Actress, advocate, activist
Speaker pushes for increased Latinx representation to aid reform

By Kelsey Valle
staff writer

Stripped from her family at 14, Latina actress Diane Guerrero learned to tell her story and call for reform through the performing arts. About 500 students piled into the Diaz Convocation Center’s Student Union Ballroom to see “Orange is the New Black” star and current author speak about her journey in the entertainment industry to kick off the fall 2019 Spartan Speaker Series Monday night.

Guerrero’s mother, father and brother were deported back to her home country of Colombia when she was still a teenager. Her “imprisoned family” situation produced a lonely childhood and a separation she still copes with today. “I had to change my life accordingly,” Guerrero said. “I decided not to tell my story all at once.”

In the discussion moderated by Chicana and Chicano studies professor Magdalena Barrera, the actress wittily made references to jail culture to explain how she “was stuffing all these feelings deep down,” Guerrero said.

Guerrero described that she grew up during a time where immigration policy wasn’t racially challenged. “The world wasn’t ready for that conversation,” she said. “We didn’t know.”

While attending Regis College in Massachusetts, she decided to get serious about pursuing an acting career. Despite being able to land up on acting courses, Guerrero said there were no Latinx-oriented student organizations and advocacy groups on her campus.

Embarking on Latina roots, Guerrero got her big break when she was cast in “Orange is the New Black” as the character Maritza Ramos, a diminutive, feisty inmate of Litchfield Penitentiary who gets deported in the series finale, like her real-life parents.

During her talk, Guerrero acknowledged that her character was stereotypical and sexualized, but her relevant and well-received role granted her the platform to speak out on controversial issues like immigration and prison reform.

“Orange is the New Black” actress Diane Guerrero.

I will tell a million immigration stories until it gets through to people.

By Christian Trujano
staff writer

Telepsychiatry offers treatment options for students seeking help

Nearly 40% of undergraduates and 78% of graduate students in the United States work at least 30 hours a week according to the Workforce Institute on Education and the Workforce. That’s about 14 million people going to school and working, leaving little room for students to address any mental health issues.

Undergraduate freshman Cindy Ma said she is interested in seeking psychological services but can’t because of the time it takes from her busy schedule. “I’m just really busy throughout the day and then I’m really tired. I just want to go home,” Ma said.

That’s where Ma said telepsychiatry could ease students’ stress of finding the time to seek help. “I think [telepsychiatry] would be convenient, it would be a lot more accessible to my schedule, too,” Ma said.

It’s useful to individuals who work unconventional hours, those who live in rural or remote areas or far from mental health centers.

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Matthew Capriotti
SLU psychology professor and clinical psychologist

Capriotti said that telepsychiatry isn’t the only advantage of having those services situated off campus, but it’s a significant step forward for people with social anxiety. However, more alternative for people with more approachable, especially experience, Capriotti said this therapy.

If not better than face-to-face therapy, Capriotti said. "If you start a therapy session, "I think students are, for driving somewhere before to the ADAA.

But Capriotti said that face-to-face meetings or intake assessments are used to measure if teletherapy is a good fit for a client. Capriotti does however see barriers that can come from this fairly new practice. Confidentiality could concern students who fear for their connection being heard.

Mediachannel such as Theraplatform offers video conferencing compliant with medical privacy laws. Theraplatform, however, offer teletherapy, Capriotti said. Platforms like these should be a major barrier to teletherapy as it is more effective, "he said.

But for students living in student housing or with roommates, Capriotti said "most students might have no roommates, Capriotti said. "I don’t think it’s a perfect fit for everyone, but I think it could be feasible for a whole lot of people." Anxiety professor Harry Edwards, also a 1994 sociology alumnus, co-founded the Olympic Rights for Youths movement which organized the 1988 Mexico Olympics protests. He continues his work in sports and human rights activism as an advisory board member for the Institute for the Study, Society, and Social Change of Sports. "It’s never too late to do what it is right, especially regarding those who have spearheaded such an effort for so long — not to benefit his students, “said Edwards. "The arc of this prestigious Hall of Fame has been more of a turn than the actual inductee," he said. "That thing was more relevant to self-diagnosis. Not only it’s not effective it can also be dangerous, according to the publication. Therapy and counseling can be done in private rooms which most therapists’ offices are designed to be private. Capriotti pointed out there is a significant distinction between online therapy platforms which is that therapist-platform is not the same as video or phone calls. In face-to-face therapy, known as chat therapy platforms, however, offer the luxury of privacy at home. "If those things are not effective it can also be dangerous," he said. "For a lot of students, I think that sort of sound privacy and privacy of a room is something that some students do have and something that some students don’t have," he said. Besides the barriers, Capriotti described, he said he thinks implementing this practice at SJU is worth exploring. "I think it could be a feasible way to reach a lot of students," Capriotti said. "I don’t think it’s a perfect fit for everyone, but I think it could be feasible for a whole lot of people."
Hong Kong protests echo U.S. influence

