**New health center facility in planning stages**

Wha tney Ellard Staff Writer

The campus health and counseling center is in the process of having a new facility designed that will incorporate both of the services in a new facility.

According to Roger Ellord, director of the Health Center, the new facility will be located on a site next to the Aquatic Center and west of Campus Village Building A.

"Key priorities for the new facility are to make it more accessible, open, interactive, comfortable, confid- ential, and naturally lit," Blunt said. "There will be intentional peer educator and student drop-in spaces to provide a more student-friendly and more inviting environment for our students to feel comfortable coming in and using the services of the counseling center." Ellord said counseling services in the same building will also be helpful for students.

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"The existing building design rep- resentations of health services and the new facility will also be helpful for students. "The kind of services students received in health services and separately from counseling services offered by the health center," Sivertsen said she sees the benefits and advantages of the new facility together.

"The health center has been located in the same health building for 53 years. Although there are no concerns about the physical structure of the current health center, space cannot support current operations.

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**Sustainability Week**

**Native plants take root at Tower Hall**

Ryan Fernandez Managing Editor

As part of the initiatives for Sustainability Week, the students of the Environmental Resource Cen- ter have planned an army of events that will include setting up a native plant display and guest lectures, said Blunt.

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**New documentary sheds light on relocation of North Korean refugees**

Anastasia Crosson Staff Writer

As shown in the film, LiNK seeks funds that are then used to relocate North Korean refugees to small communities in Southeast Asia.

According to LiNK representatives, a go-ahead to bring Hackler’s plants to the Tower Hall garden.
thoughts and behaviors can be changed, which can affect feelings.

Junior marketing major Esha Lia said the part of the presentation resonated with him the most.

“I found the ‘Thoughts, Behaviors and Feelings’ chant was the most interesting and helpful toft ill informed here,” he said.

Kharrazi gave examples about how the dynamics of communication via social media affect people — some people spend time being online without any conscious awareness about whether others have responded to their previous messages, while another instance could be an on-screen profile picture with his or her current partner.

She said both can result in a “feedback triangle” with people constantly trying to interpret what is being communicated in social media, which she said can lead to worry and deep sleep.

How people choose to interpret these scenarios and respond can have a great effect on their lives — instead of falling into uncertainty anxiety, Kharrazi said they could set boundaries for their online lives and what they do, and what time to do it, and they could move in a way that “ tucked things out, that’s what I do to remove and be innovative,” she said.

According to the planning, design and construction on the Facilites Development and Operations website, the estimated cost for the new health and counseling center could total $33,354,000. For as far as this will happen to the current health center once the new facility is built, that remains to be seen. Elrod said people can’t talk to their friends and neighbors because tens of thousands of customers remained without power.

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• San Jose City Council established a major task force on rents to investigate relief from excessive rent increases.

HEALTH From Page 1

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Elrod said he also thinks the health center is ready for a new look

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KOREA From Page 1

from Georgia — are recent college graduates, another trend to LiNK’s model of involving young people in their cause.

Clayton said when he first heard about LiNK’s mission, he immediately wanted to become a LiNK Nomad.

“Thought and feelings are hard things to change, but sometimes an idea can change things is helpful,” said Clayton.

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Sonia Ayala  Staff Writer

Freshman Sabastiani Leon Chao was 8-years-old when she was introduced to the game of tennis by her family, who had developed a love for the game over the years. "I think my parents really pushed me into playing tennis — I kind of didn’t choose to," said Leon Chao. "But because my family was really involved and my older brother was really into playing tennis too, he pushed me into becoming a better tennis player. Eventually, tennis became a lifestyle for me."

Leon Chao said by the time she was 12-years-old she was already participating in tennis tournaments to fulfill her dream of excelling as a tennis player. "I would go to tennis tournaments every weekend and I had no social life," she said. "So I grew as a person through tennis."

During her high school years, Leon Chao said she traveled to Mexico, Canada and Asia with her parents — who were her couches at the time — participating in adult tournaments. She said she went to a tennis academy in Spain, which inspired her to strive to become a better tennis player. "I played in adult leagues such as the United States Tennis Association, International Tennis Association, and La Federacion Mexicana de Tennis," she said.

Even though at first it was difficult for her to give up a normal teenage life after school to practice tennis every day in the end, Leon Chao said she felt it was worth the sacrifices. "I improved my tennis skills by spending hours and hours on the tennis court," Leon Chao said. "But because my family was really involved and my older brother was really into playing tennis too, he pushed me into becoming a better tennis player. Eventually, tennis became a lifestyle for me."

Leon Chao said when she first joined the team she was anxious about competing at the collegiate level. "I didn’t really know what was happening concerning the way the practices were run, but eventually the girls showed me the way and it made life easier for me," she said.

The team’s unity really helped make her experience of playing on a college team easier, Chao said. "I think my parents really pushed me into becoming a better tennis player. Even though at first it was difficult for her to give up a normal teenage life after school to practice tennis every day in the end, Leon Chao said she felt it was worth the sacrifices."

