

SPARTAN DAILY



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SPARTAN DAILY SPECIAL ISSUE IN STANDS THURSDAY, APRIL 27

POST-ELECTION

AS candidate accused of illicit tactics



Sahib Singh, business freshman, enters the lobby of The Colonnade Apartments on Tuesday. CAROLINA IBARRA | SPARTAN DAILY

BY CAROLINA IBARRA
Staff Writer

Following the conclusion of the Associated Students election period, allegations of illicit campaigning strategies has marred the regular wind down of the post-elections process.

Sameer Saran, one of the A.S. presidential candidates this year, was accused of employing unapproved campaign tactics.

Saran is currently the Director of Student Rights and Responsibilities. The accusation stems from allegations that campaign flyers and representatives intruded on the privacy of residents in The Colonnade Apartments complex.

“People love me so much that they called me to their apartments to talk about my vision,” Saran said. “All those allegations are really false and I don’t really care about them.”

The Colonnade sits across the street from San Jose State University’s campus entrance on Fourth Street. It is not a designated university student residence.

The complex is home to San Jose locals, families and students.

campaign rose after some residents felt that his tactics were aggressive and invasive.

“I’m all for pranks or campaigning,” said technical writing senior Jerry Li. “But it grinds my gears to feel like they’re harassing people in their homes. I’m not comfortable with this, this isn’t campus.”

Li approached the Student Elections Commission on April 18 with concerns regarding the actions of Saran and other representatives of his campaign.

“I didn’t hear about anything,” said undeclared freshman Mira Mustafa. “But I know there are a lot of regulations to follow.”

Mustafa ran for the position of Director of Intercultural Affairs. She was also campaigning around the same time as Saran and went through the same process as other contenders for A.S. titles.

The concerns raise questions about the regulations that are established by student campaigning policy at SJSU, especially in regards to properties and areas outside of campus boundaries.

Complaints against Saran’s **ALLEGATIONS** | Page 2

PARKING

SJSU commuters risk getting towed in Fremont

BY JALENY REYES
Staff Writer

San Jose State University commuter students have recently been affected with new towing threats in Fremont.

Last week students received notifications stating that their vehicles would be towed if they continued parking inside of a parking lot located on Stevenson Blvd.

Students often park there to catch VTA’s route 181 to San Jose.

“It’s all of a sudden cause I’ve there for almost three years and they never actually towed a car,” said political science junior Abel Jauregui. “They started putting tags on people’s cars and they actually started towing cars when I got there.”

Students received warnings on their cars early last week from All Brauns Tow, saying that they had two hours to move their vehicles for “unauthorized parking in a reserved parking area.”

Students initially blamed Jack

in the Box, which is located right in front of the VTA bus stop, for the towing issue. When reached for comment, the store manager stated that the fast food restaurant was not to blame but instead it was Outback Steakhouse who made the call.

Fremont’s police traffic department and VTA were also reached for comment but were unavailable.

The store manager at Outback



Students board the 181 VTA bus in Fremont toward downtown San Jose. FRANCISCO FRANCO | SPARTAN DAILY

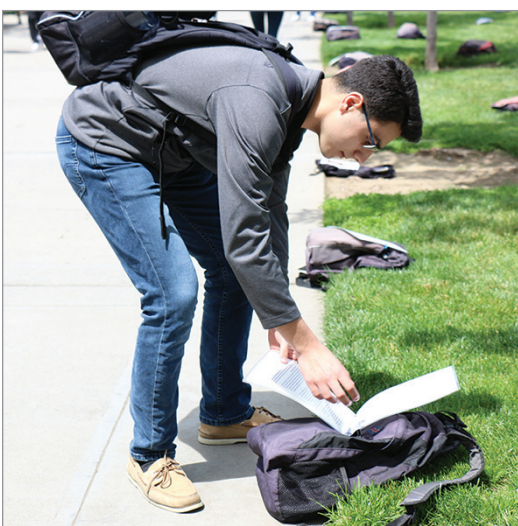
SEND SILENCE PACKING

Active Minds raises the issue of suicide with backpacks

BY MARGARET GUTIERREZ
Staff Writer

The Send Silence Packing event displayed over 1,000 backpacks throughout San Jose State’s Tower Lawn to represent the college students lost to suicide each year.

Active Minds put on the event to raise awareness about the cause and effect of suicides, as well as educate students on strategies that can be applied to prevent suicide.



Danny Sada, electrical engineer freshman, reads the story attached to the backpack. MARGARET GUTIERREZ | SPARTAN DAILY

“There’s a big stigma that’s going on mental health,” said psychology and business senior Harjina Singh. “What we are trying to do as volunteers and as members of the organization is to tell everyone that it’s okay to talk about mental health — there shouldn’t be a stigma. The backpacks behind me signify the number of students that commit suicide every year nationwide. What we have today is about 1,300 backpacks and the statistics range from 1,300 to 1,500 students who commit suicide a day.”

