San Jose State University’s Active Minds organization hosted a “Send Silence Packing” event with hundreds of backpacks spread out over Tower Lawn on Tuesday, with the stories of young adults who died by suicide displayed on each backpack.

Active Minds is a national nonprofit created in 2003, promoting mental health awareness and education for young adults through its affiliated campus chapters, according to its website. The first Send Silence Packing event was launched in 2008, and has been put on by different universities in the U.S. since then.

Emily Perrow, national Send Silence Packing display coordinator, said she travels across the U.S. to present the event in different universities. “We aim to hit about 100 schools every year,” Perrow said.

The organization aims to promote suicide prevention by sharing stories, providing resources, inciting help-seeking and motivating students to advocate for better mental health resources on their campus.

“It’s a very powerful experience to walk around and really read about what their lives were,” Sarah Strader-Garcia, counseling and psychological services therapist and advisor for the Active Minds SJSU chapter, said the display on Tower Lawn aims to incite students to reach out to mental health services, on and off campus.

“We hope that people can come here and experience the impact of seeing all these backpacks and the stories of the people,” Strader-Garcia said. “It’s a very powerful experience to walk around and really read about what their lives were.”

The third leading cause of death in 2020 for those aged 15-24 was suicide, according to a 2020 Centers for Disease Control and Prevention report.

Ria Raman, psychology junior and SJSU Active Minds vice president, said college students’ mental health can deteriorate because of a stressful study environment. She added that the coronavirus pandemic also affected student mental wellness.

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San Jose State campus workers continue to strike, asking CSU for higher salaries

By Evan Reinhardt
ASSIST. NEWS EDITOR & MULTIMEDIA EDITOR

San Jose State staff members held a protest across sections of campus on Tuesday to oppose the California State University board’s decision to not negotiate with trade workers on their five-year contracts and wages. The demonstration was organized with assistance from Teamsters local 2010, a union that represents more than 14,000 skilled trade workers throughout the state including the CSU system, according to the union’s website.

 Participating staff held signs with messages including “Over Worked Under Staffed” and “Essential pay for essential work.” Members including 22 year refrigeration mechanic Robin Dohn expressed frustration with the continued lack of cooperation from the CSU board of directors.

“arly on, it was always an uphill battle. We’re lucky if we get a contract when the contracts start in July. We’ve been without a contract, so we haven’t had a raise like everybody else,” Dohn said. “There’s always some kind of excuse for not coming to the table and negotiating.”

Catie Arbona, the union’s communications specialist, said negotiations with the CSU board have been ongoing since 2019, according to a March 24, Spartan Daily article.

Gilbert Rodriguez, six year building service engineer, said facilities workers’ current wages are not enough to sustain life in San Jose.

“The cost of living is skyrocketing, but pay has stayed flat for the last few years,” Rodriguez said. “They know what we’re going through and they refuse to do anything about it. They have families, they know what it’s like.”

Follow Evan on Twitter @ReinhardtEvan

PHOTOS BY EVAN REINHARDT | SPARTAN DAILY

Above: San Jose State staff members approach 7th Street Plaza during the Teamsters local 2010 protest Tuesday, initiating chants to draw attention from the university community. More than 30 union members participated in the march across campus. Below: A staff member from SJSU Facilities marches with his fellow protesters.

Crime Blotter

False ID, impersonation
April 3, 12:28 a.m. at Duncan Hall
Arrest

Aggravated assault, battery
assault on police officer
April 2, 9:17 a.m. at Dining Commons
Arrest

Homicide
March 27, 2:45 a.m. at S. 4th and E. San Carlos streets
Information only

Assault with deadly weapon
March 27, 1:21 a.m. at Campus Village C
Information only

NEWS
Athletes advocate for mental wellness

By Eva Martin

San Jose State student-athletes created the SJU chapter of Dream Worth It (DWI) in January, encouraging athletes to share their mental health stories to help end the perceived stigma surrounding mental health.

The non-profit DWI campaigns began at Oregon State University in 2017, co-founded by two student-athletes who lost teammates to suicide.

Riley Agerbeek, water polo senior and SJU DWI president, began the local branch.

Agerbeek introduced the idea in the Student-Athlete Advisory Committee, which includes student-athletes who aim to provide insight into the student-athlete experience, according to SJU athletics.

“I thought mental health is an issue that is highly overlooked, especially for student-athletes,” Arnett said in a Zoom call. “That’s something I’ve experienced, with just kind of growing up, going through much and not really keeping track of my own mental health.”

Agerbeek said mental health resources should be more accessible to athletes seeking psychological support.

He said sharing stories helps normalise the importance of mental health awareness.

“I believe that it’s kind of hard to really just put yourself in that position when you’ve never taught yourself,” Arnett said.

Sabrina Weinman, a junior soccer player and DWI outreach executive, joined the corporation because she wanted to help more student-athletes at SJU.

“A lot of athletes don’t like to talk about their issues with mental health because they don’t want to be made to look bad or suffer it, Weinman said. “I think talking about it is the best way to deal with it.”

Weinman said there are already existing resources for mental health services at SJU including Counseling and Psychological Services (CAPS), which she said should be promoted more to student-athletes.

She said the SJU chapter of CAPS existed until her sophomore year.

“I know a lot of athletes don’t even know about CAPS,” Weinman said.

Agerbeek added that they received “amazing” feedback from classmates and the athletics department about their first event and they’re planning to have another DWI baseball game in April.

“We basically just try and get a lot of the community involved… just using it as a way to expose our campaign more,” Arnett said.

Follow Spartan Daily on Twitter @SpartanDaily
JENNIFER’S REEL REACTIONS

A24 creates stunning multiverse

By Jennifer Schildge

“Everything Everywhere All at Once” was No. 1 watched, according to its website, more than 3 million users who share on Letterboxd.

It was the highest-rated feature film of all time and it swept up in an insane, mind-bending multiverse to save the world.

Evelyn, played by Michelle Yeoh, is a mother with terminal cancer who is levitating during the movie.

I wondered if this everyday mom could change the way I view my life.

It was funny enough to make me chuckle but not enough to take me out of the emotional tunnel in which I found myself. It also wasn’t distracting from the story and that’s what I loved about the ending.

Viewers can walk away and think about the movie’s multiple themes including breaking through the generational cycle that may cause a rift between parents and children, or how nothing in the world actually makes sense so it’s important to cherish the parts that do.

I came out thinking about my non-existent lover, my childhood, my mother, my career and all the ways my life could change if I choose one path over the other.

The film explores how a person can question their life decisions without choking out a laugh as tears ran down my cheeks.

It was easy to keep track of the original universe as the movie went on.

“Everything Everywhere All at Once” was an easy five stars for me. It took me for a ride, and like Kwan and Scheinert said in their A24 Letterboxd letter, it definitely changed the way I view my life.

In the last thirty minutes, I found myself tearing up. I started to feel the tears on my face by the time the last emotional mother-daughter talk came around and heard one of my roommates sniffle and see the other curl into a ball.

Yes, I was crying, but I found myself chuckling out a laugh as tears ran down my cheeks.

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