

## Scooters land in UPD 'jail'

By **Mauricio La Plante**  
STAFF WRITER

The San Jose State University Police Department impounded at least 146 motorized scooters as they implemented a new ordinance Monday, prohibiting students from parking the devices on campus.

UPD officers collected abandoned scooters on campus and will charge a \$25 fee for each device that scooter-sharing companies request back, according to UPD Interim Chief Alan Cavallo.

However, cooperation with SJSU from the companies Lime and Bird have differed.

The university requested that the companies "geofence" SJSU, which would create a virtual firewall around the campus to disable scooters from entering.

"We gave the companies about a two week notice to change their business model on campus," Cavallo said.

So far, Bird is the only company that complied, according to Cavallo. It has reprogrammed its scooters to run on "parking mode" once the device penetrates the campus perimeter.

Bird's scooters would only operate at one mile per hour



At least 91 Lime and 55 Bird scooters were impounded by San Jose State University Police Department after formally banning them from campus. UPD will continue collecting abandoned scooters on campus.

KUNAL MEHTA | SPARTAN DAILY

once on campus, Cavallo said.

He said that a representative from Bird described the scooters as "essentially worthless" at that speed.

Meanwhile, Lime has activated a suggested geofence, but had not created software to disable scooters from

entering campus, according to Cavallo.

"If you were on one of their scooters and enter that area, you would receive a notice on your phone that you're in a 'no parking' area," Cavallo said.

As of Tuesday, Lime has not disabled its scooters from

entering campus.

"What we really wanted from [Lime] is that when the scooter would enter the zone it would cease to operate," Cavallo said.

Charlie Faas, vice president of finance and administration, previously stated that SJSU is classified as a sidewalk, which



Too many people have been hit, too many people have crashed.

Alan Cavallo  
University police chief

would deem scooters illegal on campus according to California state law.

"They've always been illegal but we've tolerated them," Cavallo said.

"They're a fire hazard, they're blocking handicap access," Cavallo added, listing some of the reasons for the scooter prohibition.

Although no official injury count has been released by university officials, Cavallo said scooters have injured pedestrians and riders.

"Too many people have been hit, too many people have crashed," Cavallo said. "Help us by complying with a new regulation, that way everybody on campus could be much safer."

Follow Mauricio on Twitter  
@mslaplantenevs

## SJSU to expand admission areas

By **Jonathan Austin**  
STAFF WRITER

In an effort to address impacted majors and grievances posed by prospective students, San Jose State proposed far-reaching changes to the admission process.

Interim provost Joan C. Ficke announced on Feb. 19 the university's plan to consider admitting students from a wider range of Bay Area counties.

SJSU will also add and revise preparatory coursework for selected majors as supplemental criteria for transfer students.

The university has experienced impaction in all majors for both

first-time freshmen and upper division transfers, so the expansion of "local" counties, including San Francisco County, has left some students with questions on the university's intentions.

Sharon Willey, associate vice president for administrative and enrollment services, answered some of the student's questions at a Tuesday meeting in the Martin Luther King Jr. Library.

Speaking to eighteen people, Willey said, "The same number of students will be enrolling."

A main concern that parents of students at the meeting had with

ENTRY | Page 2

### CAMPUS IMAGE



MAURICIO LA PLANTE | SPARTAN DAILY

## Flying colors

Human resources management freshman Anna Tran (left) leads students through a Vietnamese fan dance.