The Active Mind association is a non-profit organization which travels to various campuses throughout the nation with the goal of spreading the word about suicide awareness and informing students about the resources available for those who are in need of help. This event started in 2008 and the exhibit has traveled to over 140 cities across the United States.

Each backpack, which represented a student lost to suicide, had a personal story attached to it. Many backpacks included a description that contained details about the incident that it represented. These backpacks were also found on nearby benches on the surrounding campus. Students attending the event had the ability to open up the backpack and examine the contents as they read the descriptions which personalized the experience.

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LEASING

Spartans struggle with renting in downtown SJ

BY PAYJE REDMOND
Staff Writer

Theater arts senior Rachel Kightlinger has not had a working refrigerator for three weeks.

Students leasing in downtown San Jose say their landlords do not always follow through with lease agreements.

“I wish I was more aware,” Kightlinger said.

Kightlinger said she feels taken advantage of because she isn’t aware of all her rights as a renter. She lives at the 27 North apartments located on Sixth Street off of East Santa Clara Street.

Residents use an online system to file complaints for broken appliances, however Kightlinger said the system is not effective. She said she has friends in the building that use the system and receive completed notifications without having their appliances fixed.

Kightlinger said this happens when residents are not home to let workers inside their units.

As opposed to coming back later, the complaint is marked as solved, according to Kightlinger.

Kightlinger said she was treated better as a resident in SJSU on-campus dorms.

Going without properly functioning appliances is just one of problems renters and leaseholders in San Jose have.

On Tuesday, San Jose City Council passed a “just cause” ordinance that requires landlords to provide reason for eviction.

“San Jose has had more than 2,400 evictions without cause since 2010,” said city leaders according to the Mercury News.

The City Council also approved Ellis Act protections, which requires landlords to give 120 days notice before remodeling or demolishing a unit and provide money if residents need to relocate.

The Ellis Act also requires residents be given the option to return.

Under San Jose Municipal Code, landlords are required uphold to their lease agreements and can be taken to court if they fail to do so.

Forensic science senior Lilibeth Albarran went two-and-a-half-

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ALLEGATIONS

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Incoming A.S. Ariadna Manzo was reached out for a statement on the situation, but declined to comment.

Current standards of the election regulations manual state that candidate campaign materials distributed at university associated locations – fraternities, sororities, dorm halls, etc. – must follow “applicable rules and regulations” set by those establishments.

According to the apartment management, the building is considered private property and property representatives did not recall being contacted for permission to distribute flyers or other relevant campaign materials.

“I just went to the apartments of people who called me,” said Saran. “I didn’t go to random doors or anything like that.”

Li claims that Saran’s campaign materials were scattered throughout the complex and multiple flyers were stuck onto and through residents’ doors. Other residents also recall interacting with Saran’s campaign team.

“They did come to my door, but I didn’t know who he was,” said international business sophomore

Giulia Gavio. “They just handed me a flyer and said to vote for them.”

The regulations manual also states that candidates must place campaign materials within designated areas marked “by the Election Board with sticks and strings” and that candidates should only place a single campaign item within each designated area.

Saran did not win the election and allegedly requested a recount following disappointment with his campaign and the handling of the voting process. Saran already faces sanctions for failing to turn in required documentation such as accountability forms and is ineligible to participate in the recount process.

“We were invited to a meeting,” Mustafa said. “They had trouble shutting off the online voting polls, so someone had requested a recount.”

Current guidelines do not clearly establish the limitations of candidates’ campaign tactics outside of campus, but the concerns of Colonnade residents reflect a potential flaw in the current manual rules.

“I’m happy that they listened,” Li said. “They didn’t sweep it under the rug and he did come forward to face it at the meeting and handled it well then.”

Follow Carolina on Twitter
@xoxocarolina

VTA

Continued from page 1

Steakhouse — who asked to remain anonymous — said she was tired of students parking outside of the restaurant because they were taking away business. She said that her customers and employees were having difficulty finding parking.

She said there are signs around the parking lot stating that the parking spaces are specifically for customers.

“I think it does say somewhere that we’re not supposed to park there, but that’s only in Jack in the Box,” said advertising and photography senior Brandon Torres who has parked in the parking lot before. “In front of Outback it doesn’t say anything like that.”

Torres said he has been parking in the parking lot for over two years and had never experienced any issues.

He said that normally he parks in the street, but because he was trying to make it on time for his midterm he found it easy to park by Jack in the Box.

The towing company did not put slips under the windshield wipers of cars but instead put sticker-warnings on windshields.

