Counselor teaches students to relax

KELSEY HILARIO

An SJSU educational counselor said in a workshop Tuesday that in addition to the short-term effects of stress there are serious consequences as well, including — shock, hyperventilation and heart disease.

Veronica Mendoza hosted a stress management workshop for approximately 30 students in Clark Hall.

Mendoza said the majority of students request education counseling for help with time management, law grades or to change majors.

Students received stress “mood cards” that mimicked a mood ring and whatever color their card turned determined the amount of stress they were dealing with.

There are two types of stress Mendoza said, positive stress and negative stress, positive stress helps students make deadlines and perform during exams while negative stress can be debilitating.

Mendoza said the effects of negative stress include increased heart rate, problems with appetite and sleep, increased use of alcohol and drugs, inability to concentrate, crying outbursts, head- aches and backaches.

Freshman psychology major Lena Pham said she had recognized some of the symptoms that Mendoza described.

“My favorite part of the presentation was now that I know the symptoms that I have are real and not just based on research,” Pham said. “It seemed like it was actually really accurate.”

In one study, Emmert said, 90 percent of college students said they knew a peer with suicidal tendencies.

“People reaching out a help- ing hand is like giving the suicidal person another option and that could change a mind,” he said.

He said he once tried to help a friend who was depressed by bringing out with her, but he didn’t exactly know how to talk about it.

But after attending the work- shop, he said he felt more confi- dent that he’d be able to recognize suicidal behavior in a friend and now he knows how to get them help.

He said “most people who are considering suicide do not cause them to commit sui- cide.”

“Ultimately, you can’t control someone’s life, but in dark times we can be compassionate,” he said. “People reaching out a help- ing hand is like giving the suicidal person another option and that could change a mind.”

While some may not under- stand the dynamic of suicide, Emmert said, who works with many students that said people have a lot more to offer than they think.

“Most students I’ve talked with don’t want to die, but they need relief from their pain and they can’t see any other options,” Emmert said.

He said a lack of hope, that things will ever change in the future is often increase suicidal thoughts and alters.

“Most people who are con- sidering suicide are ambivalent about it — part of the person wants to die and part wants to live,” he said. “Suicide prevention is about building hope and help- ingpeople find other options.”

Richard Foreman, a freshman mechanical engineering major, said he thought it would be good to know more about how to help others.

“I have had friends who are depressed and I’ve experienced it myself,” Foreman said. “It took some weeks to learn how to help people with it — I think you get afraid and not talk about depression because you don’t know how people will react.”

He said he thinks in some ways he is able to recognize depression in others because of his own experience and that he would definitely try to help if he knew someone was having sui- cidal.

In one study Emmert said, 90 percent of college students said they knew a peer with suicidal tendencies.

He said that young people do give some kind of warning signs, it just takes some extra concern to notice them.

One student who attended the workshop said he was inter- ested because he heard of a recent suicide by an Air Force Academy cadet and he didn’t realize how often suicide occurred.

“It’s sad to hear about, it’s such a dark place for someone to be in,” said freshman kinesiology major Hector Lopez-Garcia.

He said he once tried to help a friend who was depressed by bringing her out with her, but he didn’t exactly know how to talk about it.

