Mindful students meditate

By Kaya Henkes-Power

The Student Wellness Center hosted its weekly “Mindful Mondays” event on Monday evening.

Facilitated by Dr. Sarah Strader-Garcia, a licensed professional clinical counselor and registered expressive art therapist, the event is for students to learn ways to lower stress levels and feel energized through guided meditation and expressive art, according to the San José State University event calendar.

Strader-Garcia attended the Institute of Transpersonal Psychology for her graduate program where the school encouraged a holistic approach to her practice.

“I love yoga, I love meditation and I just think it’s so powerful, so I wanted to encourage a Holistic approach to my practice,” she said. “Why not incorporate meditation and (expressive art)?”

Strader-Garcia said events were done with their creative process and it’s such an amazing way to feel grounded like that and approach the creative process from an embodied state.

After the guided meditation, students had the option to write or draw about the experience with materials provided by Strader-Garcia.

Once students were done with their creative expression, they reflected as a group on what the process was like for them.

Expressive art therapy is a multidisciplinary approach that uses different creative methods such as art, music, drama or dance as a way for people to achieve personal growth, according to VeryWellMind.com.

“I think art is so healing and it’s such an amazing way to express yourself,” Strader-Garcia said.

Art therapy is a formal practice that was established in 1942 by British artist Adrian Hill where it was observed that patients who were undergoing tuberculosis treatment were able to express themselves through art.

Dr. Sarah Strader-Garcia
Licensed Professional Clinical Counselor and Registered Expressive Art Therapist

Strader-Garcia said that expressive art therapy uses the right side of the brain, which is the creative-side of the brain, so it can bring you into a deeper knowledge of yourself and give you a new perspective on daily struggles.

“I think for a lot of students it’s a great first step to know I’m a counselor and I’m not scary,” said Strader-Garcia.

This event is considered a drop-in event, which allows students to come to the event whenever they like. Strader-Garcia said that she wants students to feel like they can express whatever they want with no pressure.

Strader-Garcia said she mediates every morning and in-between counseling sessions with students.

“It (meditating) helps me be more present with the person that’s in front of me,” Strader-Garcia said. “I think that’s so important because I think the biggest gift we can give people is our time.”

Design studies senior Aracely Nieto Vara has been attending this event for two weeks and said that it has helped her to feel like she can get out of her head and become more comfortable in San José.

“Before this, I was too scared to come in,” Nieto Vara said. “Now it’s like I don’t feel as burdened by the need to come in and use the resources they have.”

Research has shown that eight in 10 college students experience frequent periods of stress and 61% of college students have sought counseling for anxiety, depression, academic performance, family issues and relationship problems, according to The American Institute of Stress.

After attending “Mindful Mondays,” Nieto Vara said she was flooded with even more resources.

“Before this, I was too scared to come in,” Nieto Vara said. “Now it’s like I don’t feel as burdened by the need to come in and use the resources they have.”

Strader-Garcia said events like these can help with stress relief among students, in hopes that they walk away feeling calmer and rejuvenated.

“We’re (always) going from one place to another and it’s really important to slow down and we’re not taught that,” Strader-Garcia said.

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DR. SARAH STRADER-GARCIA
SJSU students draw and protest

#1: Pro-Palestinian protesters from both Stanford and other outside groups gather in the White Memorial Plaza to chant, “The bombs are dropping and they’re not dropping. If they can’t sleep, then we don’t rest. Stanford, Stanford, you must divest. And if you don’t then we won’t rest.”

#2: A volunteer from SJSU Students for Justice in Palestine draws on a poster to prepare for a protest against Stanford’s lack of action to promote a safe space for Palestinian students.

#3: Four volunteers with SJSU SJP help to draw letters on a banner to spell, “HANDS OFF RAFAH.” Multiple Israeli strikes struck Rafah, a city in the Gaza Strip, on Monday, according to an article published on Monday from AP News.

#4: “Jewish and Israeli students are afraid to be on campus and Stanford University’s leadership is doing nothing about it,” said Simona, a counter-protester from the Bay Area who was videotaping Pro-Palestinian protesters on her phone. “Anti-Zionism is indeed antisemitism and (Students for Justice in Palestine) and their supporters (are) using Zionism as disguise for Jewish hatred.”

JOKIN’ AROUND

49. It’s sharp
48. Schnozz ender
47. Film star Poitier
46. Anheuser-Busch
45. Film star Poitier
44. Spice seeds
43. Be snoopy regarding (abbr.)
42. “___ Lazy River”
41. Created a web site?
40. Schnozz ender
39. “So be it!”
38. Rightful
37. Muse’s instrument
36. Dairy air?
33. Pays out
32. Couch potato
31. Bat and ball, for example
30. Denver-to-Chicago dir. Geneva
29. It’s sharp
28. Some Siouan speakers
27. Pre-coll. exams
26. Australian gemstone
25. Grow weary
24. Garson of “Mrs. Miniver”
23. Pre-coll. exams
22. Pre-coll. exams
21. “Clumsy me!”
20. Australian gemstone
19. Beef cut
18. Cozy and comfortable
17. Jacob’s first wife in Genesis
16. Like some quarters
15. Part of a student’s e-mail address
14. Multitalented Rita
13. Dadaism founder Jean
12. Male turkey
11. Multitalented Rita
10. Multitalented Rita
9. Delphic seer
8. Delphic seer
7. Delphic seer
6. Delphic seer
5. Fabled fox
4. Delphic seer
3. Express sympathy
2. Single-masted vessel
1. Earth tone

