



JOVANNA OLIVARES | SPARTAN DAILY ARCHIVES

A market vendor stands in front of various dried ingredients and spices, including dried chiles, beans and cinnamon sticks, at his San Jose Flea Market stall on March 19.

Two-week ban strikes vendors

By **Jovanna Olivares**
SENIOR STAFF WRITER

Berryessa Flea Market officials banned four market union members from accessing their vendor stands on May 2 after they allegedly solicited flyers outside their designated spaces on the premises, more than a week before city leaders vote on the future of the flea market.

Rich Alvari, the flea market director, said the vendors violated their contract between them and the market, which states they're prohibited to "solicit signatures or distribute information" beyond their own stands.

The Berryessa Flea Market Vendors Association (BFVA) was formed by four lifelong vendors Roberto Gonzales and Kayla, Khaled and Mariana, who prefer to go by their first names for privacy concerns, in March.

They created the labor union to highlight the needs of flea market merchants as the city plans the urban development project with no current plans to recreate or relocate the market at a new location.

"[On May 2], I was the only one at the stand with my cousin and wife, [the other BFVA members] were not there," Gonzales said in a Zoom call. "Then two vendor supervisors, two uniformed San Jose Police [Department] officers and the vendor manager all surround me and make a scene to expel me."

Gonzales said the founders received an email on May 6 from officials saying they were banned from the premises for the next two weeks. He felt the flea market management's actions were to intimidate him and show other vendors the retaliation it's capable of if anyone speaks out against the redevelopment.

“There's a lot of tactics that [flea market landowners] employ in order to not have the vendors well informed or even communicated enough about what really is going on.

Roberto Gonzales
BFVA president and lifelong flea market vendor

The flea market, also known as La Pulga, was established in 1960 by George Bumb Sr. and continues to be owned by the Bumb family.

Gonzales said Erik Schoennauer, a representative of the Bumb family, initially met with the flea market vendors in December 2020 to initially discuss the city's rezoning plans.

The Envision San Jose 2040 General Plan, which was adopted by city councilmembers in November 2011 and amended on March 16, 2020, outlines the implementation of several urban villages in Downtown San Jose.

City staff proposed creating an urban village near the BART station on Berryessa Road, where the market is currently located. Urban villages are walkable, bicycle-friendly, transit-oriented mixed use settings that provide both housing and jobs, according to the San Jose Urban Villages webpage.

Gonzales said the December meeting didn't successfully inform members because it was held during a busy holiday month, and had no translators and a low turnout amongst vendors. The San Jose City Planning Commission will vote at its meeting today at 6:30 p.m. whether or not to replace the market with residential and commercial units. If the vote passes, the discussion will move to city council for further approval.

The commission serves as an advisory board to city council and makes decisions regarding redevelopment plans, according to the San Jose Planning, Building and Code Enforcement webpage.

BFVA founders said there's a lack of transparency between the flea market landowners and the vendors regarding redevelopment plans.

"There's a lot of tactics that [flea market landowners] employ in order to not have the vendors well informed or even communicated enough about what really is going on," Gonzales said. "As a college-educated English speaker, it's hard in general to keep up with the terminology that's used during planning commission meetings and just anything really that has to do with decision making."

Gonzales said fellow vendors have thanked and praised the union's efforts of keeping them informed about the redevelopment plans, however members of the association continue to face hostility from market officials.

He added that the environment at the flea market was hostile as vendors had strict security on them a few days before members were banned.

Mariana, one of the BFVA founders, was fined \$30 by flea market security on May 1 for distributing flyers explaining the city's development plans.

Erik Schoennauer said the flea market management provided BFVA with a soliciting stand, which permitted its members to pass out flyers as long as they remained within the lines on the ground that outlined vendor stall spaces.

Gonzales said they were skeptical to accept the offer, but BFVA members decided to accept it on May 2.

He said lines are marked on the ground to outline vendor stall spaces. When vendors were spotted passing out flyers to customers

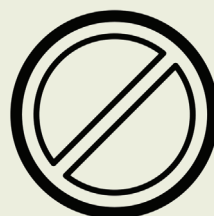
The Berryessa Flea Market's ban toward union founders explained:

Flea market officials banned the Berryessa Flea Market Vendors Association founders from accessing their vending stands for allegedly soliciting flyers and information.



Vendors signed a contract agreeing not to solicit signatures or distribute information outside the boundaries of their designated vendor space at the flea market.

Rich Alvari, the flea market director, said he verbally warned the BFVA founders at least a half-dozen times after he received complaints from other vendors about them distributing flyers regarding the city's rezoning plans for the market.