Over 200 years after America gained its independence, the city of Hong Kong fights for its own freedom to take the crown as democracy’s new face for freedom.

According to The New York Times, protests began in 2014 with around 700,000 Hong Kongers voting to give access to the public to vote on their chief executive. Despite the protesters’ efforts, China laid down stricter voter limits in response.

Then in 2015, five protesters from Causeway Bay Books, a book store in Hong Kong that sells books that are banned on the mainland, went missing. One of the missing bookkeepers, Lam Wing-kee, reappeared in June 2016 where he said he was beaten by Beijing’s special forces and was put through mental and physical torture during his abduction, according to The Hong Kong Morning Post.

The tension reached its breaking point this year after a 20-year-old pregnant Hong Konger was murdered by her boyfriend while on vacation in Taiwan. The case catapulted China to pass an extradition bill that would allow other governments to prosecute Hong Kong citizens who were suspected of crimes in the country where the crimes occurred. The bill immediately enraged Hong Kongers because they thought it was a scapegoat bill in order for the mainland to prosecute anti-China protesters.

It was the last push protesters needed as it has made 2019 full of protests, fueling the movement more than ever before. Hong Kongers do not seem like they will back down anytime soon, and with National China Day being today, expect nothing less than crowded streets all around the city. They are armed with umbrellas to combat pepper spray dots from police and driven by the ideals that once drove our own nation to revolt.

Let Hong Kong today be void of the Chinese US, and instead filled with songs of freedom on a Friday. We want our Chinese to embrace freedom and instead filled with songs of freedom on a Friday. We want our Chinese to embrace freedom.

Best, Elyna Gaona

Spanish inclusion is appreciated

Hi, I wanted to support the Spanish version. I’m a 5th generation Mexican-American, and because of discriminatory practices in the US over the last century, where Spanish was removed from schools, I believe my family, or many in my family, would not even know how to speak Spanish fluently because of this. Now as a young adult, I’ve taken the responsibility to re-learn the language for myself. And that requires immersion. That may seem selfish to some people, but it’s actually historically accurate and honors the history of the land we live on. California and much of the southwest belonged to Mexico before it belonged to the US. The basis of the cities such as San Francisco, San Jose, Los Angeles and Santa Fe, were towns or outpost for new Spain before Mexico gained independence.

Spanish is the most spoken language in the US, and the US has no official language. To say that Spanish’s inclusivity is discriminatory is willfully ignorant, stupid, and ill-informed.

We need inclusionary practices of bilingual papers, and maybe even a little more U.S. history for those that think that their inclusion is discrimination. Because of their lack of knowledge, they’ve become proud discriminators.

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Should President Trump be impeached?

Yes, foreign extortion is an executive offense

No, the impeachment process is a fool's errand

Brendan Cross
STAFF WRITER

The term whistleblower refers to someone that releases information that they believe is, “Evidence of a violation of the law, regulations, or standards of conduct that a reasonable person would regard as a serious or flagrant violation, or that they believe is, “Evidence of a violation of the law, regulations, or standards of conduct that a reasonable person would regard as a serious or flagrant violation, or that they believe is [of] malfeasance, mismanagement, abuse of power, negligence, wrongdoing, or substantial and specific danger to public health or safety,” according to the Government Accountability Project.