“They put these stickers that were really hard to take off,” Torres said. “It was kind of annoying because if you try to take it off the white stuff from the glue would stay there. They put them on the front driver side of the car and that was blocking the view of some of the cars.”

SJSU students commuting from Fremont via VTA and using that parking lot are now left to look for an alternative or risk being towed.

Jauregui said he will now have to look for a new area to park, but he hopes not many others will follow his lead.

“We all have to park somewhere else,” Jauregui said. “They’re pretty much gonna catch us if we move somewhere else, they’re gonna starting towing cars from that area as well.”

Follow Jaleny on Twitter
@jalenyreyes

AWARENESS

Continued from page 1

“I travel with the backpacks around the country to different schools,” said Outreach Coordinator Dani Lukens. “Our main goal is to do prevention work as well by connecting students with resources that are available to them on campus and to break down the stigma that surrounds seeking help.”

Displaying the backpacks gave students a visual representation of how many suicides are committed. According to the American Foundation for Suicide Prevention, each year 44,193 American die of suicide. The display of backpacks was eye-catching and reading people’s stories and struggles allowed students to connect to this issue.

“We are putting on this display today using backpacks to raise awareness of suicide,” said Stephanie

Preston, faculty counselor and Active Mind advisor. “To get the conversation started I think there’s a lot of stigma around suicide. It’s really important to help people understand it’s okay to talk about it and that there is hope out there. Generally the message is you’re not alone on this.”

This suicide awareness exhibition was on display from 9 a.m. to 5 p.m., which allowed students who may not have known about the event to discover the backpacks and begin asking questions.

This interaction offered an opportunity for students to open up dialog about the factors that can cause some to feel like suicide is the only option.

The Wellness Center also offers resources, such as counseling, for students who are going through these crises.

Follow Margaret on Twitter
@maggieslara



MARGARET GUTIERREZ | SPARTAN DAILY

Statistics are placed on Tower Lawn to bring awareness on how depression can lead to suicide.

RIGHTS

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months without hot water at Two B Living properties located on South Seventh Street.

“The management was a little disorganized and sketchy,” Albarran said.

Albarran said her landlord did not respond to the water situation until she notified them she would complain to the city.

With no avail, Albarran filed a complaint to San Jose Department of Housing under renter ordinances.

After a scheduled court date that the landlord did not appear to, Albarran was granted about \$1,000.

“We were refunded the amount of inconvenience they caused us,” Albarran said.

Some renters in downtown San Jose have also reported insect and rodent problems.

“They claimed they have inspections for cockroaches once a month,” Albarran said. “We have never seen pest control on site.”

Environmental studies senior Yonis Hassan gets pest treatments, however they

are inconsistent and without warning.

Hassan has been living at an apartment on 10th Street and Reed Street for four years and said he has seen a dramatic shift.

When residents have a complaint about appliances, they place a note in the property manager’s mailbox and respond within 48 hours.

“They kind of sucked at it over the years,” Hassan said. “Now they respond to us within a few hours.”

Hassan said the bug treatments over the years were inconvenient.

“We had to wash our dishes several times and not leave anything out,” Hassan said.

For three years he dealt with mold and chipping wall paint. Hassan said he wished he received the option for a long-term lease as opposed to paying a 5 percent increase in rent every year.

Students and community members can find out more about renters rights on the Department of Housing website under the apartment rent ordinance section.

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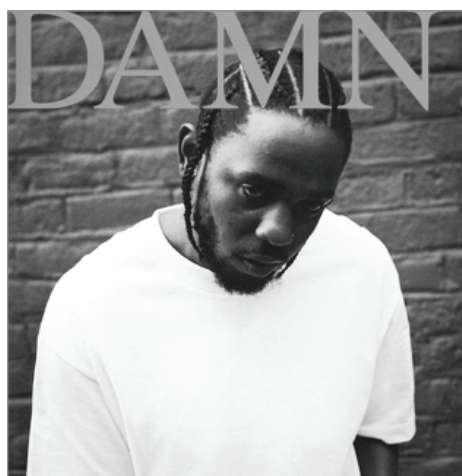


MARGARET GUTIERREZ | SPARTAN DAILY

Santana Row Park hosted the 15th biannual sjDANCEco Festival this Sunday. Previously known as Dancin' Downtown, the festival featured dance performances from all disciplines as part of National Dance Week. The event featured around 70 dance troupes and showcased many types of dances ranging from hip hop and ethnic dance to ballet and contemporary modern dance. This event attracted hundreds of attendees throughout the seven-hour time frame. National Dance Week was created by the nonprofit National Dance Week Foundation whose message is to encourage people to share their love of dance. This year's celebration will conclude on April 30.

