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SPARTAN DAILY

#SJSUEARTHDAY



(Top left) Left to right: Ruben Musquiz, Michael Andrews and Brad Crain from the Indian Health Center of Santa Clara Valley play the drum while singing a traditional Native American song at Earth Day on Tower Lawn Tuesday afternoon. (Top right) Angel Ramirez dances on Tower Lawn as part of a performance by the Indian Health Center of Santa Clara Valley. (Bottom left) Local shops provided examples of organic food. (Bottom right) Gold bells line the bottom of dancer Mary Jane Ramirez's dress as part of the performance by the Indian Health Center of Santa Clara Valley.

(Top left, bottom right) Brandon Chew | Spartan Daily
(Top right, bottom left) Basil Sar | Spartan Daily

SJSU celebrates Earth Day

By **Jenny Bennett and Melody Gonzales**
@Jennydaily_, @melodeeeroose

The San Jose State Environmental Resource Center hosted events to celebrate Earth Day yesterday.

Ada Truong, a senior environmental studies major and vice president of the ERC, said in an email, "the resource center works the department of environmental studies, Spartan Shops and Associated Students to put on the

Earth Day event for the entire city of San Jose."

Truong said Earth Day was started by Gaylord Nelson, an SJSU alumnus, in 1970.

"We want to educate the community about sustainability, environmental awareness and community involvement through this event," she said.

Magen Shaw, a senior environmental studies major and the resource center director, said in an email she believes this year's event was the largest Earth

Day celebration to be held on campus.

"Making the choice to live sustainably is choosing a clean and healthy environment, which in turn creates healthier, happier people," Shaw said.

Truong said at the events students were able to learn more about environmental issues and how to help those issues with environmentally-friendly practices.

Events included a petting zoo, a "natural beauty" workshop, a "composting" workshop, and a sustainabil-

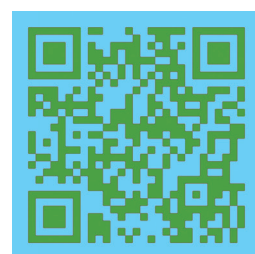
ity lecture.

The day concluded with the A.S. trashion fashion show, where designers created garments with 80 percent post-consumer waste, according to Tiffany Wang, the A.S. director of programming affairs.

Designers showed off their garments in a fashion show held in the Campus Village quad.

Jenny Bennett is the Spartan Daily Managing Editor and Melody Gonzales is a Spartan Daily staff

Scan below for more on the **Trashion Fashion show**



bit.ly/1mA07xG

#SJSUYOGA

Be the Change Yoga and Wellness, Power Bowl host Spartan Yoga

By **Philip Beadle**
@Beadlebeat

Be the Change Yoga and Wellness, in collaboration with Power Bowl, will host two free hour-long yoga classes for Spartan Yoga.

Cheyenne Moore, Be the Change's marketing director, said the event will take place on the Associated Students Lawn with one class from 1 p.m. to 2 p.m. Wednesday and the second at the same time on Thursday.

Michelle Linane, founder of Be the Change and Spartan Yoga event organizer, said that everything except a mat will be provided for the event's attendees.

"We are going to be supplying an instructor who's going to be here teaching everybody a class, an hour gentle vinyasa class that is going to be open to all levels of people or skill level," Linane said. "We'll have music and just a big, fun class in the fresh air."

Linane said vinyasa is a familiar, simple "flow type of yoga."

Moore said that in addition to free yoga lessons, Power Bowl will be giving out samples to promote healthy eating.

"We are teaming up with Power Bowl and their healthy acai bowls," Moore said in an email.

Moore said that both organizations are

small, local businesses located just blocks from SJSU that want to see people living healthy lifestyles.

Linane said that is why the two businesses decided to reach out to SJSU students.

"We want to get a collective message out there to downtown San Jose, 'Hey, let's think about our health,'" Linane said. "Let's do some healthy things."

Linane said the two organizations, who met through The 88 San Jose, a downtown apartment and loft complex, will be collaborating more in the future.

"We were referred to each other by another local business who said, 'Hey, there's another healthy business downtown, and maybe you could do something together,'" Linane said. "So we'll be collaborating on more than just this one event."

Linane said that Be the Change and Power Bowl plan to work together more in the future on fundraisers, charity runs and similar, fun events that promote healthy living.

Linane said the studio serves many SJSU students, which was one reason that they decided to host their event at the university.

"We are located just a few blocks from the school, and we have a lot of students that come into our studio," Linane said. "So it was a collective idea to bring it to the people, bring it to the university and have a free event that anyone can come to."

Be the Change's website says the studio is funded by donations.

Linane said that they ask students to pay whatever they can afford, and that system seems to be working well for business.

"All of our classes there are donation based, so it's always affordable yoga all the time," Linane said. "As long as people know that it's an even exchange, that it's not free yoga, it's just that we invite you to pay what you can afford to pay."