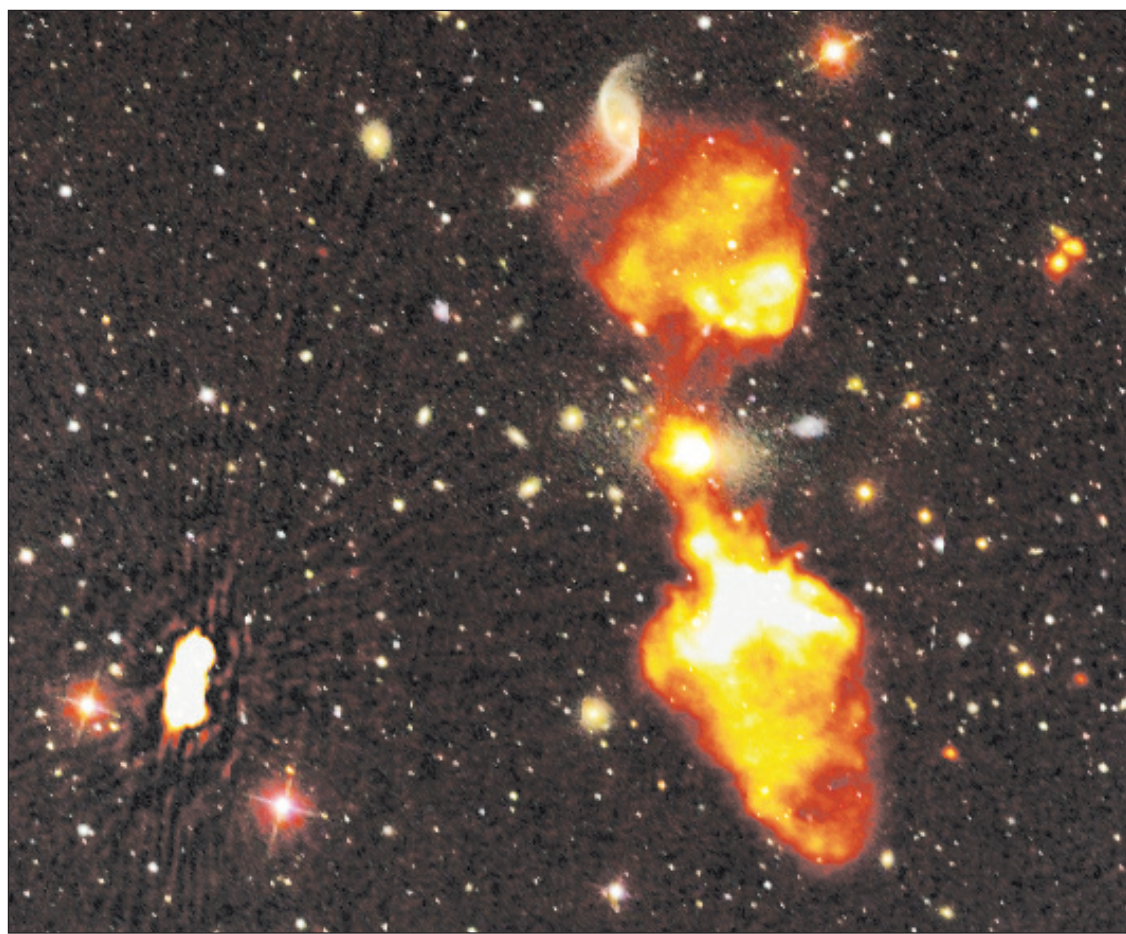


PHOTO COURTESY OF CYRIL TASSE AND THE LOFAR SURVEYS TEAM

An image captured by Low Frequency Array of a galaxy overlaid on an optical image of the sky.

## Newly found galaxies excite SJSU professor

By **Courtney Vasquez**  
STAFF WRITER

An out-of-this-world discovery was made last week when thousands of never-before-seen galaxies were found with the help of a large radio telescope network.

A Feb. 19 survey by the Low-Frequency Array (LOFAR) detected almost 300,000 galaxies that had never been found before. LOFAR is a radio telescope network located mainly in the Netherlands.

According to LOFAR's Twitter

account, this survey threw a new spotlight on the evolution of galaxies and black holes.

Senior aerospace engineer Cooper Sloat expressed how excited he was when he first heard about the new discoveries.

"Hearing that we have discovered 300,000 galaxies is pretty crazy," Sloat said. "It makes me think of all the hours that it has taken for people to look deep into the universe and identify each end every one."

According to a Feb. 20 Sciencealert article, the data

from LOFAR's network of radio telescopes helped add new details to the map of radio waves, which struck an interest of studies on magnetic fields and black holes.

"This new radio telescope allows you to see new things like black holes that you couldn't see before," said Aaron Romanowsky, astrophysics associate professor.

Being able to see these newly discovered galaxies gave scientists opportunities to see black holes,

RADIO | Page 2

### A&E

LUNAFEST shines light on women creators and breast cancer prevention

Page 3



### Opinion

Mindfulness curriculum combats violent behavior

Page 5



### Sports

SJSU cheer brings home national championship trophy

Page 6





# Speakers: Checks and balances under attack

By Kunal Mehta  
STAFF WRITER

MONTEREY — Former Director of National Intelligence James Clapper and former Secretary of Defense Leon Panetta talked at a panel centered around government accountability and the Mueller investigation.

Monday's event at the Panetta Institute in Monterey was met with around 300 high school, college and postgraduate students from local schools.

A student in the audience asked how the FBI was able to balance civil liberties while investigating potential suspects, specifically in the context of the Robert Mueller investigation into potential

Russian interference in the 2016 presidential election.

Clapper said that law enforcement go through significant lengths to protect our civil liberties, but acknowledged that ultimately it was a compromise.

"Getting carded [at a bar] or going through [Transportation Security Administration] are all compromises on our civil liberties," Clapper said.

NPR political correspondent Mara Liasson and former acting head of the Drug Enforcement Administration Chuck Rosenberg were also on the panel. Rosenberg had the distinction of working for the two most recent FBI directors, Robert



**Getting carded [at a bar] or going through [Transportation Security Administration] are all compromises on our civil liberties.**

**James Clapper**  
Former Director of National Intelligence

Mueller and James Comey.

Panetta served as the moderator and opened up the discussion by asking whether the checks and



CLAPPER

balances outlined in the United States Constitution were still working.

"Trump is a stress test for our democratic institutions," Liasson said. "Congress has emasculated itself, letting [its] checks and balances power to wither."

She added that the press had been under stress before Trump was elected, and were being undermined by social media.

On the special counsel investigation itself, Rosenberg said he knew Mueller's final report would be fair, objective and true.

Sociology senior Mayra Bernabe said in an email that her main

takeaway from the event was affirmation that even after the Mueller report is published, it will not be the end.

Liasson said it will be up to Congress to decide how they want to follow on after the report comes out.

She added it was important to remember that impeachment is a political tool, and use of it would have political ramifications.

But despite the hurdles of the impeachment process, Liasson outlined the most effective way to make change – vote.

"The ballot box is the most legitimate function [of democracy]," she said.

"[The event] fuels me to continue being an active member in my community," sociology major Carmen

Torres said in an email. "It encourages me to contribute and be part of social change, regardless of my identities."

Bernabe said she found it interesting when Panetta told the audience we must become more tolerant.

"Our forefathers had real differences, but they debated and came to consensus," Panetta said. "You can't slam dunk in a democracy."

Rosenberg followed by indicating we need to be amenable to change and not set in our views.

"Doubt is a sign of wisdom," Rosenberg said before posing a question for the audience. "When is the last time you changed your mind?"

Follow Kunal on Twitter  
@legoktm

## ENTRY

Continued from page 1

the proposed expansion is how it will affect the impactation rates and admission decisions of students already in the already affected areas.

Referring back to the data generated from admissions records at SJSU, Willey said the expanded territories were proposed with the majority of high school and transfer applicants in mind.

Local freshman and transfer students are favored for admission.

Also, the expansion is made to benefit the students in surrounding areas of SJSU who may not have another university option.

According to Willey, the decision was aimed at enticing students from more sought after degrees that

SJSU offers, like animation and illustration.

Adding to this, Willey spoke of the arbitrary nature of county lines and how that also affected the decision.