ALBUM REVIEW

Kendrick Lamar, hip hop savior releases 'DAMN.'



COVER ART FROM WIKIMEDIA

BY ANDRE JAQUEZ
Staff Writer

Authenticity in rap music is as essential as it is sometimes absurd, so if you don't know a damn thing about keepin' it real, grab a notepad. Hip hop heads and bandwagoners agree, rap today is defined as Kendrick Lamar and the rest of 'em.

Before the album dropped, I heard the apt promo "The Heart Part 4." The track was an opportunity for Lamar to separate himself from any false pretenses. It proves a young artist has a right to either question his own vanity or unleash it.

As a conscious rapper, it's customary to also have a political voice. "Donald Trump is a chump/ know how we feel, punk?" is one of many holier than Trump sentiments (throw it into the pile).

Then I heard the reactionary parables on "DAMN." Its overall tone suggests a strong feeling of discontent. As the title "DAMN." alludes to, the album is rich with metonymy. Which makes this album's overall theme difficult to pinpoint at first. So good luck searching within the depths of this dark, musical labyrinth. Somehow I feel I'm still lost in it.

Everything is flammable, you just don't know when Lamar will burst politically, socially or internally. Many of Lamar's verses contain seriously relentless bars laced with incense beats. Lamar's often sardonic approach is a reminder he's more than an archetypical rap lyricist.

I was drawn by the line featured in the subsequent track "YAH.," "I'm a[n] Israelite/don't call me Black no mo'/that word is only a color/it ain't facts no mo'."

Lamar has clearly seen the promised land, he just wants the rest of his people to have a taste of its milk and honey.

If you like the confessional poetics of "The Heart Part 4" you will also like "FEEL." Near the album's halfway mark, Lamar is already worn thin and "ain't nobody prayin'" for him.

On the lead single, "HUMBLE." Lamar calls out people in the rap game to "sit down" and stop "frontin'." What's most revealing, however, is he also calls out himself. He reminds himself to remain in a humble state of mind despite his affluent lifestyle. Perhaps it's a reminder to us too.

Then, U2 briefly steps down from their throne to collaborate with Lamar on "XXX." Although this track is far removed from the impact of when Aerosmith met Run-D.M.C in 1986, likewise, so is U2.

Perhaps Lamar's most poignant moment is on "FEAR." These horror stories are about how fear has plagued his childhood. He raps in the first person of a younger man, repeating, "I'll prolly die" from the irrational fear built up in either himself or someone else.

So, what of Lamar's many epochs? As much as Lamar boasts, he understands his rise to prominence was cultivated. Like a true bluesman bred from struggle. Revisiting the more rough, and often disturbing, moments of his life is cathartic.

"DAMN" is yet another deeply spiritual opus from an enlightened man who still feels downtrodden. Lamar proves abstinence from decadence is the true path to enrichment. His ruminating self-awareness and inquisitive voice makes him a cultural arbiter. Few are so daring or so passionate.



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Coulter is garbage, but she has the right to free speech



Isabelle Tham
Staff Writer

I think Ann Coulter is a piece of trash. This talking piece of trash, however, has the right to free speech.

The far-right commentator was invited to speak at the University of California, Berkeley this Thursday by the Berkeley College Republicans.

Coulter is a New York Times best-selling author of a few books, among them: "In Trump We Trust," "Demonic: How the Liberal is Endangering America" and "How to Talk to a Liberal (If You Must)."

Citing security concerns, the university pulled the event.

This comes just months after UC Berkeley canceled a planned speech by Milo Yiannopoulos also put forth by the Berkeley College Republicans.

Hours before the Breitbart News senior editor was supposed to speak, the

campus erupted in flaming protests that CNN reported caused \$100,000 worth of damage.

CNN additionally said the violence was caused largely by an outside anarchist group from Oakland called the "Black Bloc."

Following the number of people injured — pepper sprayed, beaten — and the amount of damage done to the campus — windows shattered, fires ignited — I understand why the university is trying to do some physical damage control.

The reputation of UC Berkeley, being the birthplace of the "Free Speech Movement" and a largely liberal campus however, has been taking a hit.

In speaking to the Washington Post, former presidential candidate Bernie Sanders defended Coulter in the

cancellation of her speech.

"Obviously Ann Coulter's outrageous - to my mind, off the wall," he said. "But you know, people have a right to give their two-cents worth, give a speech, without fear of violence and intimidation."

I don't agree with Coulter's viewpoints either. She has said women shouldn't have the right to vote, is blatantly racist and spews her garbage on Twitter. She also reminds me of a snarkier, female version of President Donald Trump.

No matter how much Coulter hates liberals and women and no matter how much I hate Coulter hating liberals and women, she is entitled to voice her opinions just like a far-left commentator would be on a conservative campus.