Linane said that people get behind that idea and tend not to take advantage.

"It's really about giving back to the community," Linane said. "So if you come to practice with us, you get to know that you get to practice, but also that you are allowing other people to practice."

Philip Beadle is a Spartan Daily staff writer.

#AKBAYANSJSU

Akbayan to celebrate 26th annual Pilipino Cultural Night

By Melody Gonzales
@melodeerose

Filipino and Filipino-American college students danced from one end of the room to the other in San Jose State University's Spartan Complex as band members banged on drums and struck gong-like instruments in preparation for Pilipino Cultural Night.

Pilipino is considered to be the traditional Tagalog spelling of Filipino, according to Pilipino Cultural Night coordinator Ann De La Cruz.

Pilipino Cultural Night is an annual event that SJSU's Akabayan, a Filipino-American organization, hosts in an effort to enrich the cultural awareness of the campus and surrounding community.

Akbayan is celebrating its 26th annual Pilipino Cultural Night with a theatrical play titled "Barrio to Bayou" this weekend.

The two-day event will consist of cultural dance, modern dance, acting, singing and tinkling, a folk dance from the Philippines, according to De La Cruz.

"When people walk into the show they are going to feel like they walked into the Philippines," De La Cruz said.

De La Cruz said that Pilipino Cultural Night will be a lot of members' first time being on stage, so time is crucial.

"This is why we have 'super Sunday' practice," De La Cruz said. "Basically it's when our entire cast of about 115 practice the whole show from 2 - 8 p.m."

De La Cruz said the cast members have been preparing for this event for almost one year.

Aside from exams and homework, dancers and instructors have been dedicating 17 to 20 hours per week to Pilipino Cultural Night since January.

"It's a student-run show, so we do it all on our own and with our own effort," Akabayan President Hidee Reyes said. "It shows that we are making an impact at school. Every year it grows and every year our show gets bigger and bigger."

According to De La Cruz, a large outpour of freshmen have signed up to take part in this year's Pilipino Cultural Night.



Melody Gonzales | Spartan Daily

Noelle Campos, a junior dance major, practices tinkling, a traditional dance performed in the Philippines.

"It's a great experience for them because it breaks them out of their shell," De La Cruz said. "A lot of people come to college afraid. This is a great event to just let loose and meet new people and learn something new."

Donita Battad, a junior communications major, said that she has been participating in Pilipino Cultural Night since her freshman year.

"This probably made my college career. I've made a lot of friends through PCN — through the organization itself," Battad said. "This is my little outlet and my community within itself."

Cast members willingly participate each year and have put their "heart(s) and souls" in addition to plenty of work into this event, De La Cruz said.

"This year, I definitely want to see my cast

be inspired by the cultural dances, by our story, as well as have those cast members be so inspired that they inspire others in the audience," De La Cruz said. "Not just their parents or friends but people who just want to see the show, because we welcome everyone."

Keeping the storyline a secret, Battad said that "Barrio to Bayou" is a story to which everyone can relate.

"It's a spectacle," Battad said. "It's pure entertainment. It's theatrical and even though you may or may not be interested in the Filipino culture there are a lot of dances and songs that I think everyone will enjoy."

Akabayan is set to host its 26th Pilipino Cultural Night at SJSU in the Morris Daily Auditorium on Friday and Saturday at 6 p.m.

Melody Gonzales is a *Spartan Daily* staff writer.

Scan here for video of Akabayan's Pilipino Cultural Night rehearsals



Ari Graynor was a good student, but now she's playing a 'Bad Teacher'

By Rick Bentley
McClatchy Tribune

Ari Graynor was so busy in 2011 with four films and a TV series that she never got around to seeing the Cameron Diaz film "Bad Teacher."

That ended up being a good thing, because the new TV version of "Bad Teacher" is very different.

"I never got in trouble. I was a good student. I felt the pressure in middle school of being a kid who loved learning but that was not a cool thing"

**—Ari Graynor
"Bad Teacher"
actress**

"The character I play even has a different name and backstory," Graynor says. "Both characters are sassy teachers but the plot and other characters are very different. I know a lot of viewers who saw the movie will have preconceived notions about the series, but we are really going to be able to open up the story a lot more."

The TV version has a former trophy wife, Meredith Davis (Graynor), finagling a job at a ritzy middle school where she hopes to meet her next rich husband.

All she has to do is fake her

way through classes, stave off the advances of a fellow teacher (Ryan Hansen) and keep fooling the school's befuddled principal (David Alan Grier).

Graynor's played a range of roles, from Caitlin Rucker on "The Sopranos" to a phone sex operator in the independent film "For a Good Time, Call ...". This series gives her a chance to take on a role that's unapologetically strong and lovingly outrageous while still coming across a person with a big heart.

