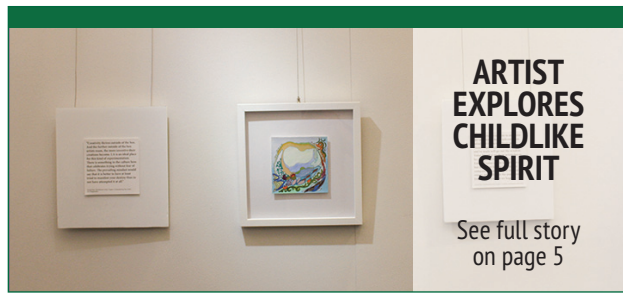


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COLLEGE OF EDUCATION

Professor guilty of sexual harassment returns

BY ISABELLE THAM
Managing Editor

San Jose State professor Lewis Aptekar, who was put on paid leave last year after being found guilty of sexual harassment by the university, has returned to teach two classes this semester.

Media Relations Director Pat Harris said that Aptekar stepped down as chair of the Counseling Education department after allegations from 2015 surfaced.

He was also suspended for two weeks without pay and underwent diversity training, she added.

“The professor was placed on paid administrative leave during an extensive, months-long inquiry that included multiple interviews and a careful examination of relevant records,” Harris said in a statement.

According to The Mercury News, it was not until nearly five months after the investigation that Aptekar stepped down from his appointment as chair.

Additional allegations accusing Aptekar of sexual harassment in 2014 appeared after the first findings

from 2015. However, Harris said these claims were unsubstantiated due to lack of evidence, allowing him to return to SJSU.

Students or employees who make claims of harassment are protected by Title IX, a federal law that prohibits educational institutions that receive federal funding from discriminating on the basis of gender.

“Dr. Aptekar’s experience demonstrates that Title IX complaints must be taken seriously, be performed in an ethical and complete manner, with a competent and neutral investigator,” Aptekar’s lawyer Elisa Stewart said in a statement.

Harris said Aptekar is taking a reduced workload in his progress towards retirement. Class listings show that Aptekar is teaching classes on trauma counseling and research in education.

“I guess the most polite thing to say that it’s ironic,” said education counseling graduate student Celina Cesena on Aptekar teaching a class on trauma counseling. “It’s kind of inappropriate, but there’s some twisted humor behind that on some level.”



COURTESY OF FACEBOOK

Counseling Education professor Lewis Aptekar will teach two classes this semester. One is on trauma counseling.

Education counseling graduate student Valerie Lamb added that she was disappointed – not just by Aptekar’s return, but in the university as well.

CONTROVERSY | Page 2

CONSTRUCTION

SJSU adds library suicide barriers

BY ELIZABETH RODRIGUEZ & SATVIR SAINI
News Editor & A&E Editor

The Martin Luther King Jr. Library at San Jose State University has been going through safety renovations this summer. After two suicides occurring within 13 months of each other, SJSU president Mary Papazian and city leaders decided it was time to add glass covers through the atrium of the library.

In February of this year, the second suicide of the two was by a 26-year-old photographer who jumped from the seventh floor railing. Following the suicide, the library was closed to the university and the public for the remainder of the day. It reopened the following day.

Blach Construction is currently working on building the glass barriers and is expecting to be finished by early September, as the fall semester begins. The total cost for this project is \$2.6 million, which is being divided between the city of San Jose and the university, according to NBC.

Some students on campus have their own opinions on whether installing the barriers is a good move by the university and the city.

“I do think it’s a great idea to build barriers because we need to save lives,” health science sophomore Zariah Walker said.

Once construction is finished, glass barriers will cover the atrium from the second floor all the way to the seventh floor. The new changes are meant to prevent suicide.

Another similar project that will have a suicide barrier is the Golden Gate Bridge, which has been criticized since some San Francisco residents think it will take away from the aesthetic of the architecture.

“I don’t think it’s gonna take from the beauty at all,” undeclared sophomore Janita Kumar said. “I feel like that’s not even a question that should be asked — ‘How the library is gonna look?’ I think it’s more of the fact that it’s saving lives than making the library look worse or better.”

The library is known for its

LIBRARY | Page 2



ELIZABETH RODRIGUEZ | SPARTAN DAILY

Construction is currently underway in MLK library, which forces library goers to walk around the entrance to the escalators.

CAMPUS LIVING

Student housing crisis continues



SARAH KLIEVES | SPARTAN DAILY

With some help, a student moves a few of her belongings into Campus Village C.

BY TREVIN SMITH
Production Editor

As over-packed cars crawl towards San Jose State University’s residence halls before the commencement of another fall semester, the most American of scenes unfolds as nervous moms and dads unload their children’s things on San Salvador Street.

For these young Spartans, locating housing in the middle of the largest populated city in the Bay Area is a burden that they will not have to worry about this coming semester. However, for the remaining student body, it can be a tough process that brings financial worries during a frantic search to find a home before school starts.

“It was really expensive to find housing and just at the time I only had a part-time job doing retail, so obviously I can’t afford a thousand dollars,” said

Mexican-American studies graduate student Angela Iraheta.