"East Palo Alto does not get the advantage [when Palo Alto does] even though they are a more disadvantaged community," Willey said.

Kristen King, director of assessment and accountability for the East Side Union High School District, was concerned about how the proposed changes would affect the district's scholarship program.

The East Side Union Promise program guarantees admission to SJSU for 3,300 high school students. Willey explained that the number of students admitted by the program is unaffected by this change.

For transfer students, there are proposed prerequisite adjustments for select majors.

Those majors include Science, Technology, Engineering and Math (STEM) as well as animation backgrounds.

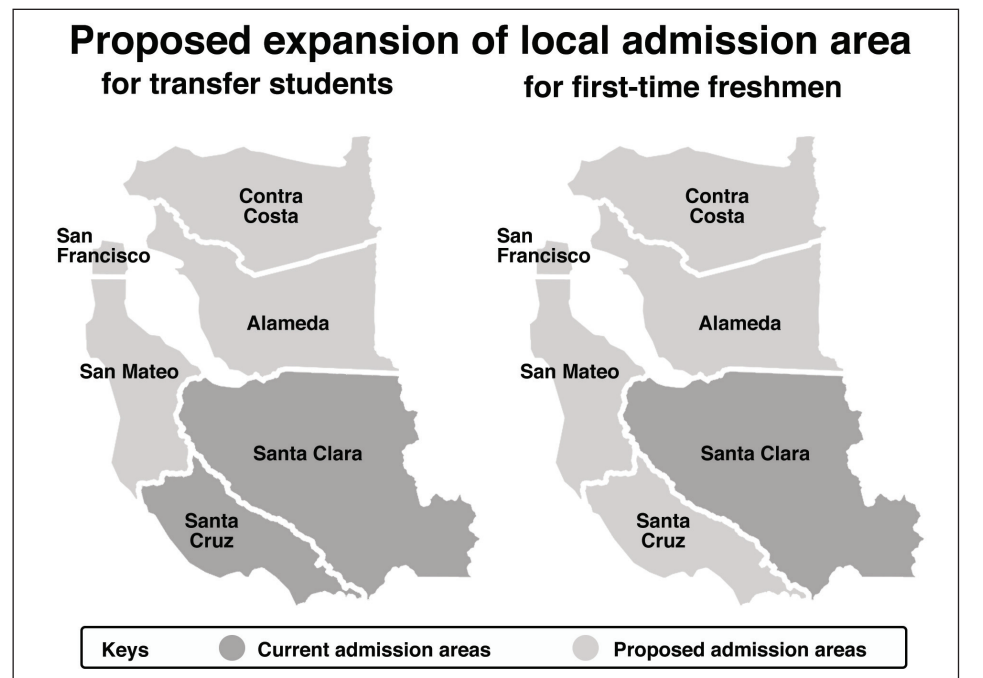
Additional classes will be added to the list of student's transfer requirements before they are able to apply to SJSU, according to SJSU admissions.

The panel of SJSU representatives at the meeting maintained that the decisions were designed around availability of the classes in different community colleges and to maintain fairness throughout the Bay Area.

"We are going to take this feedback. This is not final it's a part of the information gathering process," Willey said at the meeting.

There are several more public meetings in March and the changes will not take place until application season of fall 2020.

The implementation of



SOURCE: PUBLIC STAKEHOLDERS MEETING, INFOGRAPHIC BY HUAN XUN CHAN

these new admissions guidelines will not affect already admitted and current SJSU students.

The plan to help local students attend SJSU also comes with the increased goal of graduating in less time.

According to Willey, over the last few years, SJSU students have begun to graduate faster. Benefits of quicker graduation are mostly lower student debt totals.

Any affected party who wants more information and

the ability to raise concerns to SJSU on the proposed plans are encouraged to go to the website <http://www.sjsu.edu/impaction2020>.

Follow Jonathan on Twitter  
@AustinFound1

## RADIO

Continued from page 1

merges of galaxies, magnetic fields and how stars form, Romanowsky added.

Before radio telescopes, black holes were not able to be seen by scientists, according to NASA Science. This is because the telescopes used only detected light, X-rays or electromagnetic radiation.

When attaining the data, LOFAR used 20,000 antennas

across Europe to detect these radio waves, according to ScienceAlert.

Romanowsky went on to explain how the frequencies of an FM radio station can be used on a radio telescope to pick up the sounds of the universe.

"If you turn your radio telescope to use the same frequency as FM radio, you're just gonna pick up talk shows," Romanowsky said. "So [the scientists] go outside of the normal FM stations a little higher. Just turn your dial farther over and you can

start listening to the universe."

According to Romanowsky, the radio telescope has opened a new window for the discoveries being made.

"This is sort of like night vision goggles but even farther to the radio, so it allows you to see things that you wouldn't otherwise see, so it opens lots of different things to look at," Romanowsky said.

Since the first 20 percent of the survey has been finished, people will only have access to ten percent of

the data that is out now.

Now, students like Sloat are excited to try and make effective changes for the astrophysics/aerospace field after college.

"I personally would love to discover a more cost effective way to get people up there, into space," Sloat said. "I really want to go myself one day, I want to go with many others too, but we need to be more efficient to make that happen. I want to be a part of that."

Since the data is available for public research,

Romanowsky expressed that his students have been eager to find the black holes after hearing about last week's discoveries.

"We're gonna have the students jump on that and see if they can actually do some research, maybe find some black holes," Romanowsky said. "Some of my students have been wanting to look for black holes."

According to ScienceAlert, the radio telescope has been a significant way to find magnetic fields that scientists

have not been able to detect before.

"The sensitivity of LOFAR's eye on the sky has also helped researchers trace out the faint magnetic fields that have been predicted to exist in intergalactic space but until now too hard to detect," according to ScienceAlert.

The new discoveries and technology have made all the difference in being able to easily research these various things in space.

