

MENTAL HEALTH

Anyone can get PTSD

By Lisa DuTrieuille
@SpartanDaily

Usually, it's rather gory details – burning flesh, dead bodies and blood. These are triggers that can send student veteran Ryan Richard, a senior business management and organization major, spiraling into symptoms of post-traumatic stress disorder (PTSD).

Dr. Shuyun Lo, a psychiatrist in the counseling department at San Jose State, defines PTSD as a disorder that comes after one has experienced some form of trauma. He said that in many traumatic events the victim feels scared, threatened and in danger.

Dr. Lo said trauma can be caused by direct involvement in situations such as child abuse, sexual assault, combat or a car accident, but can also be caused by an indirect experience such as a natural disaster, crime scene or mass shooting. People involved indirectly can have the same feeling of terror as a direct victim.

Damian Bramlett, who works with the Department of Veterans Affairs as the Veterans Integration to Academic Leadership (VITAL) coordinator, said that anyone is susceptible to PTSD.

According to research published by the American Psychological Association (APA), males have a higher risk for traumatic events than females. The APA reports that females are more likely to meet the diagnostic criteria used to define PTSD.

According to researchers David F. Tolin, Ph.D., of the Institute of Living and Edna Foa, Ph.D., of the University of Pennsylvania School of Medicine, even though males may experience more trauma, they do not have the same cognitive and emotional responses to traumatic events as females.

Dr. Lo said somewhere between one in four women experience some form of trauma such as sexual assault and that the rate of PTSD in women is incredibly high.

The worst event Richard said he experienced was when he witnessed an IED explosion of a vehicle in his convoy.

Richard said he was in the first vehicle of the convoy and witnessed a corpsman unable to escape the second vehicle. The hull of the humvee was hit with an AT-4 (rocket) which warped the door and would not open. Richard said the corpsman burned alive.

Bramlett said PTSD is dependent on the person. Some people can go through a traumatic event and recover, but others may develop issues from an event some would consider mildly traumatic. Several factors

SEE STRESS ON PAGE 3

Scan here for a video on the International House's Annual Pancake Breakfast

<http://bit.ly/1lJH10>



CAMPUS IMAGE



Basil Sar | Spartan Daily

Left to right: Salifu Jatta and Erik Chavez, freshmen computer engineering majors, look to go after a loose ball while playing soccer on the A.S. rec lawn Monday evening.

TUITION

States explore free community college

By Adrienne Lu
McClatchy Tribune

Several states are considering offering free tuition at community colleges, as the cost of a college education continues to climb and as high school diplomas no longer guarantee a living wage.

"Higher education for kids should not break families down" and result in a lifetime burden of debt, said Oregon state Sen. Mark Hass, a Democrat who sponsored legislation to study the viability of making tuition and fees at community colleges free to Oregon high school graduates.

Hass said his bill also would help middle-class families whose children might attend community college for two years and then transfer to four-year colleges to save money.

Democratic Gov. John Kitzhaber signed the bill with some reservations. While he testified for the bill last month, he questioned whether the money would be better spent on

the state's need-based scholarships for two- and four-year schools.

Tennessee Gov. Bill Haslam, a Republican, is also pitching a plan to make tuition free at community colleges and colleges of applied technology.

"This is a bold promise," Haslam said in his State of the State address in February. "It is a promise that will speak volumes to current and prospective employers. It is a promise that will make a real difference for generations of Tennesseans."

The proposal is part of the governor's "Drive to 55" initiative to increase the percentage of state residents with college degrees or advanced certificates from the current 32 percent to 55 percent by 2025. Haslam estimates the proposal would cost about \$34 million a year, paid for by creating a new endowment from the state lottery's reserve fund.

A study last year by the Center on Budget and Policy Priorities found that states spent 28 percent less per student on higher educa-

tion in fiscal year 2013 than they did in 2008, and that every state but North Dakota and Wyoming is investing less money in higher education now than before the recession. Oregon cut its higher education funding during that period by 43.6 percent, and tuition rose at both two-year and four-year public colleges in the state. Similarly, Tennessee reduced higher education spending by 30.1 percent, and tuition at its schools also went up.

In Mississippi, a bill for free tuition at community colleges died in committee last week because of funding concerns, but advocates hope the bill can be revived and passed next year.