Iraheta says she chooses instead to drive an hour and a half from Stockton three to four times a week. “Trying to finish a program and getting a full-time job, I’d rather just avoid that conflict,” Iraheta said.

According to housing department officials, there are 2,500 new students living on campus this semester. When combined with returning residents, this number climbs to just under 4,200. Put into perspective, when considering the 32,000 student population, 27,800 students are left to choose between commuting or looking for local housing.

According to The Mercury News, this summer SJSU notified over 600 students that not enough space was available in the dorms. One hundred and eighteen of these students are freshmen who were initially required to live on campus, because they lived out of the thirty mile radius.

“I know a lot of students have looked at off campus housing,” said University Housing Senior Associate Director Matthew Rees. “For us, we have on our website a list of off campus housing resources. But obviously the priority is making sure that we get residents on campus because we know for the folks that contract with us or apply for housing, that’s their first choice.”

Rees has worked at SJSU for a decade and has said that each year has brought growing numbers of students as well as residents living on campus longer. To combat this, he says that the department is

WELCOME HOME | Page 2

THIS DAY IN SJSU HISTORY

August 23, 2007



Faculty receives a raise
The California Faculty Association and the California State University board of trustees negotiated an agreement for a 22.23 salary increase for three years.

Olympic Athletes visit SJSU
The United State Olympic Committee and San Jose State administration along with former San Jose city mayor Chuck Reed announced that Olympic gold medalist Lebron James and Michael Phelps would visit campus before the 2008 summer games.

SJSU ranks eighth best in the west
Both US News and World Report announced that San Jose State is the top eighth university in the west for graduate and undergraduate students.

INFOGRAPHIC BY NICOLE CHUNG | SPARTAN DAILY



LIBRARY

Continued from page 1

large atrium and openness, but with the construction the space looks much smaller. SJSU Vice President of Administration and Finance, Charlie Faas, wants the look and feel of the atrium to be as present as possible.

“We went through a lot of time and effort so that we’d have these safety railings fit in with the design and architecture,” Faas said in a Mercury News interview. “We don’t want this to look like it’s an afterthought, a bolt-on.”

Along with the new barrier, security will still be walking around all eight floors of the library to make sure everything and everyone is safe.

“Honestly I feel like SJSU definitely should have done it a little sooner, however once one [a suicide] happens you always think it’s never going to happen again, so I understand why it took this long. I appreciate SJSU for like taking precautions to make it safe for everyone.”

Chinonye Onyia
Public health sophomore

With two suicides only 13 months apart from each other, some question why it took so long for the city and SJSU to add these new measures.

“Honestly I feel like SJSU definitely should have done it a little sooner, however once one [a suicide] happens you always think it’s never going to happen again, so I understand why it took this long,” public health sophomore Chinonye Onyia said. “I appreciate SJSU for like taking precautions to make it safe for everyone.”

With the new semester starting and the remodel soon completed, the university and city of San Jose hope that with the new barriers, there won’t be any more incidents of suicide.

CONTROVERSY

Continued from page 1

Cesena and Lamb did not become aware of Aptekar’s return to the program until a colleague mentioned that Aptekar’s name had replaced the initial instructor’s on the class schedule.

“We just have so many frustrations right now,” Lamb said. “It’s a lot of frustrations in different directions, but all lead to the same thing: we don’t want him back on campus.”

Both students have organized a sit-in to protest the professor’s return to the campus. They hope the sit-in will act as a message to the department and its parent college, the College of Education, asking that the administration listen to student concerns.

“The goal is to show SJSU, the College of Education and EDCO [education counseling] that we are not satisfied and we want our voices heard,” Lamb wrote in the email that was sent out alerting students about the sit-in.

“We can no longer rely on administration to speak for us,” she added.

The sit-in is set for Monday in the Sweeney Hall courtyard at 3:30 p.m.

Follow Isabelle on Twitter |
[@isabelletham](#)



ELIZABETH RODRIGUEZ | SPARTAN DAILY

After two consecutive suicides that took place in the MLK library within a span of 13 months, safety barriers were installed over the summer as a preventative measure.

Follow Elizabeth and Satvir on Twitter |
[@elizabethwithlove](#) and [@satvirsaini](#)



SARAH KLIEVES | SPARTAN DAILY

(Top) As the first day of classes draws near, students busily walk in and out of the Resident Activity Center at the Campus Village Quad. (Bottom) A student receives information at the Student Check-In table at Campus Village.

WELCOME HOME

Continued from page 1

working to bolster its staff, create programs and reach out further to students to get them more involved on campus.

But for students, finding an open space is only half of the battle.

According to the 2017-2018 Housing Rates Comparison sheet, the annual rate for a seven-day platinum meal membership plan at SJSU can cost up to \$19,000, on top of tuition, books and other general living expenses.

“Initially I applied for the on-campus housing they have,

but they didn’t have space so I was put on a waitlist,” said psychology junior Neha Rathaur. “It was mainly just stressful cause you’re coming into a new environment. I didn’t really know the area that well.”

With time running out, Rathaur turned to Craigslist to find a room near SJSU. Not long after, she found an open room two blocks away from campus. The only catch? She has ten roommates.

“I feel like I’m definitely saving a lot more money living down here opposed to on campus,” said Rathaur. “So that’s a plus for us.”