Follow Courtney on Twitter  
@courtney\_megsss

# Spartan Daily

<b>EXECUTIVE EDITOR</b> NICHOLAS ZAMORA	<b>GRAPHICS EDITOR</b> MELODY DEL RIO	<b>ADVERTISING DIRECTOR</b> NICOLAS SISTO
<b>MANAGING EDITOR</b> JANA KADAH	<b>CONSULTANT</b> SARAH KLIEVES	<b>CREATIVE DIRECTOR</b> MARC SUELA
<b>EXECUTIVE PRODUCER</b> KAYLA FLORES	<b>SENIOR STAFF WRITERS</b> JACKIE CONTRERAS GABRIEL MUNGARAY NORA RAMIREZ	<b>ADVERTISING STAFF</b> NABIHAH BURNEY RICKY ISIDRO CARDENAS ZHUO CHEN JUAN DE ANDA JOSEPH MAYEN JAZLYN KAY REYES DANICA SAMANIEGO CAROLINA ZEPEDA
<b>NEWS EDITORS</b> VICENTE VERA HUAN XUN CHAN	<b>STAFF WRITERS</b> JAILEANE AGUILAR ALYSON CHUYANG ROMAN CONTRERAS CINDY CUELLAR VICTORIA FRANCO JOZY PRABHU CALEB RAMOS COURTNEY VASQUEZ JAVIER VELEZ CORA WILSON OLIVIA WRAY ADAM YOSHIKAWA KUNAL MEHTA JONATHAN AUSTIN MAURICIO LA PLANTE	<b>CONTACT US</b>
<b>A&amp;E EDITOR</b> EDUARDO TEIXEIRA	<b>PRODUCTION CHIEF</b> MIKE CORPOS	<b>EDITORIAL</b>
<b>OPINION EDITOR</b> HUGO VERA	<b>NEWS ADVISER</b> RICHARD CRAIG	<b>PHONE:</b> (408) 924-5577
<b>SPORTS EDITOR</b> LINDSEY BOYD	<b>ADVERTISING ADVISER</b> TIM HENDRICK	<b>EMAIL:</b> SPARTANDAILY@GMAIL.COM
<b>PHOTO EDITOR</b> JOHANNA MARTIN		<b>ADVERTISING</b>
<b>MULTIMEDIA EDITOR</b> KELSEY VALLE		<b>PHONE:</b> (408) 924-3270
<b>SPECIAL PROJECT EDITORS</b> WILLIAM DELA CRUZ MARC SUELA		<b>EMAIL:</b> SPARTANDAILYADVERTISING@GMAIL.COM
<b>COPY EDITORS</b> MYLA LA BINE WINONA RAJAMOHAN JESSICA BALLARDO WILLIAM DELA CRUZ		

## File Your Fall 2019 - Spring 2020 Financial Aid Application Today!

Applications open October 1st, 2018

[www.fafsa.gov](http://www.fafsa.gov) || [dream.csac.ca.gov](http://dream.csac.ca.gov)

Priority deadline for maximum funding:

### March 2nd, 2019

For more information: [sjsu.edu/faso](http://sjsu.edu/faso) or contact [fao@sjsu.edu](mailto:fao@sjsu.edu)



# LUNAFEST celebrates women in film

By Roman Contreras  
STAFF WRITER

The San Jose Woman's Club hosted its ninth annual LUNAFEST on Feb. 22.

Woman's Club Vice President Lynda Sereno describes LUNAFEST as a film festival by, for and about women.

"It's a traveling festival hosted by LUNA, the makers of the women's nutrition bar, and each location chooses the charity they would like to support," Sereno said.

LUNA comes from the makers of the Clif Bar, with the LUNA bar being engineered for women. LUNA takes pride in recognizing women's issues, and advocates for their equality and representation in film.

The San Jose LUNAFEST event has been held at the Woman's Club since 2011.

LUNAFEST has raised \$4.7 million since the year 2000. All money raised is donated to the charity of choice varying by location.

Since the beginning of the San Jose festival in 2008, the chosen charity has been the Breast Cancer Prevention Partners (BCPP).

Lani Luthard, who died in 2015 after a long battle with breast cancer, started the event in her home more than 10 years ago.

Luthard brought in 10 of her friends and began

“The women's clubs were some of the first in the world where the women led the club and made the decisions.”

Lynda Sereno  
LUNAFEST Vice President

a mission to help spread awareness and prevention tips for women battling breast cancer.

LUNAFEST is held as a fundraising event. Donations are accepted at the door for raffle tickets for prizes that include spa packages and bed-and-breakfast stays.

The event also features small businesses promoting products.

"It's something I'm very passionate about.

I pick vendors that are all very women-centric, normally health-focused businesses," said Amy Kearnan, vendor coordinator and owner of Authentic Skin Remedies, a plant-based skin care company.

Kearnan got involved with LUNAFEST after becoming diagnosed with breast cancer.

She met Luthard through the BCPP, and was interested in being part of the movement.

The event began with time for mingling



CINDY CUELLAR | SPARTAN DAILY

LUNAFEST attendees gather around to get food before viewing a series of female-directed short films.

and cocktails. Guests roamed about the room sipping champagne and writing checks.

Dinner followed, and then the films began, accompanied by freshly popped popcorn.

Eight short films were featured, such as "War Paint," directed by Katrell N. Kindred.

The film tells the story of a young black woman in South Los Angeles experiencing racism and sexism during Fourth of July weekend.

Each film was directed by a woman and featured a strong female lead.

Stories of triumph and prosperity were common themes in the films shown. Depictions regarding coming-of-age stories and the struggles women of color face were also popular topics.

While many were there to support the BCPP, the films themselves were the main attraction at the night's event.

SJSU sociology master's student Elizabeth

Agramont-Justiniano attended the event.

"I'm interested in seeing film and being able to see and hear other people's stories and experiences," said Justiniano.

Sereno spoke highly of the event and the club, discussing the importance of women's clubs in general.