A day after the university pulled her speech, they offered to reschedule for

next week, which happens to be dead week in preparation for finals — so there will not be the usual thousands of people roaming around campus.

Instead of being held in the evening, UC Berkeley offered her a time slot in the afternoon. A university spokesperson told the Washington Post that a speech in the evening would be a risk for protests and violence to stretch to a time when the campus is more crowded with commuters and students.

The Young America's Foundation, working with the Berkeley College Republicans to host Coulter's speech, threatened to sue if the university does not allow her to speak on Thursday.

Are they taking this too far? I do not think so.

She does indeed have a right to speak, but the university also has an obligation to protect the physical safety of people on campus. Whether Coulter's words are safe to hear, I'd leave that up for the listener to decide.

Follow Isabelle on Twitter
@isabelletham

Social media competition is getting out of control



Jaleney Reyes
Staff Writer

We millennials rely so much on social media.

It seems as if we can't go a day without being hooked to our phones, scrolling through our feeds to see what our friends and followers are up to.

In a study performed by Social Media Today, it is estimated that teens spend up to nine hours a day on social media platforms. Additionally, teens spend on average an estimated 40 minutes per day on YouTube.

The report also said that people spend 35 minutes on Facebook, 25 minutes on Snapchat and 15 minutes on Instagram.

With all the different platforms, it comes as no surprise that each one is always looking for ways to improve their features.

The competition for social media is high, but that doesn't necessarily mean it is a good thing.

During Facebook's annual F8 conference last week, Mark Zuckerberg introduced what he assumes to be the first mainstream augmented reality platform.

According to the New York Times, the platform would allow "people to view and digitally manipulate the physical world around them through the lens of their smartphone cameras."

It is still unclear how well-developed this new Facebook feature will be, according to the New York Times, but Zuckerberg envisions a world where the virtual feature could do just about anything in your everyday life.

Zuckerberg told the New York Times "he envisioned a world in which people could eventually point smartphone cameras at a bowl of cereal and have an app create tiny sharks swimming in the milk."

It seems as if the social media network is looking for ways to go above and beyond, but how much more social media takeover does our society really need?

In addition to going beyond expectations, Facebook has also found ways to fit in and copy other social media platforms.

Just last month Facebook introduced a new feature called "stories." This feature was first available for Snapchat and was followed by a take over from Instagram in 2016.

In March, the feature was introduced to Facebook in order for their nearly two billion users to share more photographs and videos on the mobile app, according to the New York Times.

The feature works similarly to the one Snapchat has — you post a photo or video onto your account and it stays there for 24 hours. After the 24 hours, the post will disappear.

To add onto the Snapchat-like features, Facebook also promoted a new in-app camera that has visual effects including filters.

For me, it feels as a big competition

Social Media Features



Facebook live, stories, messenger, trending topics, marketplace and reactions



Snapchat memories, stories, stickers, chat and video chat



Instagram comment replies and hearts, stories, image zooming and messaging



Twitter live streams, GIF reactions, trending topics and messaging

Information gathered by Tech.Co

INFOGRAPHIC BY JALENEY REYES

between social media platforms. I find Facebook stories repetitive and pointless because, in all honesty, who even uses the new feature?

Even when Instagram added stories to the platform I found it a bit iffy. Not many people seem to use the feature.

Honestly, I probably have used Instagram story once because I was on

vacation and didn't feel like posting a ton of pictures to my profile.

I feel that it is time for social media to stop copying one another and simply find ways to be original.

Follow Jaleney on Twitter
@jaleneyreys

Goodbye O'Reilly, it wasn't nice to know you



Selina Ramirez
Staff Writer

It took a decade of sexual harassment accusations from multiple women and the loss of major advertisers for Fox to finally drop Bill O'Reilly.

The conservative talk-show host's 20-year career with Fox came to an end after an investigation into sexual harassment allegations made by several women. "After a thorough and careful review of the allegations, the Company and Bill O'Reilly have agreed that Bill O'Reilly will not be returning to the Fox News Channel," said 21st Century Fox in a statement on Wednesday.

O'Reilly will join Roger Ailes as the second Fox News employee who couldn't seem to do his job without beleaguering his female co-workers with unwarranted sexual advances and distasteful comments.

Former CEO of Fox News Roger Ailes resigned in July 2016 after former Fox News anchor Gretchen Carlson filed a lawsuit against him alleging she was fired for refusing Ailes' sexual advances.

An investigation by The New York Times found that O'Reilly and Fox paid a combined \$13 million to five women who accused O'Reilly of sexual harassment if

they agreed to not speak publicly about the allegations.