Follow Trevin on Twitter |
[@Trevin_media](#)

L.A. artist showcases work at SJSU

BY ALBERT ONYEMEM
Staff Writer

The exhibit “A Return to Play” is currently on display at the Martin Luther King Jr. Library, showcasing a series of small mixed media paintings and drawings by artist Karen Kinney.

The Los Angeles-based artist started doing art at a young age, but it was not until after graduating college that she started taking art classes and displaying her work as an artist.

Kinney’s work is a combination of art mediums. She likes to mix paints, illustrations, ink and collages.

“I’ve always liked different materials and tended to feel bored by just one thing,” Kinney said. “For example, I took a painting class, but didn’t feel satisfied because it was only one medium.”

The exhibit features Kinney’s small drawings and paintings that are full of color and detail.

Some even look inspired by elements found in nature.

They also include sharp lines and intricate shapes.

“This one reminds me of biology, like the inside of a cell,” said San Jose resident Rachel Kenner.

Each of the shapes contrast each other in a way that works.

Another piece’s background colors blend and resemble a sky with light clouds.

“I like this one and how it looks like a dragon,” said San Jose resident, Julia Gallo “The colors stand out and the triangular shapes remind me of scales.”

Kinney also paints murals which can be found all over Los Angeles.

Her murals are a lot different from her smaller pieces, but the inspiration comes from the same place.

“My most recent mural in Santa Monica was based on a mixed-media collage I made years ago,” Kinney said. “I definitely like vivid colors, and I incorporate color equally in my mixed media pieces and murals.”

Although she is currently based in Los Angeles, Kinney is often in the Bay Area visiting friends and checking out local exhibits like the Works Gallery in San Jose.

A few years ago, she was viewing an exhibit at the King Library and decided to ask about showcasing art.

She got booked for a spot and three years later, her work is finally on display.

“My biggest piece of advice would be to always value what you do internally first — even and especially if you don’t find external validation right away.”

“My biggest piece of advice would be to always value what you do internally first — even and especially if you don’t find external validation right away,” Kinney said.

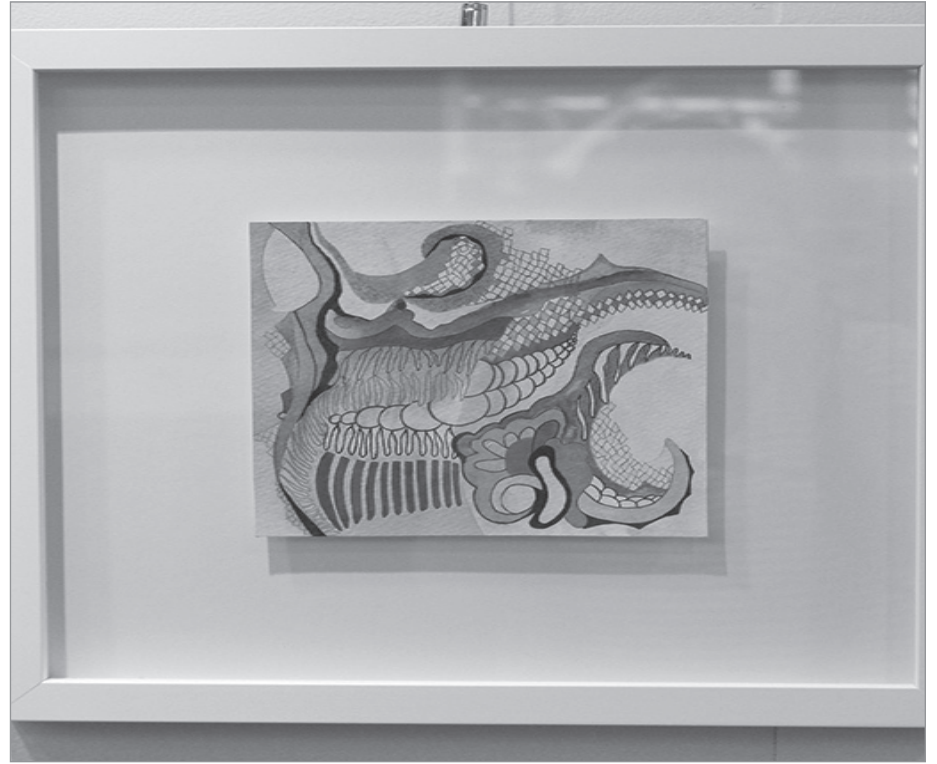
In her book titled ‘The Reluctant Artist: Navigating and Sustaining a Creative Path,’ Kinney shares her experience as an artist while

encouraging and inspiring anyone on a creative path.

Kinney also offered some advice that can be applied to anyone whether they are an artist or a college student.

“Some level of success in the arts can usually always be found over time, if you persist long enough and keep honing your craft,” Kinney said. “Keep putting yourself out there and eventually the right opportunity will open for you.”

Kinney’s art will be featured in the DiNapoli Gallery on the second floor of the Martin Luther King Jr. Library until Aug. 30.