"The women's clubs were some of the first in the world where the women led the club and made the decisions," said Sereno.

To these women, donating their time and energy to this cause is nothing but a day's work.

The passion they share for helping others navigate their journey through battling breast cancer is tremendous.

"It's about preventing cancer, not curing it," said Kearnan.

Follow Roman on Instagram  
@roaminroman\_52

## 'High School Musical' is starting something new

By Jaileane Aguilar  
STAFF WRITER

Nearly 15 years after the release of the first film, production on a "High School Musical" spinoff has started in Salt Lake City.

Disney has chosen a cast and is now working on a 10-episode series.

The adaptation features a new generation of Wildcats: Carlos, Ricky, Nini, Gina, Ashlyn, Kourtney, Mr. Mazzara and Miss Jenn.

The series picks up almost 15 years after the original movie aired, at the same location where it all began: East High School in Salt Lake City.

It follows a new generation of students as they count down to opening night of their school's first-ever production of 'High School Musical,' much like the Disney Channel original.

These changes have not come as a surprise for communications junior NaJa Bailey.

"I figured the spinoff wouldn't have the same characters. It's too expensive for them to get all of the original cast back considering they're all A-list celebrities now. They're also too old and not in high school anymore," said Bailey.

Disney also promised that the new show would feature both acoustic "rehearsal-room

reinterpretations" of "High School Musical" classics, but also brand new songs.

"I think judging from what I've been seeing online it's going to be a lot like Glee, considering this is going to be a show now," Bailey said.

This information comes out after Disney announced it would be ending their distribution deal with Netflix in order to launch their own branded streaming service.

Disney will be airing the show on its own streaming service called Disney+ that will come out later this year.

"The plan on the Disney side is to price this substantially below where Netflix is," said Disney CEO Robert Iger according to MarketWatch.

Writer Tim Federle will be heading the series as a writer and executive producer, according to Variety.

Federle is the author of a series of young-adult novels and won a Humanitas Prize for co-writing the screenplay for the animated film, "Ferdinand."

The original "High School Musical" film was one of Disney's most successful original movies with a viewership of 7.7 million, according to Fortune.

The sequel released in 2007 posted even bigger numbers for Disney, with

a record 17.2 million viewers, according to Variety.

"I'm not interested in the new "High School Musical." I feel like it's been too long since the previous one. I think if they were going to make the fourth one they should have come out with it around the time of the rest of them," behavioral science junior Tatiana Thomas said.

Thomas continued to explain her disconnect with the series.

"Having a new cast makes me that much more uninterested. They will not have the same effect considering I am an adult now and have no connection to the characters anymore," said Thomas.

Unlike the original, the spinoff will have soccer athletes and dancing, however many of the characters will still share many resemblances to the original cast.

"You can't look at the new spinoff like a direct sequel or continuation of the story. All they're doing is using the name to market the show. Basically banking off of the name. Capitalizing," justice studies freshman Alma De La Cruz-Perez said.

No official announcement has been given as to when the show will be released.

Follow Jaileane on Twitter  
@jaileanea

## GREAT FOOD & GREAT SAVINGS FOR SJSU FACULTY & STAFF

■ FACULTY & STAFF APPRECIATION DAY

10% OFF YOUR PURCHASE EVERY FRIDAY\*

\* Discount not valid at Starbucks and Jamba Juice.

■ FOODIE FRIDAY

DINE AT THE COMMONS FOR JUST \$6 EVERY FRIDAY\*

\* Discount valid every Friday during the Spring 2019 semester between 11:00am - 1:00pm and 5:00pm - 7:00pm.

■ SAMPLER MEAL PLAN

PURCHASE 10 ENTRIES INTO THE COMMONS FOR JUST \$75 AND ENJOY AN ALL YOU

CARE TO EAT EXPERIENCE EVERYDAY!

VISIT THE COMMONS TO PURCHASE YOUR SAMPLER MEAL PLAN TODAY!

\* Must show a valid SJSU faculty and staff ID.

@\_SpartanEats

SPARTAN EATS  
CAMPUS DINING

SpartanEats



# Get your head out of the iClouds



**Jonathan Austin**  
STAFF WRITER

Hey, it's me Jonathan, telling you, the reader of this edition of the Spartan Daily, to put your phone away while you're walking around campus. You must be thinking, "Fuck that." How else will you be able to tell everyone who follows you on social media you're the most important person to ever walk the San Jose State campus?

in reality is a safety hazard caused partly by narcissism. People who walk around campus with their eyes locked on their phone screen often congest foot traffic and risk colliding with others. Since when should personal enjoyment take priority over ensuring people get to class on time in a campus as con-

phones, talking on FaceTime or just on the phone in general.

Can people really not go like 15 minutes without human contact?

But wait, that's not face to face contact at all. So why don't people want to talk to random people they see walking around campus if they need to be in constant communication with someone while walking around?

People can't possibly be that awful can they?

Personally, it bothers me when other students riding motorized scooters or longboards nearly crash into me as I try to take in my surroundings on the way to class.

Do you realize when you walk around while talking on the phone or sending memes out to all seven of your Instagram followers you put yourself in danger of the things your brain can't actively sense?

Your brain can't actively sense your surroundings because it is already preoccupied with several other tasks.

According to the National Safety Council, the effects of talking on the phone while driving can actually be more disastrous than drunk driving — not to say one is more acceptable than the other.

Too often, I have seen my fellow students bump into each other because they were paying atten-



IMAGE COURTESY OF PIXABAY

tion to their phone and not to their surroundings, which is dangerous.

In addition, we have to consider the countless people who may take advantage of our general inattention caused by audio stimulus in the outside world.

Imagine you're a thief, and you are out walking around looking for people to rob.

Are you going to target the people who look like they are paying attention to their surroundings, or are you going to rob the people lost in their "2014 remix" playlist? Everyone would easily go with Option 2.