Major companies including Mercedes-Benz, Subaru USA, Coldwell Banker, Allstate, Esurance, Credit Karma, BMW and Lexus all pulled advertisements from "The O'Reilly Factor" following the report's publishing and mounting public pressure.

The investigative report also details the sexual harassment claims made by the five women who received settlements and the threats that O'Reilly and Fox made before the women came forward.

The first settlement dates back to 2002 and the most recent one happened in 2016.

According to The New York Times, "Fox News and Mr. O'Reilly adopted an aggressive strategy that served as a stark warning of what could happen to women if they came forward with complaints, current and former employees told The Times."

O'Reilly denies the allegations and claims they are the result of women who seek a payout by targeting high-profile figures.

In an attempt to further discredit the allegations of sexual harassment at Fox News, O'Reilly used his talk show, "The O'Reilly Factor," to rebuke Megyn Kelly's account of being sexually harassed by Ailes in her memoir "Settle for More."

"If somebody is paying you a wage, you owe that person or company allegiance,"

O'Reilly said. "You don't like what's happening in the workplace, go to human resources or leave."

Right. Because going to human resources is really a feasible option when you work for a corporation with a history of secretly paying out women who claim they were sexually harassed and protect

In today's world men get rewarded for terrible, terrible behavior. It's disgusting.

Chelsea Handler
Comedian and talk show host

the men responsible for the sake of preserving ratings.

Unless, of course, the unwarranted sexual advancements start costing the network more than they bargained for.

It seems to me that Fox network executives will only stand by their employees through sexual harassment accusations if they do not cost them more than they can afford to pay to silence the women behind the claims.

Apparently \$13 million was worth spending if it meant the women would remain silent and not pursue further

legal action and if it kept O'Reilly in his highly-rated nightly show.

But clearly O'Reilly was not worth the expected revenue loss that would result if major companies pulled their ads permanently.

O'Reilly's criticism of Kelly and his denial of guilt are nothing more than a sorry effort to distract from Fox's egregious attempt to silence the women who experienced the kind of sexism that exists in the professional world.

Comedian and talk show host Chelsea Handler encouraged women to talk about sexism and harassment issues in the workplace at Variety's Entertainment and Technology Summit in September 2016.

"If you're a powerful woman and that happens to you," Handler said. "You have a responsibility to tell everybody you know about it."

The loss of his role as a host on Fox is not adequate punishment for O'Reilly's inexcusable actions.

Especially because he will be paid \$40 million by Fox and probably will find an alternate platform to continue with his ignorant sexist tirade.

"In today's world men get rewarded for terrible, terrible behavior," Handler said. "It's disgusting."

Follow Selina on Twitter
@selina_ramirez_

We need to have a conversation about mental health



Elizabeth Rodriguez
Staff Writer

As someone who openly deals with depression, I try to take it upon myself to talk about it because I know other people won't or can't.

On April 18, Lady Gaga had a Skype conversation with Prince William where they openly talked about mental health. Back in 2014 Gaga revealed that she had been raped at the age of 19 and battles with post-traumatic stress disorder.

Prince William, alongside his wife and brother Prince Harry, released a candid video on Friday where they discussed the importance of mental health.

"I always thought what's the point in bringing up something that is always going to make you sad?" Prince William said. "When you start thinking about that, it can really be damaging."

It's admirable to see people of such high

caliber openly talk about their private lives in such a straightforward way. I understand that those kinds of conversations are difficult, but simply talking about it makes more good than harm.

"I think it's definitely important to have those conversations not matter how uncomfortable they are," said recreational therapy senior Josh Benson. "At the end of the day the issue is still going to be there and they are going to need someone kind of support system."

My depression began at an early age and at first I just felt sad. I tried not to deal with it. Like an untreated wound, my depression festered. As I got older the sad feelings and dark thoughts got stronger and louder until I began to have thoughts of suicide.

It was at that point that I realized that I needed to get help.

Like most millennials I went online to see what my options were. I found different ways that would help me deal with my depression that didn't involve taking medication and so

far those method has worked for me.

We have to realize the importance of not only talking about mental health, but asking for help when we need to. Asking for help is not a sign of weakness but one of strength.

"It's easy to talk about your body hurting, but not about your emotional or mental health when both things are just as important," said president of Active Minds of SJSU Sadaf Skandari.

There is a stigma that surrounds issues of mental health. In order to get rid of that stigma, we must open the conversation first.

I understand the vulnerability that comes with being the first to say "I deal with depression" or "I dealt with an eating disorder for more than seven years," but there is also a sense of empowerment because I'm not letting my mental health have control over me.

As uncomfortable as it may be at first, I never know who I might help with my story and that's why I decide to talk about it.