The environment at the flea market became very hostile and security increased on the premises days before founders were banned, BFVA founders said.

INFOGRAPHIC BY BRYANNA BARTLETT

outside of the designated lines, the flea market administration believed it was a breach of its contract.

"I felt intimidated and at that moment. They were also doing that as a show of force to the other vendors," Gonzales said. "I broke their policy but [it wasn't necessary] for that many people to come out and create a scene in front of families and children to kick me out."

Schoennauer stated market officials warned the BFVA members, who he called the "four children of vendors," verbally at least a half-dozen times and has received multiple complaints from other vendors who have allegedly been harassed by the four individuals on the premises.

"We are compelled to set the record straight regarding four adult children of vendors who have chosen to violate The Flea Market rules and cause disruption at The Flea Market during business hours," Alvari said in a Tuesday email.

Gonzales said despite the pushback from flea market landowners, the BFVA will continue to insist on being included in

the decision-making process regarding the redevelopment.

"Our mission stays the same, we're trying to inform people and organize the community in these decisions that are being made behind our backs, basically," Gonzales said. "We're all on the same boat: [we're] about to get displaced if we are not deeply engaged in decision making."

He added the loss of the flea market would also affect those who visit often.

Amy Estrada Magaña, a San Jose State sociology junior, said the market provides a unique and enjoyable atmosphere in the city.

"It's definitely hard for us as a Latinx or Chicx community to find the safe spaces to really just be ourselves and express our culture unapologetically," Estrada Magaña said. "I feel like the flea market allows us to do that . . . and allows a lot of vendors to make their dreams a reality and make their businesses bloom. I definitely still feel that home vibe and I feel safe there."

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TRIVIA CONTEST
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HAMILTON
AN AMERICAN MUSICAL BY LIN MANUEL-MIRANDA

SJSU ASSOCIATED STUDENTS



ILLUSTRATION BY AUDREY TSENG

Music generates social change

LGBTQ artists unapologetically demand social change

By Royvi Hernandez
STAFF WRITER

LGBTQ musical artists have emphasized important issues through their music in the fight against homophobia for decades. Yet in recent

years, many are using the industry to break the barriers of societal “norms.”

Even as some renowned artists of the LGBTQ community have become increasingly open with their sexuality and gained support from non-LGBTQ artists and fans, we continue to witness hate and backlash toward them.

22-year-old rapper Lil Nas X came out as gay in 2019 and recently released a music video in late March for his single “Montero (Call me By Your Name).” The video brought a wave of controversy as it showcased the Garden of Eden and Lil Nas X sliding down a pole to hell.

In the music video, Lil Nas X greets Satan by dancing seductively before killing him and taking over the throne.

This video touches on the vulnerability of LGBTQ artists as he directly embraces his sexuality throughout the music video.

“It’s a sign how things are changing,” Lil Nas X told Genius, a digital media company, during a March 29 interview. “This song and this album I’m creating is going to be a sign of the times.”

San Jose State music professor Robin Sacolick said homophobia is frequently present in the music industry, similar to every other workfield.



I think it’s wrong we hold both genders to such high standards. We could really just see that there’s a lot of overlap between them.

Aaron Jew
SJSU psychology junior

INDUSTRY | Page 3



ILLUSTRATION BY BIANCA RADER

Tattoo culture becoming more acceptable

By Giorgina Laurel
STAFF WRITER

Tattooing is an expressive form of art that dates back millennia and is observed with differing significance in cultures across the globe.

Archaeologists have found tattoos on mummified skin dating as far back as 3370 B.C., according to a Nov. 28, 2019 article by Authority Tattoo, a tattoo content website.

Archaeologists haven’t discovered why so many ancient civilizations practiced tattooing, but some theories suggest it reflects the location and culture within the civilization themselves, according to the same article.

Scientists believe convicted criminals were tattooed to warn society they could not be trusted in Chinese cultures dating as far back as 2100 B.C., while tattooing in ancient

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INDUSTRY

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“Of course it is ignorant and I do believe that over a number of decades, attitudes toward gender diversity have significantly improved,” Sacolick said in an email.

She said the music industry itself is undergoing so much change right now where artists are able to control their careers more than in the past and Lil Nas X is an example.

Many people have referred to his music video as “Satanic” and some users on Twitter gave Lil Nas X backlash for “destroying society.”

Lil Nas X responded in a March 26 tweet, stating, “There is a mass shooting every week that our government does nothing to stop. Me sliding down a CGI [computer-generated image] pole isn’t what’s destroying society.”