Robberies involving pedestrians distracted by their electronics have occurred so often that

the Baltimore Police Department website explicitly warns residents, "Do not wear headphones or look at your cell phone when walking."

In addition to making our campus walkways safer, the oversaturation of digital stimulation is robbing people of genuine human experience.

Students will find themselves missing out on the beauty of the Downtown San Jose scene if they live life playlist to playlist.

An optimal college experience requires nothing short of face-to-face interaction with fellow students, professors and all other associates.

Anecdotally, listening to natural and unnatural sounds in the surround-

ing area is something I enjoy, and music ruins that experience. Albeit I am hard of hearing so being able to hear anything at all is also pretty rad.

Plus, being able to just watch things happening around me while others stare intently at their phone when walking is sometimes comedic gold, like this article.

Realistically, this article probably won't get people to stop walking around with their heads in the iClouds, but if it changes the mind of just one person, then I will have done my job.

Follow Austin on Twitter  
@AustinFound1

## Students will find themselves missing out on the beauty of the downtown San Jose scene if they live life playlist to playlist.

Unless you're Sammy Spartan, you shouldn't believe the above statement. Shocker! I know this may sound blunt and standoffish, but the first step to fixing a problem is admitting to yourself there is a problem.

What problem am I talking about? Well, I'm talking about the campus-wide issue of reckless walking, which

gested as ours?

Firstly, if FAFSA knew how many students have AirPods they would rethink how they allocate student funding.

Secondly, what is wrong with outside experiences that people want to walk around and not have any stimulation?

The crazy thing to me as well is the amount of people overall who walk around with head-

# INTERNATIONAL COFFEE HOUR

Learn about different cultures, meet friends, and have fun!

\*Coffee provided every week, lunch provided the 1st week of the month.

JOIN US ON  
MONDAYS, 12-1PM  
WELLNESS CENTER, RM 122  
2/4-5/6

SJSU | INTERNATIONAL STUDENT AND SCHOLAR SERVICES      SJSU | COUNSELING AND PSYCHOLOGICAL SERVICES

SJSU | INTERNATIONAL GATEWAYS

\*Counseling & Psychological Services is a department within the Division of Student Affairs. All services are FREE, and only for SJSU Students. This event is wheelchair accessible. Individuals requiring Sign-Language Interpreters, Real-time captioners, or other accommodations should contact Counseling and Psychological Services at (408) 924-5910 or counseling.services@sjsu.edu as soon as possible.

# SPARTUNES

*in honor of black history month*

Spartan Daily editors' favorite songs from black artists

<b>SWEET THANG</b> <i>Shuggie Otis</i> selected by Nick Zamora	<b>NO CHURCH IN THE WILD</b> <i>Kanye ft. Jay-Z</i> selected by Lindsey Boyd
<b>KILLING ME SOFTLY</b> <i>Roberta Flack</i> selected by Jana Kadah	<b>U</b> <i>Kendrick Lamar</i> selected by Johanna Martin
<b>KEEP YA HEAD UP</b> <i>Tupac Shakur</i> selected by Kayla Flores	<b>IMPATIENT</b> <i>Jeremiah ft. Ty Dolla \$ign</i> selected by Kelsey Valle
<b>SOLACE</b> <i>Earl Sweatshirt</i> selected by Vicente Vera	<b>I FEEL IT COMING</b> <i>The Weeknd ft. Daft Punk</i> selected by Myla La Bine
<b>THUGGISH RUGGISH BONE</b> <i>Bone Thugs-N-Harmony</i> selected by Huan Xun Chan	<b>NINETY</b> <i>Jaden Smith</i> selected by Winona Rajamohan
<b>IT WAS A GOOD DAY</b> <i>Ice Cube</i> selected by Eduardo Teixeira	<b>XO</b> <i>Beyonce</i> selected by Jessica Ballardo
<b>LOVE ON THE BRAIN</b> <i>Rihanna</i> selected by Hugo Vera	<b>LOST SOULS</b> <i>H.E.R. ft. D.J. Scratch</i> selected by Melody Del Rio
<b>BRING THE NOISE</b> <i>Public Enemy</i> selected by Mike Corpos	

Listen to this playlist on Spotify:  
<https://spoti.fi/2POfuWY>



# Schools must teach mindfulness



**Roman Contreras**  
STAFF WRITER

It can be said that America is ahead of other countries in many things.

The U.S. is regarded as one of the most powerful countries in the world, but fall very short in our healthcare system. Specifically, in the area of

in the U.S. has given people the courage to become more offensive and less apologetic.

A lack of understanding on how to deal with this can lead the individual on the receiving end of the negativity down a bad path.

by Peers Net suggests that countries like France and Canada are ahead of the U.S. in terms of how mental health is handled.

It also draws attention to how these countries offer more mental health related services than the United States.

The article also makes note of how U.S. hospitals are handling mental health in a good way by keeping patients minds occupied, and their bodies busy while they are receiving treatment.

In today's society, we've normalized conversations about mental health, making it easier to talk about mental health.

Unfortunately, sometimes society does not always reflect the policies set in place.

We are just now seeing mental health being taken seriously in the U.S. with campaigns and advertisements urging individuals to reach out to someone if they are struggling.

Most people are not open about attending therapy, taking medications or taking special steps in order to better their mental health.

Starting a better education curriculum on this subject can effectively combat the stigma associated with discussing mental illnesses.

Those opposed to teaching mindfulness in schools take the stance that we are only help-



ILLUSTRATION BY KAYLA FLORES | SPARTAN DAILY

## Teaching the youth to properly handle how they feel can be the push America needs to see a better future.

mental health.

As many as 370 British schools will implement mindfulness as a part of their curriculum for a research experiment until 2021, according to the New York Times.

This can be extremely beneficial, as it will help students learn to understand and manage what they are feeling in a healthy and appropriate way.

The world today is filled with copious amounts of hate.