"People dealing with those anxieties, they may be afraid to come out and speak about it because they may feel ashamed but there are all kinds of people dealing with the same situation," said senior recreational therapy major Kevin Nguyen. "One person can even help prevent a suicide."

According to the Anxiety and Depression Association of America, around 15.7 million Americans deal with some form of depression. Research by the Suicide Prevention Resource Center concluded that suicide is one of the leading cause of death among college students.

We must get uncomfortable with talking about issues like depression, suicide, anxiety, eating disorders and self-harm — among other issues.

It's not enough to talk to a therapist, we have to talk to each other and have these kinds of conversations because we never know who we can help. So my fellow Spartans, let me be the first to start this conversation. My name is Elizabeth Rodriguez and I deal with depression.

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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					
59								60	61				
62								63				64	
65								66					67

- ACROSS**
- 1 Short comedy sketch
 - 5 Baseball legend Willie
 - 9 Hangs open
 - 14 Highest-quality rating
 - 15 Map of a subdivision of land
 - 16 Muse who inspires poets
 - 17 Turn left instead of right
 - 20 Please greatly
 - 21 Common business expenses
 - 22 Most impulsive
 - 25 Payment for the finder?
 - 26 Attachment for "home" or "film"
 - 28 City in Uttar Pradesh, India
 - 32 Snootiness
 - 37 Tim of "Last Man Standing"
 - 38 Goal of some wannabe starlets
 - 41 Exceeding what is appropriate, as pressure
 - 42 Prepares for printing, as books
 - 43 Airplane tip
 - 44 Daniel the woodsman
 - 46 Romanian currency
 - 47 Give one's approval to
 - 53 Attacks
 - 58 Allowing no returns, in tennis
 - 59 Make a beeline
 - 62 Fungus that attacks grains
 - 63 Defeat a knot
 - 64 Bubble bath ingredient
 - 65 Stylike
 - 66 Home atop a redwood, e.g.
 - 67 Pt. of NYPD
- DOWN**
- 1 In less danger
 - 2 Cuddly Australian creature
 - 3 Cuzco people
 - 4 Brushed things
 - 5 Auto dash info
 - 6 Beer type
 - 7 Pup's loud, harsh cry
 - 8 Pepper with fire from above
 - 9 Category of creative work
 - 10 Jason's fictional ship
 - 11 Wheel-ratchet engager
 - 12 Latin list-shortening abbr.
 - 13 Edamame beans, e.g.
 - 18 Golfer's gadget
 - 19 Legal hearing
 - 23 Type of duck
 - 24 Rooty luau staple
 - 27 Onetime capital of Japan
 - 28 Narrow-sleeved robes for priests
 - 29 Use it for sticking together?
 - 30 One thing a bed provides
 - 31 Busy crawling insects
 - 32 Freeze out
 - 33 Double-negative taboo
 - 34 Former Cutlass maker
 - 35 Color of sadness
 - 36 Tournament advantage
 - 37 "Rules ____ rules"
 - 39 Unit of force
 - 40 Word with "bar" or "season"
 - 44 Boxing champion's prize
 - 45 Beat to the finish line
 - 46 Characterized by healthy vigor
 - 48 Bit of Morse code
 - 49 The planets, collectively
 - 50 M16, for one
 - 51 Nosy one
 - 52 Wading bird
 - 53 "May I have your attention" sound
 - 54 Like land so dry it's cracked
 - 55 Droops
 - 56 Bustles and commotions
 - 57 Mentally all there
 - 60 Bar requirements
 - 61 Understood, as a punch line

SUDOKU PUZZLE

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

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

DIFFICULTY RATING: ★★☆☆☆

SOLUTIONS 4/25/2017

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

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

EMPLOYMENT

Theatre staff

The Stanford Theatre, repertory classic movie theater, has an opening for a part-time Theatre Staff person. Job duties include selling concessions and tickets, ushering and helping customers, and keeping the theatre clean. Must be able to climb a tall ladder and change our marquee, also lift and carry heavy objects (supplies, 35mm film, etc.) A knowledge of classic film is a plus.

Come to the theatre in person to fill out an application. Address is 221 University Avenue, Palo Alto. We are currently open Friday through Monday, after 5:30 PM. Email cyndi@packhum.org

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SENIOR DAY

SJSU secures first-round bye in MW Tournament

BY MARGARET GUTIERREZ
Staff Writer

SJSU women's tennis defeated San Diego State on Saturday in sweeping fashion at the Almaden Valley Athletic Club 7-0.

This was a special day because it was San Jose State's Senior Day which paid special tribute to the three seniors on the team, Marie Klocker, Marine Dans and Gaelle Rey.

