Professor fights disability stigma

By Nathan Doyle

For those in attendance in room 225 of the Martin Luther King Jr. library this past Wednesday, the afternoon was a moment to shift my perspective and reflect on their own experiences.

Saili Kulkarni, special education professor, spoke about her research on the ways disabilities are perceived in society.

"When hypothyroidism was diagnosed, I began to see disability stigma," Kulkarni said. "Something that immediately caught the attention of those in attendance was the unique titling of the presentation: "Understanding Intersections of Disability and Race.""

That slash is meant to represent a fracture in the field, Kulkarni said, explaining that she is trying to challenge the way disabilities are perceived in society.

Kulkarni began working in the Oakland Unified School District and said that is how she started off working in special education.

After she received her master’s degree, Kulkarni started off working in Cal State Dominguez Hills before she started working at SJSU.

"When hypothyroidism was diagnosed, I began to shift my perspective from a personal standpoint," Kulkarni said.

Kulkarni spoke about the ways that learning disabilities can affect people of color and be a person of color with disabilities and being a person of color.

The series is a monthly event in which university scholars are promoted to speak at the library and reflect on their own experiences.

"Dis/ability and Race," said that is how she represents a fracture in the field.

Students need and deserve more psych services and support

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El Espartano

Noticias

Un estudiante hace documentales sobre el arte de San José

Page 7

Students snake around event center for free tickets

Hundreds of students waited in the sun on Wednesday to pick up a free ticket from the event center box office into the annual Spartanfest. Waka Flocka Flame, Sage the Gemini and special DJ Aspect are set to take the stage Oct. 10.

COPY EDITOR

By Jaileane Aguilar

Theater arts freshman Oliver Volk wasn’t the only one who moved into Washburn Hall 22 days ago. Joined alongside him, were two African dwarf frogs: Phantom of the Hopera and Sweeney Toad.

The punny names continue with his red Betta fish named Alexander Hamillfin, who lives in the same tank as the frogs. Hamillfin used to live in a small bowl before moving out to San Jose State with Volk.

Volk decided it’d be a good idea to upgrade with algae and some small shrimp. Volk also wants to add a moss ball, which would naturally clean the water tank.

Volk said that having an aquarium in his dorm room has allowed him to establish a routine for himself.

Above: Theater arts freshman Oliver Volk showcases his new aquarium, a freshwater home for fish and frogs.

Bottom: Phantom of the Hopera seems around in Volk’s aquarium. Volk opere his dorm for other students to visit.

"I really like having something to take care of while I’m living here in the dorms away from home,” Volk said. “It gives me a sense of responsibility.”

The 2.5 gallon tank has some accommodations for its residents: an Aquarium figurine, a heater, a filter, a leaf hammock, a bus from Spongebob and a plant. Hopera and Toad primarily live in the water, but occasionally hop out to breathe.

“They swim up to the surface, take a big gulp of air and swim back down and chill at the bottom,” Volk said.

Volk plans on bringing more companions for the frogs and fish in the future such as snails that will help to establish a routine for himself.

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Volk said that having an aquarium in his dorm room has allowed him to establish a routine for himself.
A.S. considers options for surplus funds

By Christian Terjones

A.S. President Branden Parent (far right) and fellow board directors prepare for the commencement of the second board of directors meeting of the year.

Interested in free textbooks for students at San Jose State? The SJSU Textbook Program is currently offering 300 more vouchers to the 853 already available for the 2018-2019 academic year. The board of directors voted to approve applying for 300 more vouchers to the fund at its meeting on Sept. 12, 2019.

According to Associated Student Body President Branden Parent, the program was born from the idea of providing free textbooks for students at the beginning of the year. The program began two years ago and has since grown and provided more students with books.

"There is a lot of impact," Parent said. "We had a lot more voucher requests this semester than last semester. We are bringing in more students into the program."

The SJSU Textbook Program is run in conjunction with the Undergraduate Student Body and is funded by the Spartan Bookstore. According to Parent, the SJSU Textbook Program has provided more than $8,000 worth of books to students.