The Boston native won't be able to call on her own middle school days for inspiration to play the TV role.

She describes her teachers as being "cool and lovely" people, but none came across like the fiery teacher's she's playing.

"It's funny that I'm playing Meredith, who is a bit of a rule breaker. She doesn't care what people think about her. I'm quite the opposite," Graynor says. "My worst nightmare when I was in school was that I would get into trouble. I never got in trouble. I was a good student."

I felt the pressure in middle school of being a kid who loved learning but that was not a cool thing."

Graynor has loved acting since the first grade. She was cast to play a duck "How Yucky Duck Became Sir John Swan."

"We were assigned roles and I had tears of joy when I found out I was doing it," Graynor says. "Then I started doing community theater and I knew then what I wanted to do with my life. I said 'I am go-

ing to be an actress and I am an actress.' Acting was the place where I could be free and feel confident.

"I didn't feel supported by kids my own age, but everyone around me when I was acting supported me. Acting gave me a creative outlet and an inner confidence that I can apply now to playing Meredith."

The supporting cast in "Bad Teacher" includes Sara Gilbert, Kristin Davis, Hansen and Grier.

"They are not only talented people but also lovely human beings. David and Ryan were already cast when I became part of the show. Because I'm a producer on the show, I was involved with casting after. Everyone in this cast is so sharp and so giving," Graynor says. "That's what makes a series watchable over a long period time. You are engaged with every single person who comes on screen."

"It has to be about every single actor. It also has to be about an incredible, tight and smart script."

The 13 episodes in the initial order have already been filmed. Graynor's now spending her time promoting the series.

The more she talks about teaching, the more obvious it becomes that this is a profession about which she knows very little.

When asked what would be a perfect gift for the teacher, Graynor says she would kill to have a masseuse for a week.

She quickly realizes what she's said and hastily adds, "Not one of the kids."

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SOCIAL MEDIA

Twitter often a tough opponent for athletes to handle

By **Tyler Dunne**
McClatchy Tribune

The moment a kick is missed, a pass is dropped, a tackle is whiffed is only the beginning. A football stadium is a safe haven.

Players don't hear F-bombs from the student section. They can mute wrath from afar.

No, in 2014, blood boils when 21-, 22-year old athletes turn on their cell phone in the locker room. After sifting through all "keep your chin up" text messages from Moms and girlfriends, many inevitably tap open their Twitter accounts.

"Coaches say, don't go on Twitter, don't read it," Florida cornerback Jaylen Watkins said at the NFL scouting combine, "but it's like touching a hot stove when you're little. You're going to touch it."

Again, social media and sports have collided. Not necessarily by what athletes tweet themselves, rather by what they read. The backlash, the aftershock. Through the pre-draft madness, everything is measured. Speed. Power. Intellect. Athleticism. The 300-plus draft prospects at the NFL combine in Indianapolis in February were lab rats. But there's no stopwatch in existence that reveals how Prospect A will react to obscene and anonymous taunts.

Rick Pitino and Tom Izzo recharged the furor during the college basketball season. With fans blistering his players after games, Pitino said the site "poisons" minds. Izzo said Twitter is essentially a 24/7 opposing student section.

Then, days later, Iowa coach Fran McCaffery banned Twitter on his team. After air-balling a potential game-tying three-pointer, the Hawkeyes' Zach McCabe absorbed fans' rage and then tweeted: "The fact that I have Iowa fans saying --- (to) me is insane. . . You fans suck. . . Suck a fat one all of you."

Most draft hopefuls in Indy vowed they're above 140-character slurs. Some kids stay above the muck. Many don't. Their mental fortitude is tested daily.

Watkins' first exposure to this came his sophomore year. Florida lost to Georgia, 24-20, and he was the goat. The corner was burned for a touchdown on a crucial fourth-and-6 play.

He said fans ripped him, relentlessly, for a

week.

"They tweet at you when you're winning," Watkins said. "But the same one that said 'Congrats' will come back at you when you're losing. If I have a chance to read what they say, I'll block them. It's rough sometimes."

This is a cyber student section without rules. It's a Texas Tech fan shouting to Marcus Smart. Four- and five-star recruits have been doused in praise through high school. Coddled, not crucified. One gaffe in the spotlight-like McCabe's miss-triggers a foreign response.

So, as Green Bay Packers linebacker A.J. Hawk said last year, players take criticism two ways. They can mute it all entirely. Or they can hunt it down, create "Google Alerts" for themselves and read every tweet.

USC safety Dion Bailey touches the stove. He reads every mention and isn't afraid to egg

Some players understand fans' angst. They feel angst themselves. After all, this is a tool many 18-35 year-olds tend to daily. Syracuse defensive tackle Jay Bromley says everyone is a fan of something; he follows the New York Knicks.