SARAH KLIEVES | SPARTAN DAILY
(Top) Los Angeles based artist Karen Kinney likes to use vivid colors and draws inspiration from graphic design in her art work. (Bottom) “A Return to Play” will be on display at the DiNapoli Galley on the second floor of the Martin Luther King Junior Library until Aug. 30.

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DOCUMENTARY REVIEW

Finding the convenient truth in “An Inconvenient Sequel”

BY JOSE F. GOVEA
Staff Writer

Instead of watching some overrated violent action or crude comedy film this weekend, fill your brains with some actual knowledge. Watch the film “An Inconvenient Sequel: Truth to Power,” which is a documentary that revolves around the brutal status of our environment.

The film was released on July 28 by Paramount Pictures. The facts are hard to swallow, but I definitely advise that we at least try to open up to the reality of our deteriorating environment.

In the film, former Vice President Al Gore travels around the world discovering and informing other individuals about the effects of global warming.

His mission is to convince the American people — and quite frankly everyone — that our earth is drastically changing at a rapid rate.

Warning: the images in the film are disturbing if you can’t handle the truth. In theaters nationwide, in the midst of all the flashing images of bodies of water ridiculously flooding or drying up, audience members find themselves contemplating their lives.

That universal anxious gulp coming from the audience is absolutely beautiful. That is the feeling and realization of consciousness.

It’s the consciousness of how we affect our world with our everyday choices. And that ladies and gentlemen, is what Al Gore and the producers of this documentary want to do.

Prior to watching the film, it’s natural to have skeptical feelings about the exaggerated or somewhat biased approach of the film. Not everyone is required to sell their cars and start using public transportation to help improve the environment.

None of us are actually required to even sympathize with environmental degradation, but let me tell you, this film may actually make you think twice before using charcoal during your next summer barbecue.

The directors Bonni Cohen and Jon Shenk brilliantly use cinematography in order to uncover the hidden tragedies that are gradually building all across the world.

When it comes to the cinematography, I was very impressed by the panning shots and overall use of cameras. Even if some may argue that beauty comes from nature, not the actual skills of the directors and videographers, I still believe that the film’s use of cinematography is worth mentioning.

The actual plot of the film was easy to follow. Gore travels around exposing the different climate issues happening globally, then he presents what he believes would help alleviate those issues using statistics and previous arguments that he proved to be true.

There’s no confusion of what the intention of the film is, so to me it’s a success.

Ending by relating our current political situation in the United States made the whole film impactful. President Trump and numerous other corporations completely deny global warming which adds to pollution.

The film may leave many viewers with a desire to make some sort of an impact on a small scale. That feeling of wanting to do something and change our regular everyday routines is exactly what an informative documentary should do.

“An Inconvenient Sequel” is worth viewing. We all have the time to invest at least two hours or more to watch a good documentary.

Even if you don’t want to make a huge change in your personal life, you can start by supporting a film with great intentions.



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BOOK REVIEW

“The Handmaid’s Tale” provides a suspenseful read

BY KAYLEE LAWLER
Staff Writer

“The Handmaid’s Tale” by Margaret Atwood keeps you on the edge of your seat with every turn of a page with suspense, risk and intrigue in a not-too-distant-future in a male-dominated society.

Set in what was New England, now the Republic of Gilead where there is a low fertility rate, it follows the protagonist Offred, a handmaid assigned to a high-level military commander and his religious wife to act as a surrogate and bear a child for them.

Offred has three chances to become pregnant in three different households.

This is her third household, meaning it is her last chance to become pregnant.

The book takes you into Offred’s experiences, where women have restrictions on what they can wear, who they can talk to, when they can talk, what they can buy, where they can go and who can go with them.

They live with the persistent fear that someone is always watching.

Readers follow Offred’s time with the commander and his wife as she tries to keep the memory of her past life alive.

Flashbacks and memories from before the Republic of Gilead, including certain sayings and what it was like to have the same privileges as a man, surface often.

These flashbacks keep you engaged in the book. They don’t come all at once and are scattered throughout the book.

It left me wanting to know what happens to Offred and asking many questions about her.

Atwood splits the book into two sections: what happens to Offred during the day as a handmaid with her daily tasks and what happens to her at night.

She gives us a detailed explanation of what a handmaid is and what is expected of one.

Offred remembers her time at the re-education center and what her superiors taught her.

When placed in uncertain situations, Offred has to contemplate what she must do to get herself through another day.

Some of these decisions made me cringe. Offred is seen as the victim of the Republic and her actions were hard to read, but I wanted nothing more than to see her escape and kept reading.

From her fellow handmaids, to the servants in the kitchen to the Commander and his wife, Offred finds

Other books similar to ‘The Handmaid’s Tale’

- | | |
|--|---|
| 1. Station Eleven
by Emily St. John Mandel | 5. The Stone Gods
by Jeanette Winterson |
| 2. The Book of Joan
by Lidia Yuknavitch | 6. Bumped
by Megan McCafferty |
| 3. When She Woke
by Hillary Jordan | 7. The Left Hand of Darkness
by Ursula K. Le Guin |
| 4. Never Let Me Go
by Kazuo Ishiguro | 8. The Year of the Flood
by Margaret Atwood |

Information gathered from Refinery29

INFOGRAPHIC BY NICOLE CHUNG

herself coming in contact with many people from different classes of society.

