Nurses stress self-care to battle trauma

BY LOVINA PAVEL

The United States faced 307 mass shootings in 2017 alone, and all 307 had patients attended to by emergency nurses. Emergency nurses that deal with traumatic events on a regular basis face a higher risk of developing post-traumatic stress disorder symptoms at both the clinical and sub-clinical level.

Nurses is considered one of the most stressful careers, according to research by the National Institute for Occupational Safety and Health at the Centers for Disease Control and Prevention. Dealing with sudden death, especially of young children, has been found to be the most distressing event.

"We already come in with PTSD in some ways," Adelman said. "Many of us are familiar with the chaos and the drama. Nurses will need to care for themselves though, because hospitals will be vying for them, fighting for them."

With traumatic events in recent news, such as the mass shootings in Las Vegas and The First Baptist Church in Sutherland Springs, Texas, trauma nurses that prepare to take on patients are aiming to take part in a de-escalation process before and after they complete their shifts. Students had the opportunity to get academic regular orders and learn about Alumni Association information. The Spartan Bookstore will be decorated for Grad Fest until Nov. 9.

The Newman Center operates Spartan Hot Meals, which provides hot meals to students that need them. The center wanted a better way to communicate the availability of leftover food and Grátis app solves the problem.

Gupta thinks Grátis is not just a solution for food but for many problems in society. "As a student, worldwide, everyone is included in an umbrella," Gupta said. "We're starting out with SBUX students just to test and see if it works out. This model can be applied to food, medicine and things like about health/clinical and understanding how social good can change society."

It is a feedback-driven and wants to use the results to develop a product that helps everyone. "In December 2017, we will finish the beta version of the website and deploy to final release and make iterative changes from March to May."

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conversation between peers. Group members become informants to each other about a situation or event they experienced. All nurses have to deal with traumatizing situations, but trauma nurses routinely deal with severe injuries, death, suicide and suffering and are also frequently exposed to verbal and physical aggression. The more important aspect of debriefing is the listener with professional skills, or he a d  n u r s e ,  w h o  g u i d e s  t h e  g r o u p .  A study done in 2012 on the effects trauma nurses face found that social support from colleagues and head nurses have a protective effect on the occurrence of PTSD symptoms.

"Self-care now is about self preservation," nursing lecturer and nurse practitioner Paula Edwards said. "If you plan to be a nurse for a long time, then it's imperative that you find ways to self-care on a weekly basis."

Edwards cited the many times she cried after shifts when dealing with patients that were severely suffering. She also emphasized the importance of nurses practicing problem-focused coping. Avoidant coping mechanisms (drinking, using drugs) were found directly related to distress in the 2012 study. Problem-focused coping was related to a decrease in psychological distress and perceived fatigue.

According to Edwards, compassion fatigue is also an issue among trauma nurses. Events lead to job related distress that outweighs job satisfaction and can eventually lead to burnout.

Spartans gather gear for graduation glory

Olga Meshoe (center) gives her closing statement alongside Alicia Koukazoudaris (right) and Max Samarow (left) at the Israel-Palestinian Relations panel on Tuesday night.

"We [Students for Justice in Palestine] refused to do so because we refuse to support a dialogue that perpetuates an idea of two fair sides that are fighting a war when there isn’t," Odeh said. "Human rights are human right, so I am here just to ask questions and bring up issues if they are not brought up correctly."

Panelist Olga Meshoe, representing an organization that supports Israel called Deisi, gave her perspectives of both sides. She incorporated other human rights conflicts such as ones in Syria and Liberia in her statements to highlight the bias of just focusing on Israel and Palestine.

Meshoe gave an example of Palestinian people using mothers and children as shields and said the world should leave the countries alone so people can make their own democracy. Stephen Zunes of the University of San Francisco rebutted Meshoe's claims. He also argued against her example that mothers and children are used as shields.