"And all my choice words aren't pretty right now," he said.

He remembers the uproar online when his coach, Scott Shafer, called the city of Atlanta "softnosed" during an ice storm.

Other players do not understand.

Oregon defensive tackle Taylor Hart created his account six weeks before the combine. He has tweeted zero times, opting to live his life the old-fashioned way, face to face. But he thinks back to 2012 when Ducks kicker Alejandro Maldonado missed a 41-yard field goal in overtime against Stanford that wiped out national title hopes.

"Some people were saying some nasty stuff,"

week-long furor. People called Sherman "an ignorant ape," a "jungle monkey" and the n-word multiple times, said he "deserved to get shot in the (expletive) head" and that he needs to be "introduced" to George Zimmerman.

The reaction was abominable, but not abnormal. Benwikere doesn't see the point in feeding the fire.

As he walked through the Lucas Oil Stadium lobby, he had a few words of wisdom for all prospects.

"You've got to have self-control," Benwikere said. "To be a football player, you have to have to self-control. You have to be strong and realize that most of these guys have probably never even played the game. Even if they have played the game, they haven't been in that moment, that situation."

"How Richard responded, how people

Because they can say things, but they know we're not going to say anything back because we have something to lose and they don't. They take advantage of it a little bit. But it's all fun to me. I keep smiling and just move on with my life.

-Dion Bailey
USC safety

on others. After Stanford scored a touchdown against Michigan State in the Rose Bowl, he ripped the Big Ten.

Through the Trojans' losses to Notre Dame and UCLA, he said it got ugly. Same deal when Lane Kiffin was fired.

"Some guys can't handle the audacity that some fans have," Bailey said. "Because they can say things, but they know we're not going to say anything back because we have something to lose and they don't. They take advantage of it a little bit. But it's all fun to me. I keep smiling and just move on with my life."

"All kinds of things. It got crazy with the Kiffin situation."

Hart said. "That was just another reason why I never really had it. Those people don't really matter."

At the heart of it, that's the question.

Why should any athlete care what the knucklehead with 13 followers even thinks? Why sweat it?

Seattle's Richard Sherman is the league's premier shutdown cornerback. He has his own "Beats by Dre" commercial that finishes with him ignoring reporters. Yet following his now-infamous rant to Erin Andrews, there he was interacting instead of ignoring.

San Jose State cornerback Bene Benwikere read every tweet, every response through that

came at him, for me, if I'm in that situation, it's more, 'Let them be them. You're entitled to your opinion.'

There's no policing social media. It's transparency at warp speed. A Wild West of interaction.

Pro days and combines and interviews accomplish plenty. In 2014 and beyond, teams are must determine the thickness of a prospect's skin, too.

That noise on Twitter will only get louder.

"You can't stop everybody," Benwikere said. "You can't please everybody. You can't stop everybody."

VETERANS

Operation Comfort strives to help veterans 'reinvent their dreams'

By **Charlie Reed and Drew Brown**
McClatchy Tribune

Janis Roznowski has made it her mission to provide comfort to wounded veterans of the wars in Afghanistan and Iraq.

While working as a flight attendant in 2003 on military charters from the United States to Kuwait, some of the first soldiers Roznowski met were from a reserve unit. Most of them had been college students just weeks earlier. Now they were on their way to combat in places such as Baghdad, Ramadi and Fallujah.

"They were so young, and many of them had not been able to get in touch with their families (since deploying), so I started sending messages home for them," said

Roznowski, who's 65. "It took me back to the time my brothers went off to war, and came back to an ungrateful nation. I wanted to do something about it."

As casualties from the two wars began to mount, the San Antonio resident knew exactly where to start: at nearby Brooke Army Medical Center, a major recovery and rehabilitation facility for wounded American troops.

Within a year, Roznowski and her husband, Tom, who'd served in the Navy during the Vietnam War, had raised enough money to fix up a waiting room at the hospital. Operation Comfort had been born.

A decade later, the nonprofit group provides a range of support for today's wounded veterans, including automotive repair classes, financial support for cash-strapped families and sports programs for amputees.

Last month, Joshua Sweeney, a former Marine who lost both legs above the knee in Afghanistan, was a gold medalist on the U.S. sled hockey team at the Sochi Winter Paralympics.

A former hockey player, Sweeney learned sled hockey through the assistance of Operation Comfort.

"We are generally focused on connecting with men and women just after they're wounded, and letting them know we can help them do anything they want to do," said Roznowski, who retired from American Airlines in 2007 to devote all her time to Operation Comfort. "We want to help them reinvent their dreams."

In many ways, the trajectory of Roznowski's life has come full circle. She did her first volunteer work in San Antonio at the Army hospital in 1970, soon after moving there from her hometown in San Angelo, Texas.