"We're utilizing the funds that we've gotten," Parent said. "We've started providing books to students in all the departments."

Parent also said that the SJSU Textbook Program is still in need of more money. The President said that the board has been looking at options, including applying for more funds from the A.S. budget reserves.

"We may utilize the budget reserves to support this program," Parent said. "We are looking at the budget reserves, and we may support the program in the future."

Interagency members and students at the SJSU UndocuPartan Center discuss various initiatives and the need for more support for Latinx students and students from diverse backgrounds.

On Wednesday, Sept. 25, the UndocuPartan Center will host a town hall meeting for Latinx students at San Jose State. The event will be held at 3 p.m. in the Student Union, and is free to the public.

"This town hall will be a space for Latinx and Undocumented students to share their experiences and needs," said Jennifer Chavez, a senior sociology major and community coordinator for the UndocuPartan Center.

Chavez added that the town hall will be a space for students to share their experiences and needs, as well as a space for the UndocuPartan Center to listen to student feedback and gather information.

"We need help every single day," Chavez said. "We want to talk about certain things." Chavez added that the UndocuPartan Center is a space for students to come together and share their experiences.

The UndocuPartan Center is a space for students to come together and share their experiences. The center provides support for students who are undocumented or have a family member who is undocumented.

"We have limitations," Chavez said. "There are limitations to what the centers can provide, but they pretty much are in the hands of what they can control." Chavez added that the UndocuPartan Center is a space for students to come together and share their experiences.

"It's unfiltered," Chavez said. "It's not just academically, it's not just culturally, it's a lot of shit happening, right, in a little sub-departments and that's what they can do, point you to someone else."

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Comedy club looks to continue growth

By Diana Avila

Let’s learn to laugh at ourselves and live with a little more joy.

That's what All Comedy Club SJSU is here to do as they practice and improve their comedy.

This club is preparing for the upcoming year with board members eager to increase student engagement among commuter students and other student organizations.

My freshman year I was actually a commuter, so for me the club was a way to stay on campus more,” Charanya Sharma, business administration senior and president of All Comedy SJSU, said.

Club officers met on Aug. 26 to introduce to the club’s new potential members. The club’s official meeting took place in the center of campus.

At the meeting, the members reviewed their summer events and shared the history of the comedy club over the last four years.

Sharma spoke about the struggles of growing the club and finding success in comedy, but said he enjoys seeing the club grow every year.

“We were really small in our first year and now we have four to five members every year,” Sharma said. “Over the years we have been able to grow as we have — it’s been crazy!”

Sharma said growing the number of club members is not the only struggle he has faced.

“[We have been] performing for about three years and I have started to have some kind of success this summer,” Sharma said.

The members have goals to sell out campus venues, which they have come close to doing in previous years.

“Selling out the Student Union theater would be a goal of mine, hosting 300 plus people,” Sharma said. “And I have only done true comedy for only two years.”

Sparks and said he is excited to perform more shows and have a memorable conclusion for his time here at SJSU.

“I am looking forward to the show with Shane Wayne,” Sparksman said. “I think it will be very funny.”

However, learning how to be funny is not the only skill that members have taken from the club.

“I have found humor in almost any situation now,” Sparksman said. “The least I can take away from this experience is to find humor in almost any situation.”

Sparksman said he would like to invite other students to help them find some joy in their lives. He also said he wants people to learn how to laugh at themselves and tough situations.

Other members have found the club to be beneficial to their academics as well.

“I like the fact that I get to practice my public speaking skills,” political science senior Max Altstadt said.

“I have definitely improved over the last four years,” Altstadt said those skills also helped him improve his communication skills.

Officer hope to find new board members to keep the club going as most of them will be graduating this upcoming spring.

“I want to get more people into this comedy club,” Sparksman said. “I want people to really find joy in their lives [and] not laugh. I love making people laugh, so if they can learn how to do that with others, [then they can learn] how to do that with themselves.”