Tension rose during the Q&A portion as audience members challenged panelists' statements. Audience members scoffed at certain answers. A panelist asked one audience member holding a sign saying "LIES" in bold letters to respect the panel.

"I definitely took away a lot of knowledge that I didn’t have previously," sociology senior Sophie Kohyar said.

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SOLUTIONS

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between the two countries.

Yasmeen Odeh, psychology junior and Outreach Coordinator for Students for Justice in Palestine, said the organization was invited to co-sponsor the event.

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Spartans dance the evening away at bachata workshop

BY KYLIE LAWLER
Spartans danced their Tuesday night away at a bachata workshop put on by Spartan Sabor and San Jose State’s Latin Dance Club.

“Bachata is a style of dance that originated from the Dominican Republic. Instead of moving back-and-forth like in salsa, bachata dancers move side-to-side,” Alvarado said.

The four-count dance incorporates elements from the tango and rumba. Located inside the Spartan Complex, the event welcomed competitive Latin dancers Helen Vazquez and Juan Carlos Camarena.

“This dance community, especially the styles salsa and bachata, is kind of throwback like in salsa, bachata dancers move side-to-side,” Alvarado said.

The president and vice president of Spartan Sabor, Vazquez and Alvarado, taught basic bachata steps. As the evening went on, Vazquez and Camarena taught more advanced steps. For this social dance, instructors encouraged students to dance with partners between participants.

A number of 16 people, including Vazquez and Camarena, participated in the event to pick up a couple of new steps. For students new to bachata, Vazquez and Camarena teach SJSU students basic steps during a Spartan Sabor bachata workshop on Tuesday.

The competitive dance couple won first place in the 2014 World Latin Dance Cup Amateur One. Vazquez and Camarena also appeared in “America’s Got Talent.” Students paid a $10 entry fee to participate in the two-hour workshop. All proceeds went to the club for future workshops.

“We want to create a club where we can focus on teaching people how to dance as a social dance as opposed to just doing what thene, choreography,” Alvarado said. “We just want to see how many people we can put on the dancefloor at this school.”

Alvarado said that Spartan Sabor started this past spring semester. According to Castillo, Spartan Sabor didn’t get a room to meet in until March, making them unable to put on club activities until the last month of the semester. Castillo and Vazquez said it takes a lot of work to handle themselves in social situations.

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Trump’s announcement means nothing without action

Jose F. Govea  Staff Writer

N o one knows the right time to talk about opioid drug use. We just instinctively know it’s not the right time. When is it OK to step in and interfere? President Donald Trump had to be that one person, this one member – in this case, the United States from the top. Because says, “We can’t keep talking about the war on drugs and still not take care of this epidemic.” Trump already made the first step before announcing his new plan. He has spent $4 billion so far helping people to fight this epidemic instead of just talking about it.

According to drugabuse.com, opioids have several effects on the body. The lining of hearts could get infected from heroin or crushed pills. lungs become dangerously slow. immune systems could also slow down, which could cause vulnerability toward different infections. Trump is Gaslighting America.

According to economic research firm drugabuse.com, opioids are painkillers that we can’t live without. That’s what President Gerald Ford set up a task force for. Donald Trump had to be that person – in this case, the United States from the top. Trump said in a video on CNN. “These drugs may seem harmless given that their drugs are prescribed by doctors to us, but just like anything that gives us a false sense of security will become toxic and addictive and dangerous.”

According to a CNN article by Sonia Moghe, there has been a battle of sending addicts to jail, or funding more therapists, social workers and rehab centers instead of just talking about it. Trump already made the first step before announcing the opioid epidemic. He has spent $4 billion so far helping people to fight this epidemic instead of just talking about it.

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One example given in a report by the CDC, a web-based news outlet, was falling through a window. An applicant receives good scores for dealing with minor crises if they quickly recover and continue the mission rather than dwelling on the fact they fell. The game requires minimal mechanical skill, so it does not give gamers an advantage. Employers can also select which skills they value and have the in-game decisions reflect those skills like myself, who kept the 9-year-old alive and reported I am today.