Across
1. Earth tone
6. Gold-medal gymnast
11. Part of a student’s e-mail address
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46. Anheuser-Busch
47. Film star Poitier
48. Schnozz ender
49. It’s sharp
50. Introduction to physics?
51. Schnozz ender
52. Schnozz ender
53. It’s sharp
54. “___ Lazy River”
55. “Sleepless in Seattle”
56. Book after II Chronicles director Ephron
57. Rapture
58. “___ Lazy River”
59. “___ Lazy River”
60. Gas in glass
61. Publication for the World
62. Australian gemstone
63. Grow weary
64. Garson of “Mrs. Miniver”
65. Impudent
66. Oil of fame
67. Impudent

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

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**ARTS & ENTERTAINMENT**

**Usher's new album doesn’t hit home**

By Maya Benmokhtar

Sorry Usher, but your new album should be called “Going Home” instead of “Coming Home” because this album was not worth the eight-year-long wait.

After all, he performed at the Super Bowl last Sunday — a big deal that many were anticipating by his fans as it’s been a long time coming.

His song “Nice & Slow” from the “My Way” album (1997) was his first No. 1 hit and his song “You Make Me Wanna” was his first Grammy nomination from that same album, selling seven million copies.

He expanded his formula for success with his next release, “8701” (2001), which yielded two No. 1 singles, “U Got It Bad” and “U Don’t Have It,” which earned him two Grammys, according to an article by The New York Times.

Despite not having any success after the release of his “TP-2” album (2004), Usher continued to showcase his versatility as an artist: blending R&B, pop, and hip-hop and even dance influence in his music.

He has consistently been topping singles and albums that earned numerous awards throughout his music career.

His number of Grammy nominations and numerous Billboard Music Awards are just too show for that.

Despite not having any recent album releases prior to 2016, Usher remains a highly relevant artist and his past albums continued to be played everywhere.

His song “Love in This Club” live in my head rent-free.

One of my best shower performances is singing the chorus as loud as I can see this song.

Now, “Coming Home” album has a shockingly low 15,000 views on YouTube. For someone like Usher to have less than a hundred thousand or more views, it’s safe to say I am not the only one who was disappointed.

Scrolling through the comments on the video, I noticed a handful of comments saying “It’s okay, but I have heard way better from Usher.”

Where is the Usher I and that makes me feel like a bad bitch who doesn’t need a man in her life?

Now, “Coming Home” makes me feel like I just ended my relationship and need to cry myself to sleep.

If I had to pick one song from his new album as my favorite, it would have to be “Stone Cold Freak.” This is one of the songs from his new album that I feel reflects him as an artist.

The track is catchy and sounds like the Usher we all know and love the most.

I can see this song being my new shower jam, singing into my hairbrush while swaying my hips from side to side.

One of the album’s 20 tracks, there are only about three I can see myself potentially adding to my playlist other than “Stone Cold Freak.” Those are “I Am The Party,” “Please U,” and “Standing Next to You.”

One of the only things that saves this album from receiving a one-star rating is the fact that Usher’s voice is so soothing and he still has his vocals to account for.

I do not doubt that Usher’s talent, charisma and longevity in the industry have solidified his status as a music icon.

Despite this album not being one of his personal boats, his contributions will continue to resonate with audiences around the world.
Dylan Nichols
COLUMNIST

"If I were to quickly try and save you, would Baxter attack me?" I asked, in hopes that she might suggest exiting the vehicle as an alternative smooching solution.

"Yes, Julia firmly replied. "That's what he's trained to do."

Time in next week as I continue my ill-fated search for love, and I've started to worry about the Himichian maneuvers.

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Aaliyah Roman
COLUMNIST

If you're looking to keep your heart intact and away from heartbreak, stay far away from dating in today's generation.

As a woman in her 20s, I can confidently say that everyone at this point in-time is either just beginning or an additional dispute included.

You know you're in the heartbreak, stay far away from dating in today's generation.

Firstly, going to the movies is major red flags to avoid.

People are so scared to do what they want to like them back. Nowadays, people aren't afraid to love someone, you're dumb for it.

Now, it isn't even common for someone to feel sad? No one.

"hurt people hurt people."

Strong and powerful phrase: the-charm advance at romance.

The phrases we use to describe the different phases of dating absolutely bewilders me. People are just making up phrases at this point.

It all leads back to a very strong and powerful phrase: 'a simp'.

A simp describes a person that doesn't believe in love anymore, that person is traumatized, and therefore puts that pain onto someone else.

This generation doesn't have warning for me to back off.

Feeling daunted and defeated, after two failed flirtations attempts, I counted my losses, placed my hands out of Baxter's reach and watched the movie.

All the while, his battle-keen kept a close watch on me, like a cat always ready for striking. When the movie finally ended and we started heading home, I couldn't have been more relieved.

Our date had not gone as well as I'd expected it to, but all my fingers were accounted for, so I couldn't complain.

Before dropping Julia off, we parked in front of her place, with Baxter in the back seat. I stupidly thought a three-times-the-charm-advise at romance would rip the character.

However, neglecting your emotions is far more detrimental to your mental health in the long run. I think that if we're thinking long-term, you would want a healthy relationship with your partner – free from any past trauma – right?

So for your own sake, and future partner's sake, learn to love and accept the ending of things. That will always lead to something better.

That way, the cycle of heartbreak another stops and we can resume the old-school love our parents experienced when they were younger.