She has to be wary of who she can trust during her stay.

The author writes about a secret police that hears, sees and knows all.

When Offred talks out loud about how she feels or talks about her family, it makes me worry for her and wonder if she will get caught on the next page I read.

Atwood writes about how this new society has taken away art, literature, cigarettes, alcohol, “provocative” clothing and coffee.

Anyone caught with such things was punished severely with exile or death.

Simple objects lying around the house like books and coffee are suddenly an illegal luxury.

It gives me a new appreciation to ordinary objects. It would be hard to imagine a world where I can’t make myself a cup of coffee and read the newspaper.

The author creates what I find a close-minded society for women.

The book was published in 1985 but can be relatable to today’s issues.

Themes of feminism, religion, sexual orientation and especially reproductive rights are brought up in the book.

These themes are subtle because these rights were taken away from the people of the Republic of Gilead, making it hard to fight back for those rights.

Everyone practices the same religion and men made choices for women, including their reproduction rights.

It was very frustrating to see rights I wouldn’t be able to have as a woman living in the Bay Area wouldn’t be able to have if the Republic of Gilead was real. In this book, the author creates this world in which if you are different, you are punished for it.

This is a good book if you want something fast and thought provoking to read during the summer.

It only took me a week to read and I enjoyed this book because of its uniqueness, engagement, and thought provoking situations.



Follow Kaylee on Twitter | @kayleelawler94

DRINK OF THE WEEK

“blush”

The “Blush” cocktail is a signature drink that includes passion fruit vodka, lemon-lime juice and Triple Sec orange liqueur. It’s topped with the house specialty cranberry slush, a lime slice and pink sugar around the rim. The cocktail has a fruity yet sour taste and the orange Triple Sec liqueur gives it a tangy twist. The cocktail menu features special slush mix drinks, along with classic drinks. Located in San Pedro Square Market, Blush is an Ice Bar and raw kitchen. It is great for happy hour specials with great drinks and food. With the historic courtyard and lights hanging around giant trees, Blush is a great place to sit down and enjoy a drink with a couple friends.



PHOTO BY KYLEE BAIRD | INFOGRAPHIC BY NICOLE CHUNG

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Outing white supremacists on social media is a necessary evil



Nicole Chung
Executive Producer

In the days after the “Unite the Right” rally in Charlottesville, Va. on Aug. 11 and 12, doxing became a trending and controversial action on social media. It gained the support of activists fighting against racism while others criticized it by saying it encroaches on the protesters’ constitutional rights.

According to dictionary.com, doxing is an online practice that entails finding and publicizing personal information about an individual without his or her consent. The doxing that took place on social media “outed” those who actively participated in the Charlottesville alt-right protests.

Upon first glance, publicizing the names and faces of these participants seems like the right thing to do. These people are trying to reignite a shameful part of American history, so why not publicly shame them?

Unfortunately, doxing is not as simple as shaming white supremacists. As with any issue, there are multiple sides to this that deal with constitutional freedoms and rights, as well as consequences.

One important facet of democracy is that everyone who has an opinion is open and free to publicize it however they want.

In my case, I absolutely cannot stand white supremacy or supremacist ideology of any kind. Yet, despite my obvious hatred for anything even remotely related to this level of hate, I can’t quite bring myself to say that these types of speeches should be outlawed outright since it sets a dangerous legal precedent for free speech.

If you’re going to limit speech, you have to limit all speeches. Both good and bad. Both liberal and conservative. Both moderate and extreme.

However, we often forget about one thing while arguing about constitutional rights. The Constitution guarantees and protects many rights, but it does not protect you from the consequences.

Freedom of speech allows you to say whatever you please. Your right to assemble allows you to protest for or against whatever you want. But neither protects you from the consequences that you might face as a result.

One of the consequences that I mentioned previously is doxing. Those who strongly oppose and denounce white supremacy are taking it upon themselves to identify these individuals on social media.

Journalist and civil rights activist Shaun King and Twitter account @YesYoureRacist

have actively been encouraging their followers to pass on information that could help identify the protesters, especially the violent ones. This has led to many of these white supremacist protesters dealing with consequences in their personal lives.

For example, Cole White was fired from his job at a restaurant in Berkeley, Calif. Peter Tefft was disowned by his entire family in an open and heartbreaking letter from his father.

Furthermore, our lives are heavily intertwined with social media, where nothing is truly private despite what our Facebook or Twitter settings might tell us. Thus, it should come as no surprise when you find a photo of yourself being widely circulated online after you participate in such racist events.

If you don’t want to deal with the consequences, perhaps reconsider putting yourself out in the open where anyone is likely to see you.

Additionally, the argument against identifying white supremacists on social media boils down to how tolerant we’re willing to be of someone else’s opinion, even if it’s hateful or hurtful.

By tolerating intolerance, we choose to become bystanders who don’t help those whose rights are violated by intolerance. This sounds oxymoronic, but it’s clearly

explained by philosopher Karl Popper’s “paradox of tolerance”.

“Unlimited tolerance must lead to the disappearance of tolerance,” Popper explains. “If we extend unlimited tolerance even to those who are intolerant, if we are not prepared to defend a tolerant society against the onslaught of the intolerant, then the tolerant will be destroyed, and tolerance with them.”