Follow Diana on Twitter @dianaavila284

To Be Honest

Discover mental health resources, utilize tools to cope with symptoms, build resilience and meet local youth who are sharing their mental health journeys.

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Drinking is possibly America’s second favorite past time, after sports, and is among one of the many things college students can find joy in during our university years.

In the upcoming weeks, I will be reviewing a series of restaurants and bars that can be found in and around downtown San Jose.

Before I spend the remainder of my weekends thus semester half drunk and writing reviews, I would like to disclaim that I am in no way attempting to promote any unhealthy drinking habits.

In fact, I would like to give those of you reading some information about the dangers of unhealthy drinking and how to have both a fun and responsible night out.

Drinking and college are basically synonymous. Although, one theme I find common with people who do not have a successful night out is the lack of knowledge regarding their drinking limits.

According to the Centers for Disease Control and Prevention, binge drinking or drinking in excess is most common with the 18-34 age range and those who have completed higher education. These statistics line up perfectly with the college demographic.

I used to think that the negative side effects of binge drinking were something that only existed in movies. That was until my freshman year when a close friend of mine went out to a party and drank far past her limit. She spent the night in a hospital bed, rather than her own and had her stomach pumped to clear it of all the alcohol she consumed.

When I discussed it with her a few days later, she told me her biggest mistake was not knowing how much she could drink and not eating something before going out. Eating before drinking is a crucial part of making sure you don’t get overly intoxicated. Health.com said it’s best to eat protein and fats, as well as making sure you are properly hydrated.

I cannot stress enough the importance of understanding your drinking limit and taking the proper steps beforehand to ensure you have a fun night.

When it comes to what is considered a “drink,” the CDC considers 12-ounces of beer, 8-ounces of malt liquor, 5-ounces of wine or 1.5 ounces of liquor an official “drink.”

That being said, you are not expected to measure out all your drinks, or ask the bartender the alcohol content of the drink you have ordered. Instead, attempt to familiarize yourself with what a standard drink looks like.

I cannot stress enough the importance of understanding your drinking limit and taking the proper steps beforehand to ensure you have a fun night. Many drinkers end up blacking out, because they just drink way too much.

With these safe drinking tips now fresh in your mind, I’ll be reviewing a local drinking spot each Thursday.

Follow Roman on Twitter @RoaminRoman_52

Bottoms Up appears every week on Thursday.

I cannot stress enough the importance of understanding your drinking limit and taking the proper steps beforehand to ensure you have a fun night.
As I near the end of my time in college, I find myself thinking of my future as a parent some day. Truthfully, I don’t know if I want to bring a child into a world where rape and violence occurs regularly. However, I might consider raising children, in hopes they will contribute to making this world a little bit better. I want my child to have the right tools and mindset in order to grow up strong and safe, especially when it comes to the topic of rape.

Parents debate what age they should teach their children about sensitive topics, according to psychologist Jennifer Sager and legal skills professor Stacey Steinberg in an article in the Washington Post. Parents should integrate the right behavior into the way they teach their children from a very young age because it will be their perspective for the rest of their lives. Teaching children to respect themselves and others should be a given, but they need to be prepared to face serious situations like rape, there are specific ways that children can learn to prevent it.

I have vivid memories of when I first started to understand what sexual assault consisted of and how I could be a victim. I grew up knowing the risk of being aware of our surroundings and “stranger-danger,” my mom heavily emphasized the importance of being aware of our surroundings when we were out in public.

Memories play like videos or sequences of photos in my mind and come from TV shows my mom used to watch. She spent evenings in bed watching crime shows, medical series and “Cops,” so I walked in catching a glance at some gruesome things sometimes. When I was around 6, the images I saw on TV were like nothing I’d seen before, but it didn’t affect me negatively. My mom knew that because I was young, I could be sensitive to the violence and blood on those shows, so she didn’t want me to watch. I seemed to understand that I was not just old enough to watch shows that had real-life violence.

