employment and tattoos.

A business owner himself, Dibazar said he believes employers should hire heavily tattooed people if they feel that that person can properly represent the company.

Dibazar said he believes that people who choose to get tattooed are much more than a stereotype — they are an indicator of non-conformity.

“Tattooing is a unique culture,” Dibazar said. “The people that are heavily tattooed are obviously making a decision to stand out of the fray.”

The stigma of tattoos is a fleeting thought to Dibazar, who said he believes that anyone choosing to tattoo their body should pay little attention to what society deems proper.

Dibazar has already had visions of his next tattoo.

“It’s going to be somewhere in my chin,” he said.

Josie Chavez is a Spartan Daily staff writer.