After seeing the music video, NBA Basketball player Nick Young said in a March 28 tweet his children will “never play Old Town Road again.”

The backlash hasn’t fazed Lil Nas X, however.

He said in a March 31

Time Magazine article that he hopes his video will open up dialogue about the continuing omnipresence of representation among LGBTQ youth, particularly within Christian spaces.

“[I] spent my entire teenage years hating myself because of the shit y’all preached would happen to me because I was gay. So I hope you are mad, stay mad, feel the same anger you teach us to have towards ourselves,” the artist said in a March 27 tweet.

In response to the backlash towards Lil Nas X, Bonnie Sugiyama, director of the SJSU PRIDE Center, said people missed the message of what he was portraying.

“He wasn’t worshipping Satan but he rather be himself than be somebody who he’s not,” Sugiyama said in a Zoom interview. “Whatever consequences there may be for being who he is, he is accepting of it and that’s okay.”

Many people have applauded Lil Nas X for what he’s producing and praised him for embracing his identity.

Sugiyama said LGBTQ artists have been around for a long time and controversy in their music videos still continue to this day.

Kehlani, an R&B artist and Oakland native who’s identified as queer since 2018, recently came out as lesbian in a TikTok clip shared on April 22, which has now been deleted.

“I finally know I’m a lesbian,” Kehlani said in the clip. “I am gay, gay, gay.”



Of course it is ignorant and I do believe that over a number of decades, attitudes toward gender diversity have significantly improved.

Robin Sacolick
SJSU music professor

Kehlani has always been expressive about sexuality in her music.

From her 2017 single “Honey” with lyrics “I like my girls just like I like my honey”, to collaborations like the 2019 song “Morning” with Teyana Taylor and her 2020 song “Touch me” with Victoria Monét.

All these songs inspire female empowerment, sexual freedom and expression.

Meanwhile, there’s plenty of non-LGBTQ artists who take responsibility and support sexual orientation and gender minorities by advocating for their social equality.

Latin singer Bad Bunny dressed in drag in his 2020 music video “Yo Perreo Sola”, which brought controversy about his masculinity.

Bad Bunny challenges the concept of “machismo” by refusing to conform to the societal expectation of Hispanic men being “manly.”

“I did it to show support to those who need it. I may not be gay, but I’m a human who cares,” he said in a May 14, 2020 Rolling Stone magazine article.

Psychology junior and Mental Health Ambassador at the SJSU Research Foundation, Aaron Jew said the borders and barriers regarding sexuality must be torn down.

“I think it’s wrong we hold both genders to such high standards,” Jew said in a Zoom interview. “We could really just see that there’s a lot of overlap between them.”

The British girl group Little Mix released its “Confetti” music video on April 30, where

members dressed as men with a feature of the cast of Ru Paul’s Drag Race UK.

This helped give more drag representation in mainstream music.

Ru Paul’s Drag Race UK has been a British reality competition TV series for ten years now and gained popularity in both the U.S. and the United Kingdom.

Sacolick said the more authentic an artist is about their experiences, passions, creative manifestations and their voice, the more profound their creative project can be.

“If that means shaving one’s head or wearing a dress, then more power to them,” Sacolick said. “Artists are simply trying to portray solidarity with their queer friends.”

She said the current issues seem to be fueled by far-right politics or religious fundamentals but certainly not by academia.

“People should always work to understand their differences, be their gender, race or politics,” Sacolick said. “I wish that was more in vogue in our society today.”

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TATTOOS

Continued from page 2

Egypt was for decorative purposes and mostly done on women.

For Samoans, tattoos represent dedication to their culture and the skill of tattooing is passed down from father to son. The Samoan community also held traditional tattooing ceremonies to mark a young chief’s ascension to leadership, according to the same article.

Regarding the U.S. and its tattooing culture, Scott Weeks, a tattoo artist at Marks of Art in San Jose, said the permanent art used to be perceived adversely.



40 years ago, 50 years ago, if you opened up that close to a shop and that person was very old school [and] traditional, they’d come knocking at your door with a bunch of people behind them.

Scott Weeks
San Jose tattoo artist

Weeks, who’s been tattooing for more than 40 years, said most people he tattooed in the early stage of his career were in the military, in biker gangs or trouble-makers.

Now people from all walks of life come in to get tattooed, he said.

“If you would have told me 40 years ago that I’d be tattooing even the soccer mom phase [back] 20 years ago, [and on top of

that] I’d have been doing a lot of people that you wouldn’t think would have a tattoo, I would have laughed at you,” Weeks said.