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CALLI PEREZ
STAFF WRITER

The 46th annual Staff and Management Luncheon and Service Awards Ceremony was held Tuesday evening at the Cesar Chavez Center for Management employees for their years of service at SJSU. The Barrett Ballroom in the Student Union was filled with more than 100 SJSU staff and faculty members. Vernita De Guevara, the associate vice president of human resources, said she would start the evening by welcoming and thanking the staff for years of service. “It is one of my favorite events at the University,” she said. “As much fun these staff do so much work,” Internal President Don Kassing said. “I am grateful to the individuals who recognize and express appreciation to them is something we need to do to it is a wonderful opportunity to do that and to give a great event. I love it.” The event was broken up into segments to honor the employees celebrating their 15, 20, 25, 30, and 35-year anniversaries of service. Each year, the university recognizes the year and the events that took place when they started working at SJSU. At SJSU, the university biologist major Arly Paua faced the faculty at SJSU. “They are really helpful especially when it comes to matters. I have always been able to go to their office because they have been informative,” Gavira explained. She graduated 19 students who started working at SJSU in 1995-1996 and had them available as a reward of a scholarship. Rose L. Lee, the vice president for administration, said all the 16 honorees who were being recognized for 20 years of service. “This is also my favorite event, it is a very fun event,” Lee said. “It is great to see all the staff show and we are grateful for our work.” The 16 honorees celebrating 25 years at SJSU were recognized by Garry Sultz, the provost and senior vice president. “It is my honor to introduce our staff and students who have been part of SJSU for the last 25 years,” said Sultz. Lee said the university has known how to make his job easier and she is very excited to introduce the 1985-1986 slideshow recognized that the eight staff members celebrating their 30 years of service at SJSU. The honorees — College Brown of enrollment management, Roy C. Brown of enrollment management, and20 years of service on campus. Kassing said. “It is my honor to introduce our staff and students who have been part of SJSU for the last 20 years,” said Sultz. Lee said the university has known how to make his job easier and she is very excited to introduce the 1985-1986 slideshow. “This is also my favorite event, it is a very fun event,” Lee said. “It is great to see all the staff show and we are grateful for our work.” The 16 honorees celebrating 25 years at SJSU were recognized by Garry Sultz, the provost and senior vice president. “It is my honor to introduce our staff and students who have been part of SJSU for the last 25 years,” said Sultz. Lee said the university has known how to make his job easier and she is very excited to introduce the 1985-1986 slideshow recognized that the eight staff members celebrating their 30 years of service at SJSU. The honorees — College Brown of enrollment management, Roy C. Brown of enrollment management, and

Homero Jerri Camacho, of the SJFU Foundation said she remembers her first day on the job, how she parked where the Cesar Chavez Memori- nal Arch is now. Sophomore engineering student Karchick Sain put together the event, the faculty members are helpful to the time, as well as the e-mail, phone and text. “I think it is a good service,” he said. “I have not encountered any problems or issues with the system. It seems like a good idea to sign up.” The eight staff members celebrating their 30 years of service at SJSU were introduced by Prof. David Kassing, the vice president of under- graduate education. Margot Soto, a 30-year employee, who works at the university biology major, Arly Paua faced the faculty at SJSU. “They are really helpful especially when it comes to matters. I have always been able to go to their office because they have been informative,” Gavira explained. She graduated 19 students who started working at SJSU in 1995-1996 and had them available as a reward of a scholarship. Rose L. Lee, the vice president for administration, said all the 16 honorees who were being recognized for 20 years of service. “This is also my favorite event, it is a very fun event,” Lee said. “It is great to see all the staff show and we are grateful for our work.” The 16 honorees celebrating 25 years at SJSU were recognized by Garry Sultz, the provost and senior vice president. “It is my honor to introduce our staff and students who have been part of SJSU for the last 25 years,” said Sultz. Lee said the university has known how to make his job easier and she is very excited to introduce the 1985-1986 slideshow recognized that the eight staff members celebrating their 30 years of service at SJSU. The honorees — College Brown of enrollment management, Roy C. Brown of enrollment management, and

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A squirrel stops for a drink at the Cesar Chavez Memorial Arch on Tuesday, Sept. 28, a day when temperatures reached 103 degrees Fahrenheit.

STRESS

From Page 1

Mendoza suggested students set aside three balanced meals every day, exercise regularly and get six to eight hours of sleep every night. Planning weekly and monthly events to look forward to can help students improve their mood and stay calm during the semester she said.

Leo Lomibao, a sophomore political science major, said he was ready to use some of the tips in reducing stress.

“I am definitely going to start on my assignments in reducing stress,” he said.

Both Pham and Lomibao said the time management tips and exercises will definitely help them in the future.

Fireman running major Gaby Sauza said she is dead set on keeping her school and other events.

Mendoza said time management is one of the biggest factors that causes students to become stressed.

She said they must practice responsibility when it comes to school, make a list of priorities and stick to them, say no to things if it comes into time dedicated to school and limit procrastination

SUICIDE

From Page 1

Behavior and that most would not inform a student, parent or counselor.

He said that more than 32,000 Americans complete suicide each year, which is equal to about 150 per day and one every 19 minutes.

The best qualities to emanate while helping someone with suicidal thoughts are empathy, genuineness, respect and non-judgment.