Fast forwarding to when my sister was 5, I can remember she was more afraid of those shows than I was. As we grew up and started to comprehend situations of violence and “stranger-danger,” my mom heavily emphasized the importance of being aware of our surroundings when we were out in public.

Of course, shows like “Cops” didn’t show any kind of sexual assault, but it was the overall understanding of what situations anyone could get into because there are dangerous people in the world.

I benefited from the way my mom taught me about those situations because at a young age I understood how I should respect others, not become violent and always be aware of what goes on around me. Experts Sager and Steinberg said for parents it’s impossible to completely avoid the chance their children will become victims or perpetrators of rape.

“That parents can help their children recognize and avoid the erroneous and harmful attitudes surrounding sex, power, control, and coercion,” they wrote. Sager and Steinberg expressed that parents must teach their children to respect their bodies, instincts, emotions and give them tools to recognize the same thing in others. It’s not about telling a 6-year-old, “Hey, this is rape. Don’t do it.” Rather, it is about teaching them how to watch out for rape and violence that is bound to occur in their lives or around them at some point.

According to the organization End Rape On Campus, children should learn about “safe” and “unsafe” touching at a very young age possible. Reinforcing these kinds of behaviors can help a child grow up stronger and smarter than one who doesn’t learn the difference between respect and rape.

Rape, Abuse & Incest National Network, an anti-sexual violence organization, reported in 2018, “Nearly half of all victims of sexual violence are assaulted before the age of 18.” Children can be at higher risk of sexual assault before they can even comprehend what it is, therefore, parents are responsible for teaching them consistently as they grow up.

Teaching children about heavy topics such as these can help prepare children and make them more knowledgeable sooner rather than later.
Spartan mental health needs resources

Aft er reporting on changes to the Counseling and Psychological Services office in Tuesday's issue, the Spartan Daily Editorial Board is concerned about the lack of available mental health services for students on campus. Students are now only allowed to have eight appointments in an academic year. Students are now only allowed to have eight appointments in an academic year.

Imagine you're a student who has reached your wits end. The four upper-division classes, the eight-hour job on the weekends and now the fight you had with your roommates has pushed you to a mental breakdown.

At this point, you look for San Jose State's health and wellness services. You find that the Counseling and Psychological Services at SJSU offer personal counseling, groups and workshops and crisis counseling.

Feeling uncertain about a group therapy setting, you opt for making an appointment with a personal counselor. Unfortunately, the earliest available appointment is two weeks away.

During the counseling session, you find the advice helpful, but are also told that you can only have 8 sessions per academic year. With eight months in the academic year, that means one session per month.

That is a disaster waiting to happen. According to the National Institute of Mental Health, one in five adults experience mental illness per year. One in 25 adults experience mental illness that disrupts their life.

Looking at SJSU, that would mean out of the 36,000 students, 7,200 of them face a mental illness in a year. More than 1,400 students would face mental illness severe enough to disrupt their life.

This seems like an overwhelming number of students, and it's a concern that only 38.4% of students from the ages of 18 to 25 years old will actually seek out and get treatment, according to the NIMH.

So what impact has the mental health crisis had on Spartans? The 2016 National College Health Assessment reported that 8.1% of students at SJSU seriously contemplated suicide in the last 12 months. That was three years ago.

The 2018 assessment put that number at 13.4% - a 5 point increase. More concerningly, the number of students who actually attempted suicide according to the assessment nearly doubled from 1.1% to 2.0% in the two-year span.

This heavily speaks to the need for more counseling services at SJSU. CAPS Director Kell Fujimoto reflected this sentiment.

He previously told the Spartan Daily that the office still struggles with its budget. With a lack of financial support, he said he worries about burning out his small staff of 15 personnel.

"I definitely want to see more staff," he said last week. "Counseling is not easy work, it takes a lot of time and it takes a lot of emotional toll on our counselors."

In 2010-11, 1,338 students visited the CAPS office. Now, in the 2018-19 academic year, that number has nearly doubled, with 2,670 students visiting CAPS.