Even though a lot of our current president made a public announcement, he still has to take the rest of the world’s time. I hope he takes responsible measures. Without our president’s new program, the amount of good that our addicts are hooked on prescription drugs could help send people by funding more therapists, social workers and rehab centers instead of just talking about it.

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Teen Vogue will lose readers by scrapping its print version

Cynthia Loeur  Staff Writer

C ond Nast announced Thursday that it will no longer publish the Teen Vogue print magazine after a publication starting in December. The announcement came just short of a year after the company announced its United Kingdom’s version of Glamour magazine will become a digital-only publication starting in December.

According to its website, Condé Nast announced Thursday that it will no longer publish the Teen Vogue print magazine after a publication starting in December. The announcement came just short of a year after the company announced its United Kingdom’s version of Glamour magazine will become a digital-only publication starting in December.

The announcement means nothing without action. Trump already made the first step before announcing his new plan. He has spent $4 billion so far helping people to fight this epidemic instead of just talking about it.

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This generation, some people judge by opinion rather than fact and many are convinced about being politically correct. The terms we use can be misconstrued as offensive. Even in the highly sensitive and overly politically correct society we live in, I still agree that people — specifically teachers — should be trained to be inclusive of transgender folks. Most of us, myself included, see this from a perspective of privilege. People who identify with the sex they were assigned at birth often don’t know how it feels to be judged by our gender identity.

“Being inclusive of trans folks not only establishes that our existence is valid and that we have a place in education, but is also an excellent platform to educate people about us,” linguistics and speech-language alumni Bank Sunny Smiles said. “[That] should reduce the fear and anger some have toward us.”

What better place is there to learn than schools? It’s important to train teachers and professors about inclusion of the trans community because they’re responsible for teaching the next generation.

Think about it. Since the age of five, children spend most of their mornings and afternoons with a teacher. They learn how to interact and think from teachers. If educators aren’t inclusive of trans folks, it’ll only be that much harder for society to be inclusive.

According to Sunny Smiles, a survey of the 20 largest school districts in the Bay Area reveals a wide disparity in the level and frequency of teacher training relating to transgender issues. Out of those 20 school districts that were investigated, only 13 had some sort of training for their teachers about trans issues. Three districts didn’t provide training at all and seven had training for only certain teachers.

If we are not inclusive in the Bay Area’s educational system, I doubt people outside the west coast or on major cities do either. The simplest way we can start being inclusive is by using appropriate terminology. By “promoting singular they,” [people support] its recognition [as grammatically acceptable] in both papers and speech for referring to one person,” Sunny Smiles said.

“If educators aren’t inclusive of trans folks, it’ll only be that much harder for society to be inclusive.”

According to Sunny Smiles, using the term “they” validates non-binary genders that many trans folks associate with. People who identify as non-binary reject the ideology that there are only two genders: male and female.

The trans community simply wants some recognition just like all the groups who have experienced discrimination. According to United Press International, transgender adults are 14 times more likely to think about suicide and 22 times more likely to attempt suicide than rates in the general population.

UPI’s information was extracted from research on teenagers and adults based out of Canada. Even though the information is based out of Canada, it’s relevant to trans issues around the globe.

Imagine if trans students were in classrooms that were inclusive of them. Their self-esteem and overall comfort level would significantly change in a positive way. Starting with our education system, society has to step up and be inclusive of the trans community.

Follow Jose on Twitter @GoveaJournalism
**MEN’S SOCCER**

**SJSU earns its all-time best seed in WAC Tournament**

BY LOVINA PAVEL

Staff Writer

The San Jose State men’s soccer team hopes to continue its hot streak into the upcoming Western Athletic Conference Tournament. The Spartans (7-6-5, 4-4-2 WAC) are set to face the No. 5 seeded Texas Rio Grande Valley (7-6-3, 4-4-2 WAC) in the first round today. The Spartans are looking for their first WAC Tournament win since 2013 in their semi-final matchup against CSU Bakersfield.