It’s important because it’s an issue that people can just show up and have a great talk and it’s not necessary to study.

The counseling office is located in the administrative building and Mendoza encourages anyone who is struggling with school or emotional stress to stop by.

“Come to counseling services if you are feeling stressed or you are not sure what to do, or you don’t know how to talk, because everyone there is really helpful and welcoming,” she said.

Longboarders unite in official student club

JAIMIE COLLINS

Staff Writer

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said Priscilla Scott, a junior business management major.

The president of the club, Scott said the club will be

meetings on Wednesday at 10 p.m. in the Plaza de Cesar Chavez part of the weekly longboarding activities from going on a simple ride with someone to

Matt Chavez, the club cre-

“Because of a change of offi-

meets every Wednesday at

The counseling office is located in the adminis-

Mendoza said that even though

Junior chemistry major Jos-

While size doesn’t matter,

Senior member Jillian Moore said there are more clubs

Mendoza said she hosts a class every other week. Pham

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Carrie Underwood delivered a powerful and phenomenal performance at the HP Pavilion on Monday night as part of her “Play On” tour.

The show opened up with a band called “Sons of Sylvia,” comprised of three brothers. They were pretty good, and their five or so songs got the crowd roused up and ready to move to some music.

After a brief intermission, Sons of Sylvia was followed by Billy Currington, who rocked the audience with intense guitar playing. After listening to Currington, the audience was jazzed and really hyped for Underwood.

The audience finally got what they were waiting for when Underwood appeared from underneath the stage singing one of her newest hits, “Cowboy Casanova,” to open the show.

From then on, Underwood took the enthusiastic audience on a carnival ride, mixing up the performance in unexpected and fantastic ways. Not only did Carrie sing songs from her newest album “Play On,” but she also treated the audience with many of her past hits, including “Wasted,” “Some Hearts,” “Before He Cheats” and “Jesus Take the Wheel.”

Underwood also used props to wonderful effect. She was animated with the microphone, swung on a swing during one song, rode along in a car through the air and had screens that displayed images, which changed gradually to reflect the different verses of the songs.

Throughout the show, Carrie went through a cornucopia of outfits that kept the performance flashy, lively and fresh. Underwood encouraged the audience to dance, clap its hands and sing along. At some points in the show, she stopped singing and let the audience finish the song in unison.

While Underwood’s performance in the first half of the show was breathtaking, energizing and nothing short of legendary, there were some points where she missed wonderful opportunities. A prominent example was when Underwood was soaring above the audience in a car. Right before this stunt, the screens on stage showed Underwood walking through a town in Oklahoma. I was sure I knew what song was coming up.

In fact, I was so sure she was about to sing “I Ain’t in Checotah Anymore” that I had started singing the lyrics to the song: “Where 69 meets 40, there’s a single stoplight town.” Instead, however, Underwood chose to sing “Country Roads” by John Denver.

Even though it was refreshing to hear Carrie singing this country classic, I would have loved to hear her sing one of her own masterpieces that helped catapult her first album, “Some Hearts,” to the position of prominence it still holds to this day. The album has gone platinum seven times, according to the Recording Industry Association of America.

The only other complaint I have about the show was that the last half didn’t have nearly as many big-name songs as the first half. There are several songs that Underwood could have added to the second half to make it truly memorable, including “Independence Day,” “Inside Your Heaven,” “Look at Me” and “Don’t Forget to Remember Me.”

Don’t get me wrong, I still enjoyed the performance. Underwood was able to give songs that didn’t do anything for me on the CD something special that allowed me to hear and see them in a new light; her singing them live added an extra dimension to them.

There were also a couple of well-received curveballs she threw at the crowd, such as bringing Randy Travis, a country music legend, to the Pavilion via the screens on the stage. The two sang a duet called “I Told You So.”

The second twist came right after Underwood concluded her song “Change.” Underwood announced that 36 cents from each ticket sold would be going to charity, seven times, hearing this, the audience gave a rousing and approving cheer.

While the concert wasn’t perfect, it was still a beautiful and energizing performance. The music was great, her charisma was electrifying, and the entire performance was more than the sum of its parts. It rarely gets any better than this.