Six of the state's 15 community colleges already offer some form of tuition guarantee, meaning that after students have applied for financial aid from federal, state and other sources, county or private funding covers the remainder of the tuition cost, according to Kell Smith, a spokesman for the Mississippi Community College Board.

ONLINE SHOPPING

Amazon.com raises price for Prime service

By Jay Green
McClatchy Tribune

Amazon.com Inc. followed through on plans announced in January to increase the fee customers pay for its Prime subscription service, raising the annual membership by \$20, to \$99 a year.

It is the first Prime price increase since Amazon introduced the service nine years ago. When Amazon said it was considering the move in January, it cited growing shipping and fuel costs as the reason. The company said it was looking at boosting the membership fee \$20 to \$40 a year.

An Amazon spokeswoman said that the price increase will begin March 20, when the company will start charging \$99 a year

for new memberships. Beginning April 17, existing Prime members will pay \$99 to renew.

The more than 20 million Prime members get two-day shipping at no extra charge on more than 20 million items from the retail site. They also get access to Amazon Prime Instant Video, the company's Netflix-like streaming video service.

And if they own a Kindle e-reader, they can use the Kindle Owners Lending Library, which lets users borrow more than 500,000 digital books free with no due dates.

While the news was expected, it fueled a 2 percent surge in Amazon shares in early trading Thursday. In a research note, RBC Capital Markets analyst Mark Mahaney said the move should add \$300 million to \$400 million in additional operating income, which would translate to 45 cents to 55 cents a share in earnings.

And while some Prime members have said in surveys that they would drop the service if Amazon raised fees, most analysts don't believe the membership churn

will be significant.

We see little likelihood of meaningful churn from the price increase," said Robert W. Baird & Co. analyst Colin Sebastian in a research note.

Correction

In the March 13 edition, in the article "Slingshot" documents inventors campaign to end the world's water crisis" the movie title should have been "SlingShot." Also in the article, Paul Lazarus directed episodes of "Pretty Little Liars" and "The Middle." The first SlingShot trial took place in Honduras, not Guatemala. Dean Kamen invented the Home Choice Dialysis Machine.

The Spartan Daily regrets these errors.

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TUITION

College costs rising more rapidly for poorer students, analysis shows

By Jon Marcus and Holly K. Hacker
McClatchy Tribune

America's colleges and universities are quietly shifting the burden of their big tuition increases onto low-income students, while many higher-income families are seeing their college costs rise more slowly, or even fall, an analysis of federal data shows.

It's a trend financial aid experts and some university administrators worry will further widen the gap between the nation's rich and poor as college degrees — especially four-year ones — drift beyond the economic reach of growing numbers of students.

"We're just exacerbating the income inequalities and educational achievement gaps," said Deborah Santiago, co-founder and vice president of Excelencia in Education, a nonprofit group that advocates for Latino and other students.

The shift also runs contrary to an Obama administration push to make a college education more affordable for low-income students. At a White House summit in January, college leaders and others promised to find ways to make degrees more accessible for the less affluent.