Social media and the current political climate

According to the World Health Organization, America has neglected mental health in the discussion surrounding health care.

It is disheartening to hear about those who have taken their own life because of a lack of resources readily available to those struggling with maintaining a positive mindset.

Instances like these are when America should set aside its pride and take notes from other countries.

An article published

ing children deal with mental health issues that can come from things like bullying, and not stopping it.

It is important to note that it is not possible for those with mental illnesses to simply change the way they act.

The internet has taken a considerable toll in the way people think and act in real life, according to Mental Health America.

Most times, once this damage has been done, it's too late to try and reverse the effects.

Often times those who bully are actually the ones who hurt the most.

They are usually unaware of how to handle

their feelings, and resort to negativity to make themselves feel better by putting down others.

Encouraging children to embrace mindfulness can in turn stop this problem, because children will learn early on how to handle their emotions in a calm and collected manner.

With occurrences like the all-too-frequent mass shootings America has withstood in the past year, making mindfulness part of the curriculum could cause a big change.

Many of these shootings were said to have occurred because said shooters were being bul-

lied in their school years.

The shooters behind the mass shooting in Orlando in 2016 and Las Vegas in 2017 were said to have a history of mental illness and committed violent attacks against loved ones.

Mindfulness can aid in preventing such now-rampant tragedies by eliminating unhealthy aggression and behavior at its root.

Teaching the youth to properly handle how they feel can be the push America needs to see a better future.

Follow Roman on Instagram  
[@roaminroman\\_52](#)

## 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			
66					67					68			

**ACROSS**

- 1. Cheerful
- 6. Rabbit
- 10. Forearm bone
- 14. Accustom
- 15. Acted like
- 16. French for "We"
- 17. Blockhouse
- 19. Clothing
- 20. Afternoon nap
- 21. Cheery
- 22. Type of sword
- 23. Something of value
- 25. Iron
- 26. Country bumpkin
- 30. Horselaugh
- 32. Senselessness
- 35. Demean
- 39. Rattle
- 40. Lifted
- 41. Judicial writ
- 43. Breathing heavily
- 44. Captivate
- 46. Lack of difficulty
- 47. Enclosed shopping centers
- 50. Judges
- 53. Affirm

**DOWN**

- 1. Snake sound
- 2. Against
- 3. Unadulterated
- 4. Not amateurs
- 5. Busybody
- 6. Derisive laugh
- 7. Orbital high point
- 8. Connected by kinship
- 9. Countercurrent
- 10. Protect by insurance
- 11. Jeweler's glass
- 12. Naked models
- 13. Donkeys
- 18. Petrol
- 24. Timid
- 25. Heathen
- 26. Edges
- 27. Two-toed sloth
- 28. Leavening agent
- 29. Graniteware
- 31. Sister and wife of Zeus
- 33. Graphic symbols
- 34. A tart spicy quality
- 36. Largest continent
- 37. Lairs
- 38. Border
- 42. They love to inflict pain
- 43. Dowel
- 45. Obtained
- 47. Not glossy
- 48. Utilize
- 49. Runs
- 51. A very long period
- 52. Indian antelope
- 54. Sit for a photo
- 56. Dossier
- 57. Nile bird
- 58. A promiscuous woman
- 59. Skirt lines
- 62. An uncle

### SUDOKU PUZZLE

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

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

### JOKIN' AROUND

What do you call a musician with problems?

A trebled man.

### SOLUTIONS 02/26/2019

B	A	S	E	D	A	C	E	S	Y	A	R	N	
O	U	T	E	R	R	A	P	T	O	L	E	O	
S	T	E	L	A	T	R	E	E	K	I	S	T	
C	O	P	Y	W	R	I	T	E	R	E	V	E	R
			S	O	F	A	E	F	F	E	T	E	
M	I	T	T	M	I	G	O	R	E				
U	R	I	A	A	C	E	D	A	L	T	E	R	
C	O	M	B	I	N	E	E	M	U	L	A	T	E
K	N	E	L	L	R	O	V	E	O	P	U	S	
			E	L	M	D	O	R	W	A	I	T	
W	R	A	S	S	E	Y	U	L	E				
H	E	M	P	D	I	S	R	E	S	P	E	C	T
O	H	I	O	L	O	S	E	T	A	B	O	O	
S	A	G	O	E	W	E	R	E	L	B	O	W	
E	B	O	N	Y	A	Y	S	R	E	S	T	S	

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

### PLACE YOUR AD HERE

Place your Classified Ads Online at **Spartandaily.CampusAve.com**

Contact us at **408.924.3270** or email us at **SpartanDailyAdvertising@gmail.com**

Visit our office at **DBH 213** Office Hours: 1:30 - 4:15 P.M.



# 'Shimmy' keeps bringing the Spartans home

By **Javier Velez**  
STAFF WRITER

The San Jose State Spartans (6-2) played their final non-conference game against the Saint Mary Gaels Tuesday afternoon before heading into conference play this Friday.

The Spartans came alive in the sixth inning to win 7-3, giving the team confidence as it rolls forward.

The Spartans had a noticeable trend using four of five pitchers to throw exactly 2 innings each.

"Yeah, I think that was the plan. Showed up to the yard and they said we were going to kinda Johnny Wholestaff the thing, keep passing the ball and as long as everyone threw strikes," right-hand relief pitcher Mitchell Miller said. "We walked one guy and if we can consistently do that, we're going to be a pretty good ball club."

Right-hand starting pitcher Jonathan Clark mowed down the Gaels at the top of the first inning, but kept the Spartans middle infielders busy.

Freshman infielder Nico Malbrough made a sensational diving back-hand play to take away a single from the Gaels, which kept the 1-2-3 inning alive.

Gaels starting pitcher

Jonathan Buckley allowed 2 walks in the bottom of the first.