Collage Dreams

During her junior year in high school Leon Chao said she began looking for colleges where she could continue doing what she loved, that wouldn’t take her too far from home. "I was looking at colleges in the East Coast and here in California to play for," said Leon Chao. "Realistically, I didn’t want my parents to be broke while paying for my education since they were already paying for my brother’s college education. When my mom mentioned San Jose State, I immediately emailed SJSU’s head tennis coach, Anh-Dao Nguyen-Church, and she emailed me back and I decided to join the team."

Senior Olivia Marshall said she was really happy when Leon Chao joined the team because she brought a unique excitement to the team that Marshall had never seen before. "When Sabi became a part of our team she added a dynamic that had yet to be seen since I joined the team three years ago," Marshall said. "Sabi has a fresh outlook on tennis that has encouraged our entire team to keep striving for more and never be satisfied."

As a freshman, Leon Chao said she received a full scholarship to play for SJSU’s women’s tennis team — a place where her family could still come down from San Diego to watch her play. "I wanted my parents to watch me and the expenses would be less for them than if I played for SJSU," she said. "But I never imagined I would be playing for a Division-I school, WAC conference. It’s a big accomplishment."

Sophomore teammate Chen Truong said she has never met anyone on the team that loves tennis as much as Leon Chao does. "She has that drive that makes her elevate to become such a great tennis player as well as a great teammate and friend," Truong said. "I love someone who can come out to the court and do her business. It is inspiring and I admire her tennis skills a lot."

Team Dedication

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Saibhernah "Sabi" Sabastiani Leon Chao celebrates after defeating her opponent, April Bisharat, in a match against Loyola Marymount University on Feb. 16. Leon Chao won 6-4, 6-2.

CONTINUES ON PAGE 4

Young star serves her way up to be No. 1 Spartan

As a freshman, Sabastiani Leon Chao has made a name for herself at SJSU, aiming to make her mark on the team and become undefeated with their friends. In the end I felt that this was hanging out with friends."

Sabastiani Leon Chao
Freshman Tennis Player

“...It’s About Building Relationships For Life"
Leon Chao said her lifestyle didn’t change much when she came to play for SJSU but her biggest challenge was getting used to the college environment. “It became a little more social,” Leon Chao said. “In the dorms, everyone is around you. I felt like it was a little too much for me but I learned to deal with it. You have to accommodate to your roommates and your dorm manager.”

Since she’s been on the team, Leon Chao said she has been practicing 5-6 hours a day and about 15 hours a week in to improve her game. “My goal is to become undefeated it is a difficult task but I want to try my best,” Chao said. “So my major goal is to play in the CAA tournament. It’s a tournament where only the best selected tennis player’s play. It’s a dream come true to play for a school like San Jose State already but I really want to play in that tournament.”

Leon Chao said her coaches have also contributed to her improvement and more advanced knowledge of the game of tennis. “All the coaches dedicate to every aspect of the game — the mental, physical and emotional part of a tennis player which is great because that’s what makes a good tennis player,” she said. “The assistant coach Byrom, has helped me a lot in the net game and now I’m more comfortable with doubles, my forehand is less loopy and more aggressive. Coach Anh Dai is always giving me positive feedback about how I can do it and she helps me prepare mentally for my games.”

Nguyen-Church said the one thing she likes the most about Leon Chao is her love for the game of tennis. “Her teammates have a lot of respect for Sabi as a tennis player,” he said. “What I love most about her is how pumped she gets before every match,” she said. “It gets me pumped every time. No matter what the consequences may be on and off the court she always has a positive attitude.”

One of the things Leon Chao said she wanted to dedicate her life to was excelling in tennis as well as academically in school. She said she also wants her team to win more because they are good but there is always room for improvement. “Realistically, I hate losing as an individual and as a team,” Leon Chao said. “I want to try as hard as possible to win and to make it easy for my team to win, too. Like the domino effect, if one wins everyone else wins.”

Truong said one of the many things she likes about Leon Chao is that she is always so energized before a game and it really brings a sense of confidence and excitement to the team. “I know they are going to be behind me, supporting me.”

Leon Chao said her dream is to play tennis matches against tennis players such as Venus and Serena Williams. “It took me about seven years to get where I am now. It’s a dream come true to play for SJSU,” Chao said. “I want to try my best,” Chao said. “So my major goal is to play in that tournament.”

Goals and Future at SJSU
There are a variety of goals Leon Chao said she wants to accomplish in college. She said she also wants her team to win more because they are good but there is always room for improvement.

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One of the things Leon Chao said she wanted to dedicate her life to was excelling in tennis as well as academically in school by graduating with a degree from SJSU. She said she also wants to try playing tennis professionally for a year once she graduates from college.

“I believe that you should try to achieve something that’s hard to achieve because if you can achieve it you will fall higher than you expect,” she said. “I’m not looking to be a teaching professional in tennis. If I don’t make it professionally in tennis I want to start an academy or do something big with tennis.”

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Stop making excuses, take a stand and have your voice heard.

In 2004 young voters drove the exit poll but ran on it. It was the youth vote that supported all the way until the polls closed on election day.