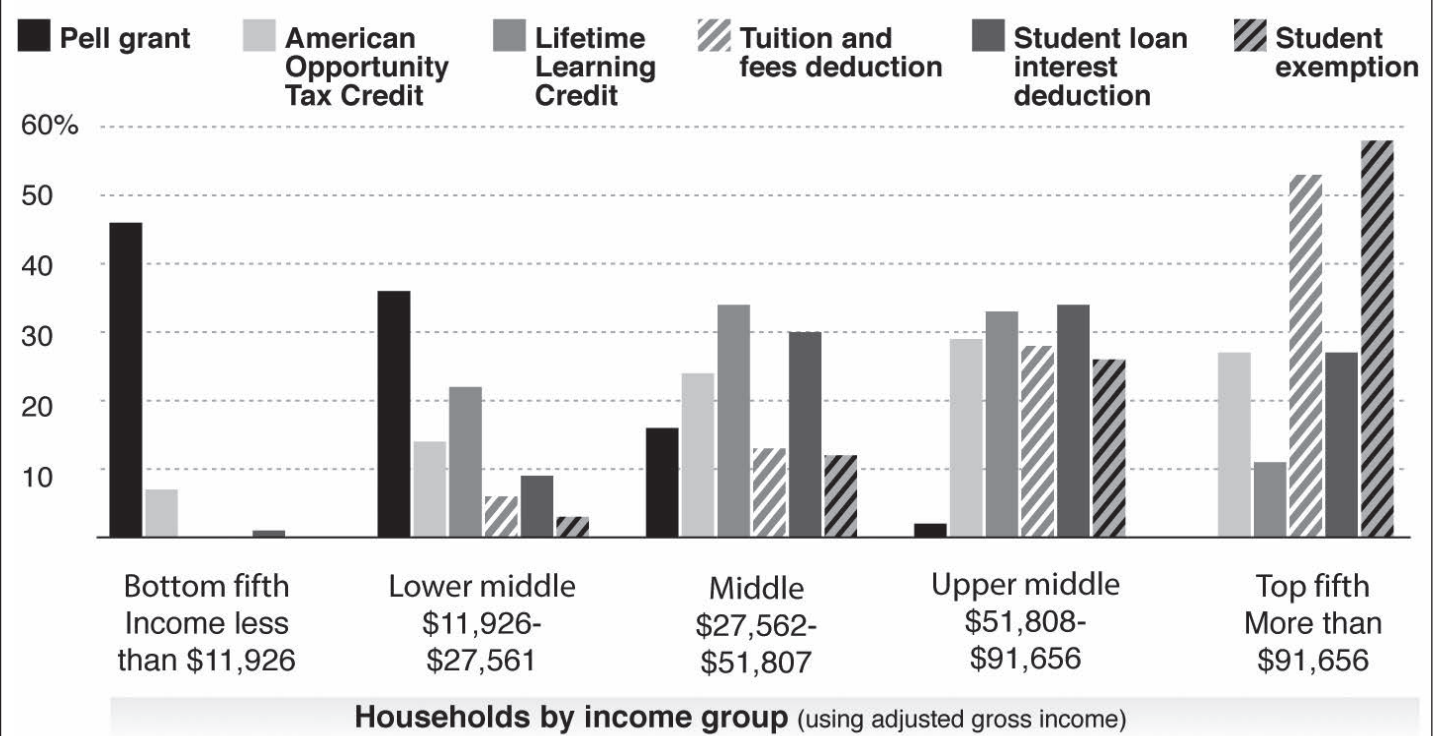
In fact, lower-income and working-class students at private colleges and universities have seen the amount they pay, after grants and scholarships, increase faster than the amount their middle- and upper-income classmates pay, according to an analysis of data that institutions are required to report to the U.S. Department of Education.

The net price — the total annual cost of tuition, fees, room, board, books and other expenses, minus federal, state and institutional scholarships and grants — rose for all students by an average of \$1,100 at public and \$1,500 at private universities between the 2008-09 and 2011-12 academic years, the most recent period for which the figures are available.

At private universities, students in the lowest income group saw the biggest dollar increase over that period: about \$1,700, after adjusting for inflation, according to the analysis by The Dallas Morning News, The

Who gets tax-based student aid

Though only 20 percent of U.S. households earn more than \$100,000 a year, that group got more than half the deductions for tuition, fees and exemptions for dependent students. The percentage of education incentives for 2013, by income group:



Source: The Hechinger Report, Tax Policy Center

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Infographic by Jon Marcus and Holly K. Hacker

Hechinger Report and the Education Writers Association. Higher-income students paid more overall, but their costs rose more slowly — an inflation-adjusted average of about \$850 for middle-income families and \$1,200 for those in the top income group.

At private research universities, including many of the nation's most elite, the net price rose by an average of \$2,700 for the poorest families — those with incomes under \$30,000 a year — compared with \$1,400 for their higher-income classmates. Those averages are also adjusted for inflation, and the sample is limited to students who received any federal aid.

Experts and advocates concede that, as tuition spirals ever higher, even more affluent families need help paying for it, mak-

ing the situation far more complex.

Wealthier students still pay more for college educations, on average. But to help colleges maintain enrollment numbers, keep revenue rolling in and raise standings in annual rankings, these students are getting billions of dollars in discounts and institutional financial aid that many critics say should go instead to their lower-income classmates.

"Schools are talking out of both sides of their mouths," said Stephen Burd, a senior policy analyst at the New America Foundation, a nonprofit think tank. "They say that they support access, but in general they're giving more and more of their aid to higher-income students."

Burd calls the practice "affirmative action for the rich."

Financial aid officials say higher-income families have learned to work this system, pitting institutions against one another to negotiate for even more discounts, while also capturing a lopsided share of outside scholarships.