By choosing to identify these white supremacists on social media, activists show that they are not and will not be tolerant of hate speech. We should not simply stand idly by while this disgusting form of intolerance hurts both our loved ones and innocent strangers that are a part of different minority groups by virtue of birth, choice or both.

Those alt-right protesters exercised their freedom of speech and right to assemble. The activists’ disgusted reactions and the doxing are the consequences. If these protesters decide that they don’t want to face these consequences, then perhaps they should think about not participating at all the next time around in the future.

After all, if you can’t take it, then you shouldn’t dish it out in the first place.

Follow Nicole on Twitter | @njhchung

Personal eating habits determine truth behind “Freshman 15”



Cinthia Loera
Staff Writer

As incoming freshmen prepare themselves for college, they sometimes tend to worry about certain aspects of campus housing that sound scarier than they truly are. These thoughts typically stem from dramatizations in the media, one example

being the infamous “Freshman 15.”

According to dictionary.com, the official definition of the “Freshman 15” is “the average amount of weight gained by students during their first year of college.”

Although I understand why it is so widely expected of new college students, I don’t completely believe that it is as common as most incoming freshman may believe it is. I definitely believe it is a real issue some students could potentially face, but a recent article featured on NBC News had different thoughts on the topic.

“The Freshman 15 Is ‘Graduation Season Click-Bait’” by Natasha Burgert states that

the “Freshman 15” is “#fakenews” and points out studies that showed only 10 percent of college students gained 15 pounds or more during their first year.

I wouldn’t go as far as Burgert did and say the “Freshman 15” is fake news, but I do agree with her main point in the article. It is perfectly normal for your weight to fluctuate during a major life change such as your first year of college.

Having spent my freshman year at a community college, I would only eat on or around campus once a day. I did not gain weight right away, but my sophomore year was an entirely different story. By the time my second year came around I had gotten so comfortable with my campus and new friends that sometimes I would eat out twice a day.

The cause of my weight gain, as well as many other college students’, was convenience. Every semester is a constant blur of deadlines and exam dates for many students, which makes time go by faster than we realize. I barely had time to finish my papers the night before their deadlines, let alone meal prep my week’s lunches.

It was so much easier for me to simply grab a bite in the food court on campus or at the McDonald’s down the street. The crazy part was I never noticed how much weight I had gained until the end of my sophomore year. I was too busy to even realize the bad eating habits I was developing.

I became anxious as I transferred to San Jose State University due to the fact that I knew living in a dorm without a kitchen

would only make me eat out even more – and for the most part I was right.

Living in a dorm that conveniently had a market right outside of the building stocked with energy drinks, snacks, microwavable foods and freshly made pizza made it impossible for me to resist taking multiple trips a day on my way to and from class.

Most on campus housing requires students to have a meal plan with the Commons. It does have plenty of healthy options to choose from, but the food

court across campus would too often call my name whenever I’d have just enough spare change for my favorites from Taco Bell.

I did indeed gain even more weight my first semester living on campus because I went crazy on the junk food during my

first few months away from home. Once I got used to my new campus I learned that our gym is free for all students and I started going grocery shopping a lot more often, resulting in me starting off the spring semester a lot healthier.

The “Freshman 15” can definitely be as real as you allow it to be whether you’re a freshman or a senior. I believe it just all comes down to how healthy you want to be as you begin to live on your own for the first time.

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- Make time for physical activity at least twice a week.
- Stay organized and don't procrastinate in order to avoid excessive stress.

San Jose to introduce “sobering stations” for the public



Selina Ramirez
Copy Editor

In an effort to keep people with substance abuse issues or mental health problems out of jail, Santa Clara County is introducing “sobering stations” where police officers can take people they find intoxicated in public.

The sobering stations will serve as an alternative to drunk tanks in county jails. They are intended to reduce the amount of taxpayer money spent on taking publically intoxicated people to jail or emergency rooms.

The decision could be considered a win for mental health and prisoners rights advocates due to city officials recognizing that many people who are mentally ill or abuse alcohol and drugs don't belong in jail. According to The Mercury News, Judge

Stephen Manley said “the overall goal is to stop putting people in jail and start building treatment capacity.”

The decision to implement a new course of action when police pick up intoxicated people is a small but much needed change in the way substance abusers and the mentally ill are treated.

The United States criminal justice system too often condemns people who would benefit from psychiatric treatment or rehabilitation to serve time in jail.

Similarly, inmates who suffer from mental illnesses do not always receive the proper care.

According to the Substance Abuse and Mental Health Services Administration, people with mental health disorders are more likely to experience an alcohol or substance abuse problem. If left untreated or undiagnosed, both substance abuse and mental illness increase an individual's chances of incarceration.

I often see police pick up people on the street who have clearly abused drugs or alcohol and take them to jail for being

intoxicated in public. I'm left wondering whether that person poses an actual threat to the public or if they're addicts who need to get sober and receive treatment for substance abuse.

A report by The Treatment Advocacy Center and Public Citizen's Health Research Group found that most mentally ill inmates are court-ordered to remain in jail until a bed becomes available at the state hospital. “They have no charges,” the report said.