Other areas of campus have had to adapt to the shortage of available resources. In March, Jen Jurgensen, then-SJSU Athletics and Student-Athlete Advisory Committee coordinator, said, "We're trying to get a full-time mental health counselor in here if we can, just cause counseling service is so swamped that we [want to] make sure that our students are getting it."

Spartans need and deserve high quality counseling services for all students, which requires supporting and expanding the CAPS staff. The Spartan Daily echoes what Fujimoto said last week: "We all need mental health care and we all need self care. That explains the demand and increase."
Cineasta le quita el velo al arte de SJ

Por Ana Costas Reportera

Nicholas Jiménez ganó un ensayo de San José diferente de lo que tenía cuando era un joven. “Cuando estaba creciendo, vi un cambio en mi percepción de la cultura latina. La opinion que yo tenía de San José era una ciudad aburrida y que no tenía nada.”

Jiménez es estudiante de diseño industrial en la universidad estatal de San José. Hizo unos documentos del arte de San José que llaman San José California Style and Culture.

Quiere conocer gente de diferentes culturas en San José. “Pensé que es importante porque la brecha es como los círculos que no se tocan,” dijo Jiménez.

El cineasta, 21, logró recibir el dinero que Arroyo Huaral, una representante de la Knigh Foundation, le ganó los vídeos hechos por Jiménez mientras trabajó para Movimiento de Arte y Cultura Latino Americano, o Mural.

“Tienes video de gente que conocías,” dijo Jiménez. “No sabía que querían hacer.”

El no subía las tradiciones de las otras culturas fuera de su patrimonio latino cuando era joven. “Porque era Chicano iba a San Francisco, pero no iba a el festival del mundo.”

Logró recibir el dinero porque Arroyo Huaral, que está trabajando con la comunidad, otras comunidades la van a contar, dijo Cron en inglés.

El director ejecutivo dijo que el proyecto del cineasta es que muchas culturas usan el arte de San José. “Porque es una forma que vas a querer,” dijo Cron.

El cineasta recibió una beca de $1,500 de una organización sin fines de lucro Knight Foundation, en junio para producir películas. “Logró recibir el dinero porque Arroyo Huaral, una representante de la Knigh Foundation, le ganó los vídeos hechos por Jiménez mientras trabajó para Movimiento de Arte y Cultura Latino Americano, o Mural.”

Jiménez es estudiante de primer año en relaciones públicas.

“La más importante es que no esté muy caro para que lo hagan más de la ciudad,” dijo Jiménez. “San José tiene bastante historia que nadie sabe,” dijo en inglés.

El dijo que la ciudad es tan grande que sus amigos de su barrio en el sur no saben sobre la escena de arte en el centro.

En SJU, Jiménez quiere que los estudiantes tengan más conocimiento de la cultura cerca de la universidad.

Pregunta Jiménez trabajar en el centro de arte para estudiantes chicanos y latinos, quiere promocionar las oportunidades en San José para hacerlo un lugar más amable para los artistas.

“Cuando estás en el centro, activismo y intervención en la comunidad son temas de cómo los estudiantes hablan,” dijo Jiménez. “Yo espero retarlos para que lo hagan en toda [San José].”

Sigue Manoel en Twitter @manoscitzenews

OPINIÓN

Cultura latina no solo es cultura mexicana

Por Ana Costas Reportera

Es importante educar a la comunidad sobre la diversidad de culturas latinas para que descubran del estereotipo que todos los latinos son mexicanos. Si pensamos a todos los latinos bajo la sombrilla de la cultura mexicana, no podemos apreciar la diversidad, el baile, el arte e historia de cada país.

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Brown paves way to players’ league

By Brendan Cross

Staff Writer

Wide receiver Antonio Brown’s antics, however silly, are potentially changing the NFL.

On Tuesday, the New York Times reported that Brown has been accused of sexual assault in a lawsuit filed by a former trainer of his. This wasn’t the first case of Brown being involved with a sexual assault controversy. Two days prior, Brown liked a tweet that called for Mayock to be raped.