William Armaline, sociology professor and director of the San Jose State Human Rights Institute, said while the Bay Area’s societal perception of tattoos has changed, that may not be the case elsewhere in the country.

He said there’s still a negative association with people who have tattoos in the U.S. depending on others’ interpretation of their art.

“Tattoos and tattooing have and will always have a variety of meanings in society,” Armaline said. “The context [of the tattoo] is where [it’s acceptability is] being determined.”

A 2019 survey showed about 30% of Americans have at least one tattoo compared to a 2012 survey that reported only 21% of Americans having one, according to a Nov. 10, 2020 article by Authority Tattoo.

Tattoos’ rise in popularity has resulted in more parlors opening up, which might be good for consumers, but those who have been in the tattoo business for a long time say this might not be a good thing.

Weeks said when he started out as a tattoo artist it was common to have apprenticeships, where the student would follow and learn from an experienced tattoo artist. This would last a handful of years to ensure quality work from the apprentice when he or she was ready to tattoo on their own.

He also said apprentices would be binded to a contract saying they wouldn’t tattoo anyone within a 20-mile radius or so to ensure people respected the shop’s territory and didn’t steal customers away.

Today, it’s a bit different with tattoo shops being at every corner of America.

“40 years ago, 50 years ago, if you opened up that close to a shop and that person was very old school [and] traditional, they’d come knocking at your door with a bunch of people behind them,” Weeks said. “[They’d] either [be] telling you to shut down, or destroying your shop or even firebombing.”



[They’d] either [be] telling you to shut down, or destroying your shop or even firebombing.

Scott Weeks
San Jose tattoo artist

These traditional operations aren’t the only aspects of tattoo culture rapidly changing.

Hiram Carrillo, a tattoo artist at Sacred Oath in San Jose, said even the artwork that goes into tattooing is evolving compared to traditional-style tattooing.

Traditional-style tattooing, also known as American or old school, started to gain popularity in America in the 1930’s as a way to symbolize rejecting the American dream and rejecting American society, according to a Nov. 14, 2017 article on

Funhouse Tattoo, a tattoo content website.

Traditional-style tattoos have thicker lines with solid colors and usually illustrate a skull, ship, cross, a pin-up girl or a sailor.

As tattooing started to gain more mainstream traction in the U.S., artists started to play around with different styles that represent different meanings.

Neo-traditional style, also known as new traditional style, focuses more on the detail, aesthetic and art of the tattoo with a larger emphasis on color gradients for depth instead of solid, 2D colors.

“[Neo-traditional style is] not so flat . . . it has more of a 3D take to it, adds more dimension to it [and] adds more colors too,” Carrillo said.

Neo-traditional, which emerged in the ’80s and ’90s, has increasingly appealed to young adults because the new style serves as an outlet for creative freedom and precision.

“Neo-traditional, where you still [have] your bold lines but more detail [and] more college stuff, [is] probably the best way to go about getting tattooed and get stuff that’s not necessarily classic,” Sweets said.

Sweets added if there is a tattoo image out there that’s classic, there’s a reason behind it.

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Correction

On Thursday, May 6, 2021, the Spartan Daily published a story titled “The mental cost of sexual assault” in which the YWCA Golden Gate Silicon Valley was misidentified.

The Spartan Daily regrets this error.



Have a story idea?

Contact us at spartandaily@gmail.com.



– send a letter to the editor –

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Women's tennis team is hopeful for future

By Jesus Tellitud
SENIOR STAFF WRITER

Despite the San Jose State women's tennis team's loss in the first round of the NCAA Championship on Friday, coaches and players expressed excitement about the high potential for success in future seasons.

The Spartans lost to University of California, Berkeley at the Hellman Tennis Complex after they were crowned the Mountain West Conference champions on April 24.

The team finished its 2021 season with a 15-2 overall record and a historic second Mountain West Conference championship.

In 2017, SJSU beat University of Nevada, Las Vegas, the defending Mountain West champions at the time, 4-0 to capture its first-ever championship title.

Head coach Chad Skorupka said he's looking forward to building upon the success achieved during the 2021 season.

"I told the team, 'Where do we go from here?'" Skorupka said in a Zoom call. "Yes the future looks good, but there's work to be done."

One reason for SJSU's successful season and its bright future is the freshmen exceeding expectations on the court.

Those freshmen include Irena Muradyan, Raquel Villan Pereira and Jovana Babic, who combined for a 30-7 record in singles matches this season.