According to the Pew Research Center, 66 percent of the youth turned out to vote. In 2014, it was found that young voters are more diverse racially and ethnically as well.

The youth voters in the 2014 elections were represent- ing what America is supposed to be, a country of different people and cul-

tures. What young people need to understand is that every election does not come every four years.

There are the primaries, local elections and elections within community groups that matter because they affect everyone.

Young voters have to stop making excuses that they are too busy to take time to go to the polls and vote. All you have to do is read about the issues and have a pas-

tion for something. If there is no way to get out of class or you are working two jobs to get through college then vote with an absentee ballot. It may take longer and you have to pay for a stamp and wait mail to the ballot box but it is worth it.

Campaigns will run on the campaign mid-aged voters because they are most likely to vote. Make sure you send your young voters — do not let them throw you into a cat-

cage just because you are young.

Stop letting others decide for you, start making a change. The 2014 vote will be here shortly and the last four years have had their ups and downs but there are changes that need to happen in that young people need to go to the polls.

No matter who or what you vote for, just go and have your voice heard.

Leave the plastic to the Barbie dolls.

Last week, my Yahoo homepage was sporting an eye-appeal grabbing headline: ‘Yo! young girl gets breast augmentation’ and a picture of an 18-year-old girl. I knew it was just one more attempt at the experience of a young girl from South Da-

kota undergoing plastic surgery.

The child, Samantha Swan, was born with a breast deformity and had her first surgery at the age of six, causing the tip of her ear to fall over.

As Swan got older, she became more and more self-conscious and her parents finally convinced her parents that it was best for her to have surgery and that chil-

dren.

The parents agreed, flying her to New York so the best pediatric plastic surgeon could fix a minor flaw.

I was watching this video while Swan had a valid reason for fixing her deformity, in my mind, a perfectly healthy child should not be allowed to receive phys-

ical surgery.

What I found most disturbing about the video was its introduction. The news anchor spoke of the number of children and teenagers getting plastic surgery has gone up 50 percent in the last decade.

I looked around and asked myself when our society shifted to promote and support this kind of physical insecurity in children I found it disturbing that our society has had such a hold on the minds of chil-

dren and their levels of self-

esteem.

No person, and especially a child, should feel they need to alter their body to be considered beautiful.

It is not so I say to my im-

mediate family or the family that instills the confidence in children to see themselves so early on that they lose out on what society deems to be, a country of different people and cul-

tures.

I have never supported augmentation surgery to make people taller or for people to look like wax replicas of themselves. We have seen on people with true physical deformities, including bone cancers and physical individuals, I believe it has its limits and should be used as a last option.

What’s more is the trend of becoming

as physically perfect as possible is trudging down the trend of an unhealthy society.

It’s hard to hear this but just think about it. The future generations will have the same fickle insecurities.

The race for beauty is a battle that we will all fight, but I find it disgusting that plas-

tic surgery for children has become a wide-

spread problem all around the world.

This is the body you were given. If you were supposed to look different, you would have been altered.

You are called unreliable. You

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Gorillaz experience ‘The Fall’ from grace in new album

When I was 12, it wasn’t unusual to hear “Clint Eastwood” drifting out of my radio speakers. It was a song by Gorillaz, and I instantly became addicted to the band’s unique genre of music. Over the next 10 years, the band released three albums, some of which were amazing and some that didn’t quite meet the mark. However, my love for these artists never faded — until now.

Released today, the new album from Gorillaz, appropriately titled The Fall, is nowhere near as good as their previous albums. The band’s first two albums showcased numerous tracks that established its sound in the realm of alternative music. Even though the band’s album Plastic Beach wasn’t its best, I still had high hopes for The Fall and was sorely disappointed with what I heard.

I regret to inform you that these tracks have been left behind and replaced by a set of songs that easily fade into the background. Throughout the album, it seems as if the band is attempting to transcend into the currently popular genre of electronic music, as is exemplified by multiple elongated segments of pure instrumental doodling.

The sound effects used in this album make some of the tracks annoying to listen to, such as the high-pitched screeching in the beginning of “The Joplin Spidey.” I often had to force myself not to hit “next” halfway through several of the songs.

The beats detracts from the hype. While the beats of “Rock the House” filled the room, I accepted the fact that the old Gorillaz have sadly disappeared and hoped maybe I’d hear them again someday soon.

“California and the Slipping Sun” is interesting voice and are sung very well. Also weirdly intriguing is the addition of actual human voices and regular sounds throughout the album. ‘California and the Slipping Sun’ is undoubtedly a song on the album is “Detroit.” The track itself is a few gems thrown in. My favorite track is “Detroit.” The track itself is slow, the earlier songs were still interesting and engaging, while the new tracks lost my attention immediately within the first minute.

The band is represented by four fictional animated characters — Stuart “2D” Pot, Murdoc Niccals, Noodle and Russel Hobbs. The cartoon characters explore a fictional world through the music and videos of the group. The actual members include Daniele Albarn on vocals, keyboard and guitar, Mike Smith on the keyboard, and Cassie Brown on drums and percussion, with Jame Hewlett specializing in the illustrations, visuals and special effects.

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