To no one's surprise, an audio clip of Trump attacking the whistleblower at a White House event surfaced online. In the clip, Trump said the whistleblower was "close to a spy" and "in the old days . . . we used to ‑‑ we used to ‑‑ we used to have to execute people that were close to spies." According to AP News, that phone conversation between Trump and Zelensky, Trump only provided vague statements asking if Zelensky did, "Look into it." According to global news website Quartz, online interest in impeaching Trump has soared. According to SEMrush studied, Quartz reported that online interest in impeaching Trump increased by 9.4% supported him and 84.5% were neutral. However, a judgment call on Trump's motivations will be easy for Republicans to ignore or twist. According to AP News, that phone call followed a month-long campaign of time and resources with murky legal grounds. According to global news website Quartz, online interest in impeaching Trump spiked in May 2017. Out of 60,000 tweets about the impeachment inquiry that SEMrush studied, Quartz reported that 6% criticized the president. 9.4% supported him and 84.5% were neutral. Former President Gerald Ford once said that, "An impeachable offense is whatever a majority of the House of Representatives, and both were eventually acquitted by the Senate. Also, the public support and interest in impeaching Trump is not nearly as strong as the Democrats need to not harm their reputation through this effort.

The Democratic Party’s attempt to impeach President Donald Trump was just as untenable as it is useless. The House of Representatives’ supposed upshot on this is a waste of time and resources with murky legal grounds. The Department of Justice is one of the oldest and most respected institutions in the country. It is appropriate to ask a foreign power to investigate a U.S. citizen who may have broken local laws in that country.

Even if the House had a stronger legal case against President Trump, the Senate is stacked against the impeachment effort. House Speaker Nancy Pelosi first announced the inquiry on Sept. 24 responding to news that Trump had asked Ukrainian President Volodymyr Zelensky to investigate the exploits of Democratic presidential candidate Joe Biden and his son, Hunter Biden. Trump's actions revealed a "Betrayal of his oath of office, betrayal of our national security and betrayal of the integrity of our elections," Pelosi said. Former Presidents Andrew Johnson and Bill Clinton were impeached by the House of Representatives, and both were eventually acquitted by the Senate. The Republican Party holds a majority in the House, Trump's removal from office would be the key to the impeachment. People's by leveraging military aid and cutting military aid to the United States. However, a judgment call on Trump's motivations will be easy for Republicans to ignore or twist. David Rivkin, constitutional litigator and former Justice Department lawyer, told Reuters it is appropriate to ask a foreign power to investigate a U.S. citizen who may have broken local laws in that country. If the House had a stronger legal case against President Trump, the Senate is stacked against the impeachment effort. The Republican Party holds a majority in the Senate with 53 out of 100 members. Convicting the president would require a two-thirds majority vote in the Senate totaling 63 members, which would necessitate Republicans voting against their party. By the 2020 election. It was spawned an impeachment charge that spawned an impeachment charge that the House of Representatives considered. In the case of President Richard Nixon and the Watergate scandal, he resigned before the House of Representatives voted on his fate. Trump has been one to make history, however. History in the sense that he is the most scandalized president this country has ever seen, and hopefully, will ever see. And, it will continue to run the country. His average approval rating of 40% is the lowest of any modern president, according to the latest Gallup poll. The one last bit of history that he can throw on top of his tenure is being the first president to be impeached and removed from office.
Ice hockey team freezes in final minutes

By Brendan Cross

The San Jose State ice hockey team collapsed defensively late in its home opener, allowing a handful of goals in the final 6 minutes and 48 seconds to Texas A&M in an 11-6 loss Friday.

LAST GOAL OF THE PERIOD, MCDONALD SCORED THE FORWARD ETHAN TONNA GAVE THE SPARRANS CENTER EMMANUELE SEMMELMAYER SAID THE SPARTANS SCORING AS A GOAL BY SENIOR JUNIOR FORWARD HANK ROONEY GOT HIS TEAM ON TOP AGAIN AS TEXAS A&M TOOK THE LEAD JUST OVER A MINUTE LATER. 

“It’s one of the best feelings ever,” Semmelmayer said. “It’s great to have the logo on your chest to represent your school and be able to play in front of all your family and friends.”

The energy in the stadium was quickly gone as the San Jose State ice hockey team collapsed defensively late in its home opener, allowing a handful of goals in the final 6 minutes and 48 seconds to Texas A&M in an 11-6 loss Friday.