"When we came here, we [wanted] to fight for every match," Muradyan said in a Zoom call. "Our goal was to give 100% effort [in] every match."

Muradyan finished the season with a 14-1 record in singles matches and was named All Mountain West in singles and the Mountain West Co-Freshman of the Year.

She said she ascribed her first-year success at SJSU to the family culture and sisterhood that surrounds the team.

"At the beginning, I was thinking I [just] need to win my match and that's it," Muradyan said. "But after [awhile], I thought, 'No, we need to win [our matches] for the team.'"

The freshmen said Skorupka had a big hand in building the family culture as he traveled across Europe before the coronavirus pandemic to recruit and personally meet all of the freshmen.

"He watched my practice and then we walked [around] my country," Muradyan said. "Then [he flew] to Spain and then Serbia to see [Villan Pereira and Babic]."

The players also said the pandemic actually helped bring the team closer as everyone lived together and leaned on each other for support off the court.

That chemistry was on display when the team lost its first match of the season to University of Nevada, Las Vegas on April 23 in the Fertitta Tennis Complex.

"I mean when we lost [everyone] was sad," Villan Pereira said in a Zoom call. "But then we thought, 'OK we lost, but we have another chance tomorrow.'"



PHOTO COURTESY OF SJSU ATHLETICS

Freshman Raquel Villan Pereira stands ready on the court during an April 23 match at the Fertitta Tennis Complex.



I mean if you saw some of our matches this year . . . you know they were battles and [the players] really stepped up when they needed to.

Chad Skorupka

SJSU women's tennis head coach

Pereira said the team was disappointed the perfect season was lost, but everyone uplifted each other to focus on winning the Mountain West Conference championship.

"Although we were so close to having a perfect record, what mattered most was clinching [the] conference," Skorupka said.

The following day, Babic, one of the freshmen, clinched the conference title in her singles match as SJSU dominated against San Diego State 4-1.

In May of 2017, the Spartans also secured the Mountain West championship in Las Vegas as senior

Gael Rey won her match on the same court Babic clinched the 2021 title.

Skorupka said the freshmen had a knack for coming up big when the moment called as SJSU had eight 4-3 wins this season.

"I think that's just a testament to competing and rising on occasion," Skorupka said. "You look at it and say, 'Oh wow eight 4-3 matches, they got a little bit lucky.' I mean if you saw some of our matches this year . . . you know they were battles and [the players] really stepped up when they needed to."

Skorupka, who won his second-ever Mountain West Conference Coach of the Year honor, said he was pleasantly surprised by the freshmen's performances this season.

However, he said he's looking to improve this season's level of success.

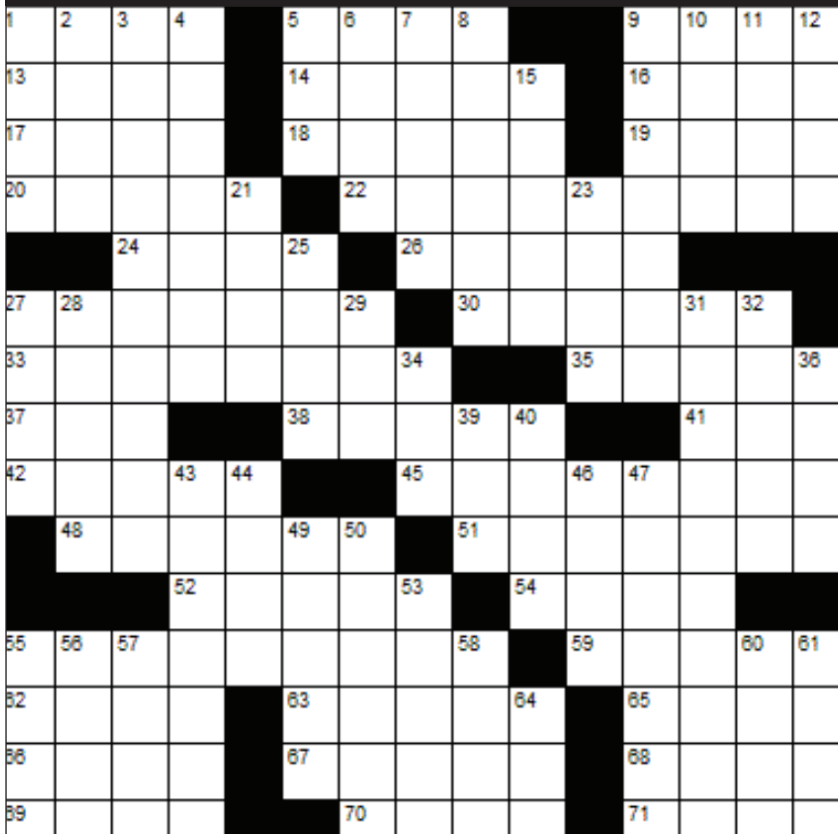
Skorupka said two players are joining the team next year, a junior transfer from Ukraine and a freshman from Spain.