Santa Clara County in particular came under fire after the 2015 murder of Michael Tyree, a bipolar inmate, by correctional deputies.

Tyree was in jail awaiting a bed at a treatment facility for the mentally ill after serving time for a minor drug charge.

The subsequent trial brought into question the treatment of inmates along with jail conditions and ignited calls for prison reform.

Tyree's murder and the increasingly high rates of incarcerated substance abusers and mentally ill people serve as reminders that

city officials need to take a progressive approach to create facilities to treat substance abuse and mental disorders so that people who need treatment don't end up in the criminal justice system.

The new sobering station is scheduled to open in late September and will remain open 24 hours a day, 365 days a year as a place for police to drop off non-violent people who are intoxicated.

Equipped with reclining chairs and a team of nurses on site, the station will be located in the Reentry Resource Center by the Santa Clara County Jail on West Hedding Street.

The sobering stations will cost about \$12 million, which will be funded by the county and a federal grant.

Although it's a seemingly small change to dealing with public intoxication, the sobering stations will hopefully signify the beginning of a series of reforms that will benefit the system's most vulnerable.

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CLASSIFIEDS

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	

- ACROSS**
- 1 Not polite
 - 5 Badgerlike creature
 - 10 Nip at the wire
 - 14 Prestigious British school
 - 15 Thing to see at La Scala
 - 16 Bridge fee
 - 17 Water that is a power source
 - 19 Proceeds from a heist
 - 20 "Well, ___ bel"
 - 21 City in northern France
 - 22 Red Cross supply
 - 24 Tempest holders?
 - 26 Start a garden
 - 27 Not common
 - 28 Speaker's platform
 - 29 Headgear
 - 32 Basic guidelines or rules
 - 35 Id's complement
 - 36 Table scraps
 - 37 Regret
 - 38 Spoiled child
 - 39 Prefix meaning modern
 - 40 Dual access items
 - 44 Lawn component
 - 45 Any individual police car
 - 46 "Cheers" accountant
 - 47 Came to a decision
 - 49 Tidal wave
 - 52 Some rabbits or bunnies
 - 54 Quite fashionable
 - 55 Beatty or Kelly
 - 56 Mr. Holland's creation
- DOWN**
- 1 Send in, as payment
 - 2 Beneficial
 - 3 Odds with a sweet ending?
 - 4 Big picture? (abbr.)
 - 5 Took turns
 - 6 After, in Aix
 - 7 Young adult
 - 8 Pitcher's stat
 - 9 Illuminated by a beacon
 - 10 ___ Hunt ("Mission Impossible" character)
 - 11 Follow local convention
 - 12 Dispirited
 - 13 Jazzy queen of scat
 - 18 Express contempt for
 - 23 Lad's partner
 - 25 Easter egg coloring kit brand
 - 26 Talk-show group
 - 28 Uncertainty
 - 30 Agent for gelling
 - 31 "Dora the Explorer" fans
 - 32 Mob bosses
 - 33 White-centered snack
- ACROSS**
- 34 Ancient Welsh priest
 - 38 Word with "yesterday" or "again"
 - 40 "Call of ___" (video game)
 - 41 Incredibly simple, as a process
 - 42 Stores fodder on a farm
 - 43 "Irma La ___"
 - 48 Alfredo alternative
 - 49 Not those
 - 50 Juicy fruit
 - 51 Rustic poems (var.)
 - 52 Prolonged unconsciousness
 - 53 Stone for some Libras
 - 54 "Are you for real?"
 - 58 Nest-egg option
 - 59 (Not my spelling)

SUDOKU PUZZLE

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

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

DIFFICULTY RATING: ★★☆☆☆

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You can't tuna fish

What do you call Samsung security guards?

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COLUMN

San Jose State football begins new chapter



KAVIN MISTRY | SPARTAN DAILY (FILE IMAGE)

SJSU cornerback Andre Chachere (21) celebrates with teammates during the 2016 season.

Strengths on the battle ground

BY LUKE JOHNSON
Sports Editor

Defensive Back University:

San Jose State is known as DBU in the Mountain West for consistently putting defensive backs in the NFL and this year is no exception.

Six out of 13 former Spartans in the NFL are defensive backs, and entering this season with the highest draft stock is cornerback Andre Chachere. The senior was a First Team All-Mountain West selection with four interceptions, two forced fumbles and 14 pass breakups last year. This earned him a spot Jim Thorpe Trophy and Bronko Nagurski Trophy watch lists over the offseason.

Joining him in the defensive secondary are returning starters Jermaine Kelly, Maurice McKnight and Trevon Bierria.

Golden Boot:

Special teams wins games — just ask Tom Brady and Adam Vinatieri.

Michael Carrizosa holds the school's single-season record with 47.5 yards per punt and has launched seven career punts

over 60 yards.

Heading into his senior campaign, Carrizosa is a preseason All-American and a part of the Ray Guy Award watch list. He could potentially be the defense's most valuable player by preventing opposing teams from scoring multiple times per game.

New face to run the place:

Brent Brennan was hired as the new head coach because Ron Caragher dug a hole he couldn't get out, so SJSU decided to pay the remaining \$550,000 of his contract for him to sit on the couch.