"My roommate and I would go visit the Vietnam veterans," said Roznowski, whose two older brothers had fought in the war. "We'd take them out to dinner or to the movies. We just wanted to do anything we could to help lift their spirits."

Her oldest brother, Jerry Wike, a former Marine, later died at age 54 from liver cancer likely caused by Agent Orange. Exposure to the defoliant has been linked to a range of serious diseases in U.S. veterans and their descendants.

Roznowski said the scorn and neglect that Vietnam veterans faced had made coming home better for today's younger veterans.

"Vietnam veterans are the ones who brought issues like Agent Orange and PTSD to the forefront and have come out en masse to support our returning vets," she said. "They understand what the younger veterans went through and just want to help."

With the recent charity bike ride through Vietnam, younger veterans are giving back to those who welcomed them home.

More information is at www.operationcomfort.org.



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#SJSUCYCLING

Cycling club pedaling for more than just glory

By Josie Chavez
@Josie_Chavez23

The Cycling Club is not exactly new to San Jose State, but in the past few semesters students have been trying to breathe some new life into it.

Ye Lin, a senior electrical engineering major and club president, was a member of the club when it was strictly a mountain biking club.

The club expanded in Fall 2012 and now includes cyclo-cross and road, Lin said.

"Cycling is one of the most demanding sports with major altitude change," Lin said.

The revival of the club was successful thanks to student members with a history of cycling and currently has 15 members.

The club originally only included mountain biking, said Kyle McCormick, vice president and an industrial design major.

"Cyclo-cross is probably my favorite discipline, it involves running, riding through mud, heckling other racers," McCormick said. "It's a great slightly laid-back atmosphere with everyone suffering and having fun together."

McCormick said he helped form the cyclo-cross and road cycling portions of the club.

Adam Stepanovic, a first year student in the economics graduate program and club treasurer, joined last Fall.

Stepanovic said he used to cycle when he was an undergraduate student.

"It's sort of this really amazing adventure with your friends and the races are still very intense," Stepanovic said

According to the official website, WCCC is composed of 29 schools in California.

The conference is split into two divisions – SJSU is in Division I, which also includes UC Santa Cruz, San Francisco State University, Stanford University and CSU Sacramento.

WCCC is governed by National Collegiate Cycling Association (USAC), which covers disciplines such as mountain biking, cyclo-cross, BMX and collegiate racing.

The organization of USAC currently has a membership of 66,800 members and is associated with the United States Olympic Committee (USOC), according to the USAC website.

Stepanovic said that although



Ye Lin | Contributor

San Jose State cycling club members Marshall Hoaglan (left) and Adam Stetanovic make a last minute check up routine before heading into a race at the Fresno State University collegiate mountain bike race on Sept. 13, 2013.

the sport is competitive, there is also a camaraderie between the schools and is less "aggressive" than other competitive sports.

The type of races that members participate varies depending on the semester.

In the Fall, the cycling club does mountain biking and in the Spring it's road racing, according to Stepanovic.

Within mountain bike season there are subcategories such as cyclo-cross and down hill. Road racing contains track racing with courses that are very small and fast.

The cycling club has levels ranging from beginner to intermediate.

The levels are categorized as A, B, C and D, with D being for beginner riders.

Each member only participates

in a few categories but specializes in one, Stepanovic said.

Members must try to compete in at least a few events in order to earn points for their team.

Unlike other sports where there can only be a set amount of places for the team to win, cycling requires only that the racers finish the race, Stepanovic said.

However, the closer the racer comes to finishing in a top spot the higher the points awarded to the team.

Stepanovic said that at the end of the season, the points are tallied to determine which team takes the top rank.

Currently, UC Santa Cruz owns that spot.

Marshall Hoaglan, a junior mechanical engineering major and club member, said he prefers mountain biking.

"My fitness level has gone through the roof since I joined," Hoaglan said. "I was kind of a couch potato."

Hoaglan said all levels are welcome.

One of the club's goals is to ensure the club continues as members graduate.

Lin said club rides are free for any student interested in joining.

The cycling club requires a membership fee for all competitive rides which can include up to three races per semester, Lin said.

Lin said that a skill clinic is offered every semester to help riders.

Students interested in joining can also learn more by liking the club's Facebook page or visiting the cycling club's website for dates of future rides.

Josie Chavez is a Spartan Daily staff writer.

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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.