"I think that will just give this team more weapons and more opportunities for combinations in singles lineups [and] doubles," Skorupka said.

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CLASSIFIEDS

CROSSWORD PUZZLE



ACROSS

- 1. Vagrants
- 5. Street
- 9. Conspiracy
- 13. Again
- 14. Incited
- 16. Adriatic resort
- 17. Unusual
- 18. Parish land
- 19. Many millennia
- 20. Old gold coin
- 22. Hold spellbound
- 24. "Smallest" particle
- 26. Name of a book
- 27. Inorganic
- 30. A protective covering
- 33. Entrance
- 35. Golden
- 37. Former boxing champ
- 38. Arguments
- 41. Frozen water
- 42. Informs
- 45. Relatives
- 48. Very small
- 51. Outdo
- 52. Not inner
- 54. Red vegetable
- 55. Belonging to the

DOWN

- 1. A lyric poet
- 2. Two-toed sloth
- 3. Profit oriented
- 4. Cardigan
- 5. Regulation (abbrev.)
- 6. Leer at
- 7. Proxy
- 8. Wreckage
- 9. Mesa
- 10. Place
- 11. Smell
- 12. Anagram of "Note"
- 15. Demise
- 21. Conservative

- 23. Urgent request
- 25. Mouths
- 27. Food from animals
- 28. Arm of the sea
- 29. One time around
- 31. Involving three parties
- 32. Country bumpkins
- 34. Long-haired wild ox
- 36. To tax or access
- 39. It is (poetic)
- 40. Give the cold shoulder
- 43. Strong and proud
- 44. Cozy
- 46. Fuss
- 47. Perform surgery on
- 49. Pilfer
- 50. Lemon or canary
- 53. Severity
- 55. Visual organs
- 56. Mouselike animal
- 57. Food thickener
- 58. Carryall
- 60. Drop down
- 61. Back talk
- 64. Poetic dusk

SUDOKU PUZZLE

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

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

JOKIN' AROUND

What do you call a duck that gets all A's?

A wise quacker.

SOLUTIONS 5/11/2021

S	P	I	T	E	O	P	T	S	A	I	D	E			
C	O	D	E	X	P	E	E	P	P	L	E	A			
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1	9	8	2	5	7	6	3	4
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Our office at **DBH 213** is closed because of the pandemic.

Marijuana is already too accessible to youth



Jamie Bennett
STAFF WRITER

Government officials should consider the effects marijuana has on younger generations before passing laws to make marijuana widely available in the U.S.

According to a 2019 National Survey on Drug Use and Health, 48 million Americans ages 12 and up used marijuana within the past year and one-third of eighth-graders stated it was “fairly easy” or “very easy” to obtain.

Why should a drug such as marijuana, which has limited research done on younger populations, be so obtainable by children?

However, I won’t completely knock marijuana as it’s a useful substance that can help people get through tough circumstances, including chronic pain, drug addiction, anxiety and cancer, according to an Aug. 2, 2018 Medical News Today newsletter.

Personally, occasional marijuana use has helped me improve my eating habits and helped me lose 20 pounds during quarantine by channeling my unwelcomed emotions into self-improvement and reflection.

Francis L. Young, the chief administrative law judge for the Drug Enforcement Administration, gave his opinion on marijuana usage, where he declared it in 1988 as one of the safest, active substances in the world, according to a Sept. 19, 1988 Washington Post article.

“In strict medical terms, marijuana is far safer than many foods we commonly consume,” Young said in the article. “For example, eating ten raw potatoes can result in a toxic response. By comparison, it is physically impossible to eat enough marijuana to induce death. Marijuana in its natural form is one of the safest, therapeutically active substances known to man.”

However, just because marijuana isn’t life-threatening, doesn’t mean it’s safe.

Researchers analyzed 11 different studies and published their discoveries regarding 23,317 individuals who showed adolescent cannabis consumption was associated with an increased risk of developing depression and suicidal behavior later in life, even without a preexisting condition, according to a Feb. 13, 2019 JAMA Psychiatry study.

JAMA Psychiatry is a peer-reviewed medical journal published monthly by the American Medical Association.