Regardless of Brown’s off-field problems, the National Football League Players Association will look forward to negotiations for its next collective bargaining agreement, which is a binding-contract between team owners and players within the league. These conversations will begin in 2021 as players will try to retain control of their contractual needs. Whether the owners will budge remains to be seen.

Follow Brendan on Twitter @BrendanCross93

ANALYSIS

Wide receiver Antonio Brown’s antics, however silly, are potentially changing the NFL.

By Brendan Cross

Staff Writer

Star wide receiver Antonio Brown and his availability of recent antics may have accidentally been the first step in turning the NFL into a players’ league.

Historically, the NFL has been dubbed an owners league, meaning that players have little to no say about the direction they see their careers going once they are under the contractual clutch of a franchise’s owner.

A recent example of this is the early retirement of potential future hall-of-famer wide receiver Calvin Johnson. At the time of his NFL departure in 2016, Johnson was still at the top of his game.

Johnson told ESPN the reason he retired was that he was “sick” in his contract with the Detroit Lions after spending nine years with the organization.

He added that he didn’t see the Lions being Super Bowl contenders and the front office of the team was not willing to release him from his contract, so he decided to call it quits.

Johnson also made mention of the NFL and how sometimes in that sport they take the freedom to go play on any team they want.

The NFL’s elite players have total control over their careers, as evidenced by the constant creation of superstars. Last season’s resultant creations of superstars, as evidenced by the current Los Angeles Lakers that feature LeBron James and Anthony Davis. If James wakes up tomorrow morning and decides he would rather play with reigning NBA Finals MVP Klay Thompson on the Golden State Warriors than the Lakers, he can make it happen.

While Johnson wasn’t able to join a Super Bowl contender, Brown faked his way onto the current Super Bowl favorite Los Angeles Clippers. Brown, always active on social media, seemed excited to be a part of the Raiders’ front office through his various posts and pictures.

But, their relationship was on thin ice when he came to training camp with frostbitten feet.

The injury prevented him from practicing on many occasions, but Brown also skipped out on a mandatory training camp practice Aug 18 and a walkthrough Aug 22.

He then threatened to stop playing again until he could suit up with the team, which had been banned by the NFL after failing to meet safety requirements.

It was at this point in the conversation where it felt that Brown was purposefully stirring up malicious things to fines himself from the Raiders.

Once that was settled, Brown stirred the pot yet again by posting a picture of the letter he received from the team telling him that they were fitting him for his unexcelled absence from camp.

Just days before their first game of the season, Brown and Raiders general manager Mike Mayock reportedly had an argument about the fines he called Mayock a “cracker. ”

Brown apologized for the spat shortly after.

A few hours after the apology, however, Brown posted a video on YouTube that featured a recorded phone conversation he had with head coach Jon Gruden where he was asked about his status with the team.

The next day, Brown posted a photo with the caption “release me” on Instagram, tagging the Raiders account in the process.

Oakland obliged and Brown got his wish. For the first time in his nine-year career, Brown was a free agent and could make his own choice as to where he wanted to play.

Brown later, New England swept in and gave him a one-year deal. Most of the other players in the NFL could never get away with what Brown did, but that’s what being a superstar did for him.

As nature as one of the league’s best players afforded him, the opportunity to immediately sign with an NFL powerhouse despite the incredibly tumultuous summer he had.

Will we see superstars in the NFL? Probably not.

A simple NFL player can’t make the impact a simple NBA player can. No doubt Brown went about it in the worst way possible, causing controversies at every turn, but he’s new on a team that actually wants him.

He may have just paved the way for other elite players to take control of their careers and do the same.

But while Brown’s antics may have improved the league for other players, he, himself, is at risk of not playing again because of other issues.

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Regardless of Brown’s off-field problems, the National Football League Players Association will look forward to negotiations for its next collective bargaining agreement, which is a binding-contract between team owners and players within the league. These conversations will begin in 2021 as players will try to retain control of their contractual needs. Whether the owners will budge remains to be seen.