Spartans' leadoff hitter, Brandon Peterson was walked and senior infielder, Aaron Pleschner successfully sacrificed himself to allow Peterson to get in scoring position. However, Peterson was later picked off at second.

Junior outfielder Kellen Strahm was also walked in the first inning and attempted to steal a base. It was the first time this season he was caught stealing, making him 5 for 6 on the season.

The Gaels played "small ball" as they bunted in their first at-bat at the top of the second inning. The team's strategy proved successful in its first attempt, but they gave up a sacrifice bunt during the second.

The runner then advanced on a passed ball and ended up scoring on a ground ball to the second baseman, 1-0.

Spartan relief pitcher Nicholas Morales took over for Clark. Morales struck out two batters in the top of the third inning and one more in the top of the fourth. The hard-throwing Morales allowed 1 run with 1 hit in his 2 innings pitched leaving the score tied at 2.

Miller took over for Morales in the fifth inning. He allowed

1 hit, 1 strikeout and sealed the win.

The Spartans scored 3 more runs in the bottom of the sixth, including freshman James Shimashita who tallied his 11th RBI this season and brought the score to 5-2 after stealing two bases.

SJSU scored 2 more runs in the bottom of the seventh.

Head coach Brad Sanfilippo said he was impressed with his starters in the series last weekend against UC Riverside and plans to use the same starters against the New Mexico Lobos this Friday.

"Mitchel, Cadola and Ben Polack have pitched well for us last weekend especially. I think that's how we are going to shake things out and moving forward, it is kinda weekend to weekend," he said.

Friday's game will mark the Spartans' first conference series this season. Pleschner said he is excited to get the series started.

"As we've proven, when we play our baseball, we play really well. It doesn't matter who is across the diamond, we wanna play our brand of baseball," Pleschner said. "We continue to do that, we will have a lot of success."



CORA WILSON | SPARTAN DAILY

James "Shimmy" Shimashita gets ready to take a swing against Saint Mary's on Tuesday. He finished with 1 run, 1 RBI and leads the team with 11 RBIs over 8 games.

Follow Javier on Twitter  
[@JavyALVZ408](https://twitter.com/JavyALVZ408)

# SJSU's cheerleaders are the 2019 national champions

By **Courtney Vasquez**  
STAFF WRITER

Where would a school be without a cheer team? For San Jose State, it would be without its newly titled national champions.

Last weekend, the Spartans cheerleading team snatched the victory title for SJSU at the United Spirit Association (USA) Nationals in Anaheim.

"I knew everything leading up to this moment was all worth it," junior cheerleader Angelica Maligat said. "It filled my heart with a new kind of pride and joy and love for not only my team, but my coaches and my university."

USA Nationals was a two-day competition with teams from schools including the University of Southern California, Arizona State and Fresno State competing for the first place champion spot.

The first day of the competition was the preliminary day which would count for 30 percent of the end results. The second day was the finals day, which counted for 70 percent of the results, according to head coach Heather Limosnero.



COURTNEY VASQUEZ | SPARTAN DAILY

SJSU cheerleaders pose with the 2019 first place USA Collegiate Championship trophy in the Event Center on Tuesday.

"We saw that we were in first place [on the first day] by three and a half points, which is quite a lot of points. It's around like six or seven possible deductions, so we were ahead by a lot," Limosnero said.

After the first day, the Spartans felt they had the national title in the bag.

Though the team ended up doing very well for nationals,

they struggled with injuries along the way.

"On Monday, the week before [the competition] I found out that one of our cheerleaders, who was in multiple parts of the routine, got a concussion," Limosnero said. "That next practice, we rearranged everything and we did fine."

According to Limosnero,

a concussion occurred again at another practice, causing another rearrangement.

"They're great athletes, so they're good with adversity," she said.

Along with the challenge of injuries, the Spartans had trouble getting cleared by SJSU Athletics to go to the competition.

"I definitely had conver-

sations with administration about having [the team] go and there were some things that we already had obligations for, for example, the women's basketball game, the first day of nationals," Limosnero said.

She explained that as a team, the Spartans decided to go to nationals after all.

Sophomore cheerleader

Cole Haft explained that going to the competition was a must.

"It was kind of just like, we came here to do one job and after we did our job, after we stepped off the mat, we knew that we did the best we could," Haft said. "We stepped off and it was kind of like there were no words."

Now that the Spartans won this national title, they are looking forward to the new recruits for next season.

"The fact that we won this year and that we were even at nationals is really a big element of our recruitment this year," Limosnero said.

Winning this competition was the highlight of their cheerleading season.

"Now we were able to prove to everyone that thought we couldn't do it in the first place, everyone that thought we weren't supposed to be there, that we can get out there and do what we do best," Maligat said. "It was just the cherry on top to have this medal, the banner and the trophy."

Follow Courtney on Twitter  
[@courtney\\_megsss](https://twitter.com/courtney_megsss)

HUMANITIES, COMMUNICATION, MATH, ENGLISH, ANTHROPOLOGY, MUSIC, MEDIA STUDIES

# Second Spring

Take a GE class online with Foothill College.  
6-Week Session | May 20-June 29  
[foothill.edu/secondspring](http://foothill.edu/secondspring)

FOOTHILL COLLEGE  
ONLINE

SJSU INTERNATIONAL HOUSE

## INTERNATIONALLY INSPIRED PANCAKE BREAKFAST

GENERAL admission 10\$  
FAMILY OF FOUR admission 25\$  
STUDENT admission 5\$

**SUNDAY MARCH 3 2019**  
**SJSU INTERNATIONAL HOUSE**  
9:30AM TO 12:30PM

360 SOUTH 11TH STREET SAN JOSE CA  
(408) 924 6570 | [SJSU.EDU/IHOUSE](http://SJSU.EDU/IHOUSE) | [IHOUSE@SJSU.EDU](mailto:IHOUSE@SJSU.EDU)

WHEELCHAIR ACCESSIBLE