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DIFFICULTY RATING: ★★☆☆☆

Previous Solutions

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Crossword Puzzle

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65											67		

- ACROSS**
- 1 Taken (surprised)
 - 6 Actor LaBeouf
 - 10 Edible corn
 - 14 Yak incessantly
 - 15 Labor strenuously
 - 16 Place of refuge
 - 17 It may be ruby red
 - 20 Tolkienian cannibal
 - 21 Libeler, essentially
 - 22 More than enough
 - 23 Two barber-shop quartets
 - 25 Off-misplaced items
 - 26 Early lab burner
 - 28 Bit of trivia
 - 32 They have a central meeting place
 - 34 ___-de-camp
 - 35 Hr. fragment
 - 38 Boer War participant
 - 42 It's sometimes written in the sand
 - 43 Lowest high tide
 - 44 Giver's opposite
 - 45 Fretful
 - 48 Staff note
 - 49 Scuttling crustacean
 - 51 Some pottery class projects
 - 53 Saffron-flavored Spanish dish
 - 55 Place for a fly, in jokes
 - 56 Van Gogh's love offering
 - 59 Drink with distilled cider
 - 62 Leaves home?
 - 63 Additive to some tissues
 - 64 One place to be lost
 - 65 Sword handle
 - 66 Out of the rat race (abbr.)
 - 67 Winter temps may be in them
 - 2 Hamilton's foe
 - 3 They might put the squeeze on you
 - 4 Suspect chaser
 - 5 Genuflected
 - 6 Sedimentary rock layers
 - 7 College-credit unit
 - 8 Roman trio?
 - 9 Sax range
 - 10 Gave the slip to
 - 11 Per diem
 - 12 Chops into cubes
 - 13 Metals from the earth
 - 18 Feudal lord's realm
 - 19 Most lacking in seriousness
 - 24 Adam's firstborn
 - 26 Winged god of love
 - 27 It's harvested in Hawaii
 - 29 Wrists
 - 30 Winnerless game
 - 31 Poem of homage
 - 33 Of low character
 - 35 Add up
 - 36 Bit in a newspaper
 - 37 He fiddled infamously
 - 39 Always, in poesy
 - 40 Word before "flung" or "fetched"
 - 41 Break, as a horse
 - 45 Bill holder
 - 46 Called up, as a memory
 - 47 Apply crudely, as paint
 - 49 Bay of Naples island
 - 50 Fend off
 - 52 He could eat no fat
 - 53 Appalachian Trail, e.g.
 - 54 Slightly open, as a door
 - 55 Sean Connery is one
 - 57 Main port in Yemen
 - 58 Showy Scandinavian rugs
 - 60 Public-house drink
 - 61 Dined

Adderall is a mixed miracle for college students

It's that time of the semester when the pill popping begins and I'm not referring to popping a molly.

Finals are coming and it's the start of Adderall season, where "poppers" take refuge in the library all day and night focusing on term papers and studying.

Adderall is a mixture of amphetamine and dextro-amphetamine.

When taken, Adderall releases a neurotransmitter called dopamine, according to a study from the University of Pennsylvania published in "Adderall May Not Make You Smarter, But It Makes You Think You Are" by Meredith Melnick for TIME in 2010.

Adderall and Ritalin are commonly prescribed to people with attention deficit hyperactivity



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disorder (ADHD), but the two have found their way to other users that are looking to concentrate on their studies, mainly college students.

According to the Drug Enforcement Administration's online Drug Fact Sheet about stimulants, Adderall is classified as a Schedule II drug.

Adderall and other drugs in the schedule, such as Ritalin, are not as dangerous as and are less abusive than drugs in the first schedule.

Drugs such as heroin, LSD and peyote are Schedule I drugs.

I highly doubt that any students who take Adderall are addicted to it.

Some take it to manage ADHD or to keep studying when a late night cram session won't cut it.

Are there different methods

for studying? Yeah.

Do they all work? I'm sure they work for some people.

I completed all three papers within a few hours...

Why do people take Adderall if it isn't prescribed to them? The best answer I can give is from my own personal experiences.

During last spring as finals approached, I was stressed about writing three massive term papers and studying for multiple finals.

I could have devoted every hour of my days to the library but with school, work and trying to apply for internships – I was overwhelmed.

I decided to go to a friend who had a prescription (if he really has ADHD or a fake prescription I'll never know).

He opened his prescription bottle and handed me two pills.

A day later, I sat down at my desk with three bottles of water, every textbook I needed to read and Microsoft Word open on my laptop.

I completed all three papers within a few hours and by dinner time I had read through more than 10 chapters.

After being hunched over my desk for hours, I stretched and was in disbelief that I had gotten so much done because of one little pill.

I'll probably never know if it was the pill that made me get everything done, or just my own determination.

The last time I took a pill was when I worked a long shift over the summer.

Should you go out and ask around for Adderall? No.

Why? For every action there is an appropriate reaction.

In the article "7 Things You Need to Know About Adderall" by Brandy Zadrozny published on The Daily Beast's website, the seventh fact states "Adderall can be dangerous."

Zadrozny explains that between 2005 and 2010, visits to the emergency room because of the ADHD stimulant taken for non-medical use increased because of mixing the drug with alcohol.

The article states "student users report they take prescription stimulants to stay awake to party."

There is a difference between putting your well being at risk for academic purposes and wanting to do keg stands for a couple extra hours.