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**WHAT STREETS DO GHOSTS HAUNT?**

**SPORTS**

TUESDAY, OCT. 1, 2019

**On another late in the game for a total of four on the night.**

“Despite the loss, Ellis liked what he saw from the team. “For the most part, we were right with them for a lot of it, and I felt like we were outworking them for most of them for half the game,” Ellis said. “But, we lost our footing, we lost our legs, we were tired, the conditioning just wasn’t there and it cost us in the last 10 minutes of the game.”

Looking forward, head coach Janda said that fixing the defense is the priority going into the next game. “Our offensive zone coverage has to get way better, we can’t give up 11 goals,” Janda said. “We should be giving up 11 goals in a month, not a game.”

Semmelmayer also pointed to the defensive side needing work heading forward, particularly around the net. “I think our defensive zone coverage has to get way better, we can’t give up 11 goals,” Janda said. “We should be giving up 11 goals in a month, not a game.”

Our defensive zone coverage has to get way better, we can’t give up 11 goals in a month, not a game.

“After that goal, it was all downhill for the Spartans as Svendek scored the next two goals for the Aggies, taking

Junior forward DJ Howell (center) battles for a face-off victory during the Spartans’ home opener.

**Junior forward DJ Howell (center) battles for a face-off victory during the Spartans’ home opener.**

**It’s one of the best feelings ever,” Semmelmayer said. “It’s great to have the logo on your chest to represent your school and be able to play in front of all your family and friends.”**
**We've got the deets on sugary treats**

Alyson Chuyang

SPECIAL PROJECTS EDITOR

For me, boba is simply not enough for dessert. I'm pretty picky when it comes to my sweets, but I put together three of my favorite dessert spots in San Jose that will definitely satisfy your sweet tooth.

**SmoKee Churros**

**1807 E Capitol Expwy., San Jose**

This place has it all. Churros, churro sundae, milkshakes, ice cream and even beba drinks. Their specialty is churro sundaes, which are served with a delectable variety of churros. I was lucky enough and had the "Matcha Crunch" churro sundae with a matcha drip and sprinkles. The churros enhanced the matcha ice cream flavor and softened the crispy churro with perfection. While the churro did not taste like a traditional churro, it was "crispy" in a moldable sense. It is golden brown on the outside, and skinny like a churro.

Some other sundaes like "Toasted Marshmallow" actually has marshmallow fluff they torch onto the churros. It's a great blend of crunchy and chewy packed into a decadent dessert.

The sundaes might look daunting in size, but after the first bite, you'll be grateful that you ordered your own.

This place requires a drive, but it is a great spot to go after a meal at Kickit! Grab or any restaurants in the area.

**2101 S San Carlos St., San Jose**

Stop and Chimichurri, because Chimichurri is taking over.

Just short walk off campus, this dessert shop offers small cinnamon rolls with a choice of 20 frosting flavors and a variety of toppings. You can top your cinnamon roll with chocolate chip cookies, brownies, mini-cinnamon rolls and cookie dough.

The best part of this place is they all inclusive. Everything on their menu is vegan, but upon first bite, you don't even realize it. They don't prod the vegan aspect of their baked goods, which I admire because there's no need.

If you have any recommendations for your favorite sweet treats, reach out to me on my Twitter.

**SomiSomi**

5501 Stevens Creek Blvd., San Jose

Get ready for an Instagram-able dessert. SomiSomi is a taiyaki ice cream spot located in the mall next to the popular Ramen Nagi restaurant.

Tatoyaki is a Japanese treat, and it is basically a fish-shaped cake with the dough that resembles a waffle. At SomiSomi, they hollow out the tatoyaki and coat the inside with your choice of Nutella, red bean, custard or two.

After that, they fill the tatoyaki with a variety of ice cream flavors you can choose from. This includes fun flavors like horchata, milk tea, ube or black sesame.

You can top it off with a macaron, Oreo crumbs, several cereals, rainbow sprinkles or coconut flakes.

And to keep customers coming every week, they feature weekly specials. For example, they combine two ice cream flavors from their menu.

This place is open since November, but I recommend this place if you’re looking to expand your palate with international treats.

If you have any recommendations for your favorite sweet treats, reach out to me on my Twitter.

Follow Alyson on Twitter @AlysonSJSU

**The sundae might look daunting in size, but after the first bite, you'll be grateful that you ordered your own.**