Brennan has done all the right things so far. He started off by hiring Bay Area recruiting guru Alonzo Carter as an assistant coach. He then got top high school prospects such as running back Tyler Nevins and quarterback Terrell Carter to sign to the team.

Everything, including the team's social media accounts, has improved. What remains to be seen is what matters most: winning results.

Follow Luke on Twitter |
@Scoop_Johnson



LUKE JOHNSON | SPARTAN DAILY

SJSU President Mary Papazian and coach Brent Brennan laugh together in front of media.

The Spartans' biggest kryptonite

BY BRUCE COOKE
Staff Writer

Quarterback uncertainty:

SJSU hasn't announced who is starting at quarterback. There were six competing for the job during the offseason. All quarterbacks had similar numbers throughout the scrimmages and practices.

This puts coach Brennan in a difficult position. There will be some positives and negatives on the quarterbacks this upcoming season, but one has to step up for the team.

Redshirt sophomore Josh Love has the most experience on the team behind center. He has 31 completion, 60 attempts, two touchdowns and five interceptions under his belt.

Getting the ground game rolling:

Running backs DeJon Packer (JuCo transfer) and Zamore Zigler (redshirt sophomore) took turns running with the ball during the Spartans' final scrimmage. Packer led all rushers with 60 yards and a touchdown on seven carries. Zigler added

36 yards and two touchdowns.

Thankfully for Packer and Zigler, SJSU returns all of its starting offensive linemen including 6-foot-7, 300-pound tackle Nate Velichko, who was named to the Wuerffel Trophy watch list.

Tough start to kick off the season:

Two of the Spartans' first four games are against teams ranked in the Top 25: Texas and Utah.

The Spartans' 2017 schedule will be very difficult compared to a year ago. Last season, the Spartans seemed poised to get off to a good start by facing Tulsa, Portland State, Utah, Iowa State and New Mexico to open up the season. However, they only produced a 1-4 record.

This season will be even tougher for the Spartans because in Week 3 they will play against the Longhorns in front of 100,000-plus fans in Austin, Texas.

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REAL RASSLIN'

NXT goes for round three at Event Center



BY LUKE JOHNSON
Sports Editor

NXT has a soft spot for San Jose State's Event Center because it was the promotion's first destination when it began touring two and a half years ago.

The professional wrestling show packed the venue for a third time Friday, Aug. 11, and didn't disappoint. This was a non-televised house performance, so wrestlers were looser, less filtered and did things they normally wouldn't on TV.

Johnny Gargano defeats Andrade Almas: 4.5 stars

These wrestlers had the crowd wrapped around their fingers. Every inch they moved ensued a loud reaction.

Unfortunately, Almas was without his lady friend Zelina Vega, but he still looked strong putting over Gargano.

Aleister Black defeats Hideo Itami: 3.75 stars

Black has a presence that was much more common in the late 1990s and rare in contemporary pro wrestling. Every time his music hits, you know

someone is going to get his ass kicked.

Itami is a skillful heel, but fans wanted to cheer for him as if he were a baby face (good guy). Black's finisher the Black Mass (spinning hook kick) looked like it knocked Itami unconscious. This was one of the most hyped matches on the card and the outcome was decent.

Kassius Ohno & Drew McIntyre defeats Tino Sabbatelli & Riddick Moss: 3.5 stars

Moss and Sabbatelli have both spent about four years in NXT with minimal TV time, but proved at the Event Center that they deserve to be pushed into the Tag Team Championship hunt.

Sabbatelli was surprising very over with a section of the crowd who chanted "We want Tino!" the entire match.

While on the apron, Moss yelled "I'm a Vince Russo guy!" to a group of fans which was an inside joke among hardcore wrestling fans, because Vince Russo is a name WWE would probably censor on TV.

NXT Women's Champion Asuka defeats Ember Moon: 3 stars

These two lacked in-ring psychology.

Asuka has been built up on TV as a heel, but wrestled like a total baby face. The fans cheered for her and booed Moon, who was supposed to be the heroic underdog.

Moon didn't perform her must-see, top-roped finisher The Eclipse — which was disappointing.

NXT Champion Bobby Roode defeats Roderick Strong: 4 stars

This was the best main event NXT has put on in the Event Center. Roode is easily the most popular guy on the roster and almost everyone had their phones out to Snapchat his entrance.

Strong came across as a determined baby face who sought revenge on Roode for disrespecting his family.

It took three Glorious DDTs and a low blow for Roode to finish off Strong.

After the match, McIntyre came out, physically cleared the ring and declared he was taking the title away from Roode in eight days at Takeover Brooklyn.

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LUKE JOHNSON | SPARTAN DAILY

(TOP LEFT) Drew McIntyre roars at his opponents while he is announced as the mystery partner for Kassius Ohno.

(BOTTOM LEFT) Hideo Itami mocks Aleister Black as he sits cross legged in the middle of the ring.

(TOP RIGHT) Former NFL linebacker Tino Sabbatelli cuts a promo before his tag team match with Riddick Moss.

(BOTTOM RIGHT) Ember Moon puts NXT Women's Champion Asuka in a submission hold in a title bout.

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