SJSU won five of its final six games — four by Shutout. The Spartans were previously winless in five road contests before finding their stride on Oct. 15 with a 1-0 win at Houston Baptist.

“Honestly I feel like the untalkers coming into this,” junior defender Andy Rios said. “We went the whole first half winless. All the teams on top of us beat us. All three of them. They have a feeling they can beat us again and the teams that we beat will want their revenge.”

The No. 4 seeded Spartans hold their greatest seed in a WAC Tournament since joining the conference in 2015.

Only seven players scored a goal for the Spartans this regular season. Forward Jeremy Romero is the team leader in goals with nine — the fourth best in the WAC. The Spartans have scored 21 goals overall.

“You’ll see he has nine goals and zero assists because goal- scorers have to be selfish,” SJSU head coach Simon Tobin said. “You need someone that can put the ball in the net. It’s the hardest job of all. To get to the NCAA tournament you need a striker that can get double figures. If he can add another one that puts him in good standing.”

The Spartans’ WAC Tournament hopes were crushed by UTRGV last regular season, ending their season with a losing score of 2-1.

The last meeting between San Jose State and UTRGV ended with a victory for SJSU. Defender Andreas Mendoza scored the only goal of the match and — goalkeepersHeredia earned his third shutout in eight days.

Heredia was involved in a battle for starting goalie early in the season. Tobin shuffled through three goalkeepers before settling on Heredia for the last seven matches. The team went 2-6-1 without Heredia in net and 5-4-1 with him in net.

“Let’s keep a collective group of effort starting from the forwards to the defensive backs,” Heredia said. “They save my butt and I save theirs.”

The winner of today’s match will advance to the semifinal round against No. 6 seeded Air Force (14-4-1, 8-0-2 WAC) in a Friday, Nov. 10 game at 1 p.m. The conference tournament championship game will be Sunday, Nov. 12 at 1 p.m.

“We’re trying to win it,” Romo said. “We have the talent, we have the ability, we have the strength on one bench. We’re coming off three matches in five days. That’s a lot of games, but we have the depth. We know we can do it.”

The match against UTRGV is set for 1 p.m. at UNLV. The WAC Digital Network will provide live coverage.

*Follow Lovina on Twitter @lpavss SJSU striker Jeremy Romero has scored nine of the Spartans’ 25 goals this season. He also has zero assists.*

**PROTEST**

Panelists urge athletes to use limelight to influence politics

BY JOSE F. GOVEA

Staff Writer

The controversial topics of athlete activism and protests were discussed Tuesday in the Martin Luther King Sr. Library for the “Taking a Knee” panel hosted by the kinesiology department.

About 70 people gathered to listen to the discussions of professors and students regarding sports activism.

“As someone who talks about diversity a lot, I’m interested in groups that people who don’t have one,” kinesiology lecturer Veronica Andrade said. “I really wanted the other side to be heard. I wanted to bring back the focus on why the players were doing this in the first place.”

Jeffrey was referring to the many players in the NFL and other professional athletes who are kneeling during the national anthem.

“Are you stakeholders in society? Are you building leaders in society? Are you a leader in society? And if you’re not a leader, you’re a negative one,” Jeffrey said.

Panelists discussed the influence of social media activism, past protests compared to present-day ones and the effects of athletes having their voices muted.

“Sometimes it is to help your athletes be leaders in society, you’re not building leaders in society if you’re silencing them,” Tobin said.

Panelists shared their opinions and analyses on the controversial topics and the people who speak about them.

Panelists included San Jose State sophomore running back Sage Ritchie, kinesiology professor Theodore M. Bandy, Journalism senior Sandeep Chandok and kinesiology lecturer Veronica Andrade. They shared their opinions and analyses on the controversial topics and the people who speak about them.

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