Frequent marijuana use during pregnancy can also lead to multiple complications such as premature births, underweight births or stillbirths, according to an October 2016 Obstetrics and Gynecology study.

Children born from marijuana users are more likely to be born with neurological development problems such as impulsivity, hyperactivity, a decline in executive



PHOTO COURTESY OF WIKIMEDIA COMMONS

Before the rush to fully embrace marijuana, researchers must look into the negative health effects of marijuana use in teens.

function and sustained attention, according to an Aug. 30, 2017 Neuropsychopharmacology article.

Neuropsychopharmacology is a peer-reviewed journal published by Springer Nature, a German-British scientific publishing company.

If marijuana becomes federally legal, pregnant women must be educated on the adverse effects of marijuana and childbirth.

In regards to frequent marijuana use in adolescents,

potential problems that can be harmful include a decline in educational or occupational functioning, according to the same Neuropsychopharmacology article.

If frequent use is continued into adulthood, it can lead to issues of withdrawal, cannabis use disorders and impaired driving and car crashes, according to the same article.

A majority of adolescents use marijuana more than alcohol and prior to or same as cigarettes,

according to a January 2019 Drug and Alcohol Dependence study published by ScienceDirect, a peer-reviewed publishing company.

While marijuana seems like a safer indulgent, the negative developmental risks can be a setback as children grow to adulthood.

We are currently in a time of change for America; marijuana has changed its image from a community-destroying drug to a safe and nonaddictive substance. Before the rush to fully embrace marijuana, researchers must look into the negative health effects of marijuana use in teens.

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I am a UC Berkeley alum and math tutor who is currently accepting new students. I hold a BA in Applied Mathematics and English and have passed the CSET (California Schools Credentialing Exam) in Algebra and Calculus. I have experience tutoring college and high school students, including help with homework, exam preparation, and problem-solving strategies. I have worked with students with dyscalculia and will help them succeed. Most recently, I have tutored online through Wyzant, answering questions and explaining concepts. I am currently offering online Zoom tutoring sessions. I am flexible with scheduling and can work with students as long as they need to master the coursework.

For more information about my services, please contact at (415) 640-5057 and leave a voicemail. I can also be reached by email at chrischjackson@gmail.com.

I look forward to working with you!

**Berkeley graduate
Chris Jackson**

Icons created by Eucalyp and Adrien Coquet from Noun Project.



ABOUT

The Spartan Daily serves as San Jose State’s top news source and was named the best student newspaper in the state. New issues are published Tuesday through Thursday during the academic year with the website updated daily.

The Spartan Daily is written and published by San Jose State students as an expression of their First Amendment rights.

Reader feedback may be submitted as letters to the editor or online comments.

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Home-delivered meals promote healthy living



Madison Fagundes
STAFF WRITER

Food subscriptions have become increasingly popular in recent years, especially since the start of the coronavirus pandemic.

A variety of companies, such as HelloFresh, Blue Apron and Home Chef offer different options to make life easier for overwhelmed people cooking at home.

These companies allow consumers to choose from a list of online recipes for the week and have the portioned ingredients shipped to their homes, according to an Aug. 7, 2019 Martha Stewart and Marley Spoon article.

Ordering food subscriptions saves customers time they'd usually spend planning their own recipes, going grocery shopping and meal prepping.

In the age of the isolation and safety protocols, these boxed shipments have allowed people to keep their pantries full without possibly exposing themselves to COVID-19 or even leaving the house at all.

Meal subscriptions also reduce food waste, according to a blog post by Sams/Hockaday & Associates, an Illinois

insurance company for seniors.

Perfectly portioned ingredients means people are less likely to leave uneaten leftovers, while normal grocery shopping usually leads to overconsumption, poor food choices and wasted money, according to the same blog post.

Regulated portions lead consumers to eat better quality food; which in turn creates better relationships with food, according to the same blog post.

These subscriptions also alleviate the issue of missing or forgotten ingredients that would otherwise warrant an extra trip to the grocery store.

While having food subscriptions makes meal prepping easier, having a constant flow of ingredients and recipes forces you to cook, according to a July 9, 2019 New York Times article.

Cooking can be time consuming, but it allows people to practice their skills in a controlled environment.