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Nothing like the real thing

“Irresistibly popular lately with the readers.”

The monstrous tentacles of McGraw-Hill Higher Education book pages seem to have no bounds. The pages are wide, they are long. They are filled with words of knowledge. The words are written in black ink on white paper. The paper is fine, smooth to the touch. I can see the words clearly and easily.

But are they really? Do they truly confer the knowledge they are supposed to confer?

The answer to this question is not simple. It depends on a variety of factors, including the quality of the writing, the clarity of the concepts, and the ability of the reader to understand and retain the information.

Nonetheless, there are some general principles that hold true for most textbooks. For example, a well-written textbook is likely to be more effective than a poorly written one. A textbook that is organized logically and clearly is easier to follow than one that is disorganized and confusing. And a textbook that includes examples and exercises is more effective than one that does not.

So if you are thinking about buying a textbook, take some time to consider the factors that will make it the most effective for you. And remember, the real thing—whether it be a physical book or an electronic one—is not something that can be replaced by a simple click of the mouse.
Frosh dynamo sparks women’s volleyball team

ALEXANDRA RUIZ-HUIDOBRO 09-29-10

Leading the team with 144 kills this season and averaging 3.01 points per set as of Sept. 25, left-sider Hanah Blume said she loves to play volleyball.

“Tide on her team with 114 digs, Blume is a fresh- man adjusting to college life. ‘(The transition) was actually really difficult,’ she said. ‘It has been really tough because I’ve been tired after practice and I have to go home and do homework until 12 and if we have a game then it’s even harder,’ but she said it has been worth all the hard work.

As a senior at Sonora High, Blume was a three-time letter winner and the 2009 Co-Most Valuable Player of the Valley Oak League.

Her senior team made it to the semifinals of the CIF Sac-Joaquin Section Championships — Blume had 363 kills and 76 blocks that year.

Oscar Crespo, the head coach for the past four years, said Blume has a solid work ethic and has many strengths.

“She is an extremely competitive individual,” he said. “She is taking charge of her future re- ally on the court ... by being assertive, aggressive and an intense player.”

Sophomore setter Caitlin Andrade said she agreed with Crespo.

“She has the drive and she will to win and she’ll just lay it all out on the court,” Andrade said.

Blume will do anything to help the team, she said.

“I think she is learning a lot every day and I think she wants to learn a lot every day,” Andrade said. “We need people like that to drive our team to win.”

Blume said the support of her teammates has made adjusting to the change of pace easier.

“My teammates ... help me a lot with my schoolwork and they talk to me a lot and help me stay focused,” she said.

Her junior and sophomore teammates remember many of the courses she is currently taking and offer help when she needs it, she said.

The team really helps each other stay on track so “we don’t find alone going into school or games,” Blume said. “We’re a really close team.”

Blume said she sees the team progress every day.

“I think that since we’ve been improving we’re having high spirit as it’s going into this season,” she said. “We’re going to be really successful because of it.”

Blume said she wants fellow Spartans to attend the games because they are going to be exciting.

“We’re always prepar- ing for the best team in the league,” she said. “Univer- sity of Hawaii, we’re coming after them.”

The Spartans take on Hawaii Oct. 15 and will host the Warriors Nov. 13.

Off the field, Andrade said Blume is a happy-go-lucky, fun and nice person to be around.

“She always dances in our locker room,” Andrade said. “She brings a lot of smiles.”

So far, Andrade said she has 361 yards and four touchdowns.

“We know where we were today,” said touchdown- grabber wide receiver Walter Brooks Jr. “It showed today that we have the power and tal- ent to play with these guys,” he said.

SJSU has since beat Stanford five times in 20 tries, most recently in 2006.

Head coach Terry Shea called Martini a hero.

“There is a sense to the game that adds electricity and we feel it,” she said. “We played from the heart.”

The Spartan football team defeated Stanford, 29- 23, on Sept. 29, 1990 at Stanford Stadium — their second straight victory in the series.

In the game, quarterback Ralph Martini (above, left, below, No. 19) took to the air for SJSU, racking up 361 yards and four touchdowns.

“The transition) was actually really difficult,” Blume said. “But we’ll see how it goes.”

Hanah Blume is one of three freshmen on the SJSU women’s volleyball team.