The risk exists in both still. The library sounds like the much better option.

Jasmine Leyva is a Spartan Daily staff writer.



TMI on social media

Social media allows the world to interact, connect and share information with one another.

Facebook users can post when and where they will be as well as their past attended events.

Liking something or tweeting about it allows others to track habits and preferences.

It seems harmless at first.

Clicking the "like" button feels almost like a game.

After looking at a frequent user's page, it feels as though I took a peek inside their personal life.

When setting up a Facebook account for the first time this semester I was shocked to see that it asked to register a phone number.

I remember thinking, "Who the hell is dumb enough to do that?"

To my surprise, a lot of people are.

People need to wake up and realize the power social media and information gathering have to destroy privacy by selling personal information to advertising companies.

Sure Facebook, Twitter and Instagram are entertaining social outlets, but at what cost?

We forget about our fourth



Follow Jamie on Twitter @jamiemaciel

amendment right to privacy when we sit down at our keyboards.

Once we grab our laptops, we forget about those years of our parents telling us not to talk to strangers.

We all know the dangers of posting an abundance of information online.

Identity theft and scams are just a few.

Most people don't think twice about posting photos of themselves and making their personal image public.

We all know the dangers of posting... information online

A phenomenon known as "catfish" is also occurring online.

The term was coined in an independent documentary film that follows a young man's journey of meeting his online love.

The man fell in love with a young beautiful woman he met online, but when the two met in person, it turned out the girl was not who she said she was.

The pictures she had posted on her profile were those of a woman younger and skinnier than she was.

The documentary was such a success that MTV turned it into a TV show, and "catfish" is now a term used to describe online deception.

A "catfish" is someone who steals photos and videos from other users and trick people into believing he or she is the person in the photograph.

They lie about their real identity and carry out long conversations – even relationships – based on their social media manipulation.

As our online presence begins to mirror our life outside of the computer screen, it's hard not to feel hesitant about sharing.

Nothing is secret anymore.

Not many people take advantage of the various privacy options available on the social media outlets, so everything is open to everyone.

Even potential employers have the ability to stalk your page to see if they agree with your lifestyle or not to make employment decisions.

Making sure you don't post pictures and statuses about constant partying or other illegal activities is now part of a resume.

People get angry when their email is hacked or when software companies are infiltrated and passwords are leaked, but no one is forcing you to post and share personal information on Facebook.

TMI (too much information) is an old term, but it is more relevant now in the Facebook age than ever before.

Before we share information with anyone we need to realize its worth.

Jaime Maciel is the Spartan Daily Multimedia Editor. "Tongue Tide" usually appears on the second and fourth Wednesday of the month.

Public Opinion

By Jeff Gonzalez

What do you regret sharing on social media?



Niko Larot
Biomedical Engin., 22

"I did my own photo rendition of Nelly's 'Sweatsuit' album cover in the 8th grade... I thought it was the coolest thing ever."



Victoria Correa
Business Mgmt., 19

"If it's something personal, I regret putting it on Facebook. Then everyone's going to ask me questions, and I'm obligated to explain."



Matthew Do
Business Mgmt., 20

"Life Problems. Relationship problems. Back in middle school and high school."



Sarah Gomez
Psychology, 19

"I don't share stuff on social media. I don't do that. I'm not dumb like other people."

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COMMENTARY

NCAA ruling on meals is really food for thought

By David J. Neal
McClatchy Tribune

Brother, can you spare a dime? Because Daddy Coach needs a new tray of hamburgers.

The NCAA Legislative Council's pronouncement Tuesday that Division I/Football Bowl Subdivision college athletes can receive "unlimited meals and snacks in conjunction with their athletics participation" told athletic departments living on thin margins, "You're going to have to sell more apples to bring home the bacon."

Allegedly, the NCAA was moving in this direction before University of Connecticut guard and Final Four Most Outstanding Player Shabazz Napier told national media at college basketball's grand showcase he sometimes went to bed "starving." Coincidence that in the ensuing reaction, the NCAA pushed this new outlook to the front of the line and quickly publicized it?

Of course not. The NCAA didn't want to issue a statement saying, "Looking at the well-fed members of the UConn football team and national championship women's basketball team, we're not exactly sure how Mr. Napier went to bed starving unless his meal money went to pleasures other than the gastronomic. Also, at a school that collects national basketball titles, there are plenty of friendly fans and students willing to help a Shabazz out. Also, Mr. Napier clearly didn't learn the bargain shopping and cooking skills that get many a poor student through years of low funds and little sleep."

When you spend decades making your greatest profits off athletes who coaches all but discourage from getting a real college education, you're imprisoned by the glass house from calling "balderdash!"