Consistently cooking will also expose the consumer to a larger variety of recipes. It forces people out of their comfort zones as new

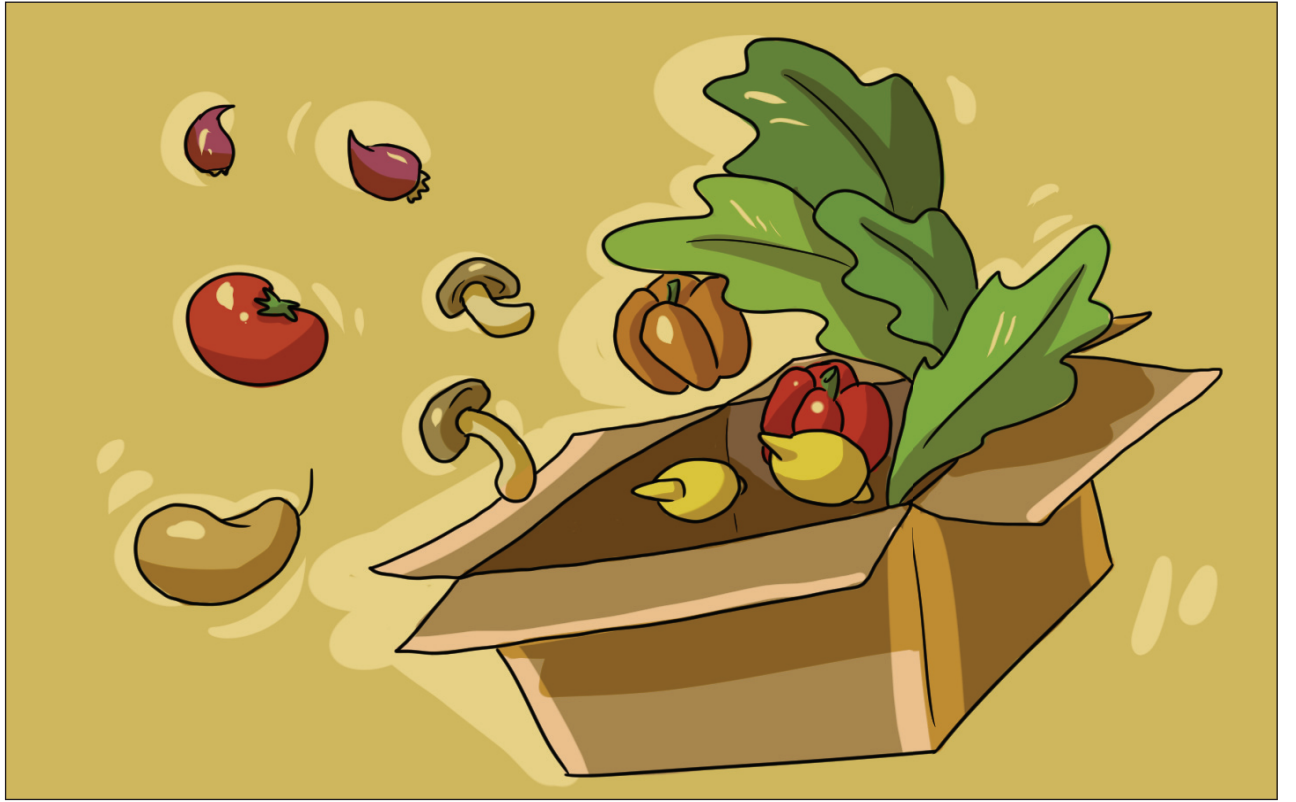


ILLUSTRATION BY DAISHA SHERMAN

Food subscription companies are changing how people view cooking one box at a time. They're the future of grocery shopping, home cooked meals and an unburdensome lifestyle.

foods are being marketed to them. They can no longer use the excuse of "I don't know how to cook it" or "I don't know what ingredients to use".

If a person didn't like eating certain foods before, they now have

the chance to learn new ways to cook them in a way they enjoy. Through practice, people can eventually tailor recipes to fit their own taste while still eating better.

Food subscriptions can be extremely helpful,

but they do come at a price. Meals could be between \$9 and \$12 once the subscription costs are broken down, according to a July 24, 2019 article by The Simple Dollar, a finance coaching website.

While these services can make eating more convenient, some people simply can't afford it. However, many food subscription companies allow customers to opt out of a weekly subscription or meal plan without canceling their whole membership, whether it's because they can't afford it or they simply don't like the meal options offered.

Aside from the tangible benefits of food subscriptions, they add

a bit of fun to your life. Receiving an ingredient box at your front door can make someone feel like a kid at Christmas. That feeling makes the daunting prospect of cooking seem more exciting and less like a chore.

Food subscription companies are changing how people view cooking one box at a time. They're the future of grocery shopping, home cooked meals and an unburdensome lifestyle.

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