"Since it was Senior Day, I really wanted to win," said Rey, a business senior. "So I felt a little bit of stress. I did not have a great start and it was tough at the beginning. I kind of had a lot of emotions because it was my last match but then I got more comfortable and on the second set I won 6-2. I had a great finish."

After the first doubles match, SJSU tennis head coach Chad Skorupka spoke on the senior's individual athletic and academic accomplishments before presenting each of them with framed photos commemorating their time as members of the SJSU women's tennis team.

"This is what we need to go into the Mountain West. It was good to see the seniors play well," said head coach Chad Skorupka. "I think from the outset, you saw the motivation from the doubles point carry over to the singles match. I told them before the match that nothing was going to be given to them and they would need to earn everything until the end."

Doubles matches were won by Sybille Gauvain and Marie Klocker (6-1) and Tamara Culibrk and Miyo Kobayashi (6-4). Dans and Rey had started their match, but it went unfinished because SJSU secured the win simultaneously.

For the singles matches, SJSU dominated the playing field with Gauvain (6-4, 3-6, 1-0), Klocker (6-0, 6-1), Dans (6-1, 6-4), Culibrk (6-4, 6-0), Kobayashi (6-1, 6-3) and Rey (7-6, 6-2).

The only singles match that SJSU did

not completely shutout was Gauvain's which went to a tiebreaker where she was able to pull off a 1-0 win.

This win comes at the heels of two consecutive losses against Nevada and CAL State Fullerton, both with a final score of 4-3.

"I am just very happy. It was a great day today. I was really motivated and excited and wanted to make this Senior Day special," Marine Dans said. "I feel like the beginning ceremony made me feel good about myself and it made me want to show people what we can do and what I can do as an individual."

Based on this season's statistics the top three singles were Culibrk (20-10), Kobayashi (20-10) and Gauvain (19-9). The top two for the double teams was Gauvain/Klocker (13-6) and Culibrk/Kobayashi (14-8).

I am just very happy. It was a great today. I was really motivated and excited and wanted to make this Senior Day special.

Marine Dans
Senior tennis athlete

With this win, SJSU will prepare for the Mountain West Conference Championship as the No. 3 seed.

The tournament is scheduled to begin Thursday, April 27, but the Spartans first match is on Friday, April 28 as they received a first-round bye for being a top seed.

SJSU is scheduled to play the winner of No. 6 Boise State and No. 11 Colorado State at 2 p.m.



MARGARET GUTIERREZ | SPARTAN DAILY

(Top) Marie Klocker anxiously waits to rally the ball back over the net.
(Bottom) Seniors Gaelle Rey, Marine Dans and Marie Klocker are honored before the game.

Follow Margaret on Twitter
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**TiEcon
Included**

SJSU | LUCAS GRADUATE SCHOOL OF BUSINESS

STARTUP BOOTCAMP BY TiE (SBT)
NOW IN COLLABORATION WITH
SAN JOSE STATE UNIVERSITY

The Startup Bootcamp by TiE Silicon Valley (SBT SV) course in partnership with San Jose State University covers all important aspects of transforming brilliant ideas into real life businesses. At the end of the course, participants will have a good understanding of relevant concepts, tools and skills that will equip them with entrepreneurial thinking and outlook.

It is expected that the course will prepare the participants in advancing their thoughts/ideas to change their outlook, regardless of whether they start a business right away, take up a career oriented position or pursue higher education. Additionally, participants will have an opportunity to network with like-minded peers, meet with successful role models, and form lasting friendships. The students will form teams and pursue a business idea towards developing a business plan and pitch to a panel of investors.

DATES : July 10th - August 4th | DURATION : 4 weeks
ELIGIBILITY : College Students
(Rising Freshmen & Recent College Graduates welcome)
*****VISA assistance for International students available*****
Fee assistance & scholarships based on need
LOCATION : San Jose State University (Student Housing available)
For more details & registration, please visit <http://sbt.tiesv.org>

INSTRUCTORS

Naeem co-founded and serves as the CEO of TeleSense, an IoT startup. His last company, Bitzer Mobile, was acquired by Oracle in 2013. Naeem also teaches entrepreneurship at the University of California Berkeley, as well as the Brown University. He is a serial entrepreneur and has started or worked at six startups. He founded Startup-advisor.com to educate and mentor entrepreneurs with all aspects of starting and running a company.

Anuradha Basu is Director of the Silicon Valley Center for Entrepreneurship and Professor in the School of Global Innovation and Leadership, Lucas College & Graduate School of Business, SJSU. She is also Faculty Advisor to the SJSU IDEAS Club. Prior to joining SJSU, Dr. Basu was a Visiting Scholar at Stanford University. Concurrently, she was Associate Professor and Founder-Director of the Centre for Entrepreneurship at the University of Reading, UK.