Anyway, this ruling didn't just cover the stomachs of basketball and football players. "Division I athletes." That covers 32 potential men's and women's teams of athletes, if you consider the heavy crossover between indoor, outdoor track and field and cross-country. That will soon be 33 when sand volleyball gains full status.

Few schools field teams in every sport. But whether you're Stanford, with 27 teams, or FAU, which fields teams in 17 sports, or FIU,

which fields 14, the NCAA just shot your food costs into the air. Where it will land, you know not where.

Look at the legs on the athletes in baseball, softball, men's and women's volleyball. You don't build those with squats and jumps fueled by salad. And you want to give your nearby bodega owner a feel-good Friday, tell him a pile of swimmers or water polo players just moved into the area. Those folks burn calories like Terrell Owens burns bridges. Swim practices turned my daughter into Joey Chestnut at dinnertime. A woman told me last year she would come home to find her teen daughter's swim pal, chair pulled up to the open refrigerator, fork in hand, pounding food.

These are the young folks who know they're not getting paid, but now will want to get fed and fed well. It's cheaper to keep him or her on campus, on a meal plan. But almost everybody eventually gets sick of on-campus food, if not the restrictions of on-campus life.

This can become a factor in recruiting. The FIUs, FAUs, Middle Tennessee States and Virginia Commonwealths of college sports can't tell a recruit they can't compete at chow time. They're already trying to overcome 17 other shortcomings and perceived shortcomings in recruiting.

As a person who worked in the operations department of a Division I football program said to me, it's easier to get people to shed money when their names wind up on buildings, stadiums or parts of them. Getting them to donate for another training table nobody sees or discretely set athlete cafeteria isn't as easy.

Maybe more corporate partnerships will emerge, i.e. Colorado State or University of Denver with the Chipotle Canteen set up near campus for postgame meals.

You hate to think some schools will use the increase in expenses as an excuse to chop programs. You'd like to think that high-ranking administrators would take a pay cut before going to the guillotine.

Then we wouldn't be living in the current world of college athletics, would we?

#SJSUBASEBALL



Terrell Lloyd | SJSU Athletics

Matt Lopez was awarded SJSU Student Athlete of the Month for the month of March. He is hitting .284 (42-of-148) with eight doubles, a triple, two home runs, 21 RBIs, 19 runs scored and three stolen bases this season for the Spartans.

Lopez wins Student Athlete of the Month

By Jessica Schlegelmilch
@jessieschleg

Matt Lopez, San Jose State Student Athlete of the Month for March and senior infielder for the baseball team, said a part of his pre-game ritual is gelling his hair.

"I always gel the hair, I got great flow ... got to keep the hair maintained," he said.

Lopez said the baseball team has a bunch of pranksters.

Every time someone makes a double play you can hear one of the players yell out 'ham and eggs' during practice, a tradition Lopez said was initially started by the team's assistant coach, Nicholas Enriquez.

"I'm sure that every single other person on this team has something weird they do before a game or competition," said Matt Carroll, one of Lopez's teammates. "Energy is contagious, when one of the guys has energy then everyone is going to have energy. We build off each other."

Carroll said that Lopez's energy and work ethic are what make him the kind of teammate you want to have.

"He's always got his head in the game," Carroll said.

Carroll and Lopez have both been on the Spartan baseball team since their freshman year and played against each other in high school.

"He has definitely grown, not only as a man but as a player as well," Carroll said.

Because they are now seniors, Head Coach Dave Nakama said seniority brings on new responsibilities for Lopez that he didn't have in prior seasons playing for the Spartans.

"He is one of the older guys that we need to help lead our team and he's been doing a good job for us," Nakama said.

Nakama said Lopez has some weapons such as his performance playing defense in the outfield and that he's a good batter.

"He's a left-handed bat, which is good for us," Nakama said. "We face a lot of good right-handed pitching ... he can hit the ball with power."

Lopez is hitting .284 (42-of-148) with eight doubles, a triple, two home runs, 21 RBIs, 19 runs scored and three stolen bases, including a .991 fielding percentage with just one error in the outfield this season for SJSU.

He also had a career-best nine game hitting streak and has played in every game of the season for SJSU so far.

Having a dad that was a high school baseball coach and going to the games of his three older brothers got him interested in baseball.

He's been playing since he was five years old.

"I've been around it my whole life," he said.

Lopez, a San Francisco native, came to SJSU after former SJSU baseball Head Coach Sam Piraro offered him a scholarship to play baseball shortly after Lopez graduated.

"His total game has improved," Nakama said. "He's a little more mature now, he knows that he has to set a little bit of an example for the younger guys as far as working hard in practice and playing hard in the game."

After this season, Lopez hopes to get drafted. He said his philosophy is to "just keep playing."

He said he has also considered playing international ball or indie ball and high school coaching.

"(Baseball) is always going to be around," Lopez said.

Jessica Schlegelmilch is a Spartan Daily staff writer.

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