This phenomenon is occurring even as colleges and universities contend they're less and less able to help low-income families financially. Higher-income families also disproportionately benefit from tuition tax breaks and an outdated formula for the taxpayer-supported federal work-study program.

If this really is an era of tight resources, then we need to make every dollar count," said Julie Strawn, a former senior fellow at the Center for Postsecondary and Economic Success. Instead, Strawn says, "We're pitting groups of students against each other, most of them from families that make less than \$30,000 a year, on the premise that there just isn't enough money to invest in low-income people going to college."

Just as airline passengers pay varying prices for the same trip, college students often pay different prices for the same degree.

Until a few years ago, that information was hard or impossible to find. Now, colleges and universities must annually disclose their so-called "net price," which is what families are left to cover through savings, loans, work study and private scholarships from civic groups and other sources.

The most recent data for the University of Notre Dame, for instance, show that the poorest students, defined as coming from families with annual incomes below \$30,000, paid an average net price of just over \$15,000 per year. Students with family incomes between \$48,000 and \$75,000 paid more, around \$18,500. And families that earn more than \$110,000 paid the most, about \$37,500.

Over the four years the data were collected, however, the net price for Notre Dame's poorest freshmen more than doubled, from about \$7,300 in 2008-09 to \$15,100 in 2011-12, while it declined slightly for students in higher-income groups.

Some colleges and universities dispute the government's formula for determining net price, which takes into account only students who receive so-called Title IV financial aid, and only the earnings of custodial parents. Many say they use a different calculation that, among other things, is based on total assets and the incomes of both parents, even if they're divorced.

There are shortcomings with these figures — most notably that they take into account only full-time, first-year students who receive federal financial aid. At Notre Dame, as an example, that means just under half of all freshmen are included. Still, the data offer the most comprehensive and transparent look at what students of varying financial means really pay. And because the government's net-price figures have been calculated consistently over the years, they're the best available measure of how financing patterns are changing.

Colleges and universities last year gave about \$8.3 billion in so-called merit aid to students whose family incomes were too high for them to qualify for government-issued Pell Grants, the College Board reports. Pell eligibility varies based on such things as whether students are dependent on their parents and go to school full time or part time and the cost of their tuition. Three-quarters of Pell recipients come from families that make \$30,000 or less per year.

That means public and private colleges and universities are spending more of their financial aid budgets trying to lure higher-income students, whose families earn much more than \$30,000 a year, than on meeting the financial needs of low-income ones, according to a 2011 report from the U.S. Department of Education.

The colleges do this because dividing even a little money among several higher-income students means each of their families will pay the rest — filling more seats at a time when enrollments are declining, and keeping much-needed revenue coming in — while giving that same amount to a single low-income student would result in a loss to the bottom line.

Better-off students tend to come from better-funded high schools and also typically bring the kinds of entrance-test scores and grade-point averages that make colleges look better in those annual rankings than do students from poorer districts.

The result is that, since 1995, the proportion of students receiving merit aid has overtaken the proportion that gets need-based aid, nearly doubling from 24 percent to 44 percent at private institutions, and more than doubling at taxpayer-supported public universities, from 8 percent to 18 percent, according to that 2011 U.S. Department of Education report.

Some universities concede that they use merit aid to improve their academic standings. "As an institution with a rising academic reputation and building selectivity, we do use merit strategies to employ scholarship dollars," said Melissa Connolly, spokeswoman for Hofstra University in New York, where students whose families earn \$30,000 a year or less face an average net price of about \$26,800, while their wealthier classmates have seen their costs drop by about \$1,100 to roughly \$31,600.

"There are good arguments for institutions to make limited and judicious use of merit aid," the University of Southern California's Center for Enrollment Research, Policy and Practice and the Education Conservancy jointly warned as early as 2011. But "the practice has grown to the point of significantly reducing the funds to qualified students from lower-income households who could benefit from a college education."

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Crime Log

The following items were taken from the University Police Department's daily crime log.

March 10

11:14 a.m.
Police officers were dispatched to a subject in need of medical attention at Campus Village B. The subject had a pre-existing head injury and was transported to a local hospital by their parent.

2:26 p.m.
A police officer was dispatched to a report of theft at MacQuarrie Hall. The police officer contacted the subject. The subject reported that a wooden push cart was missing. Currently there are no suspects.

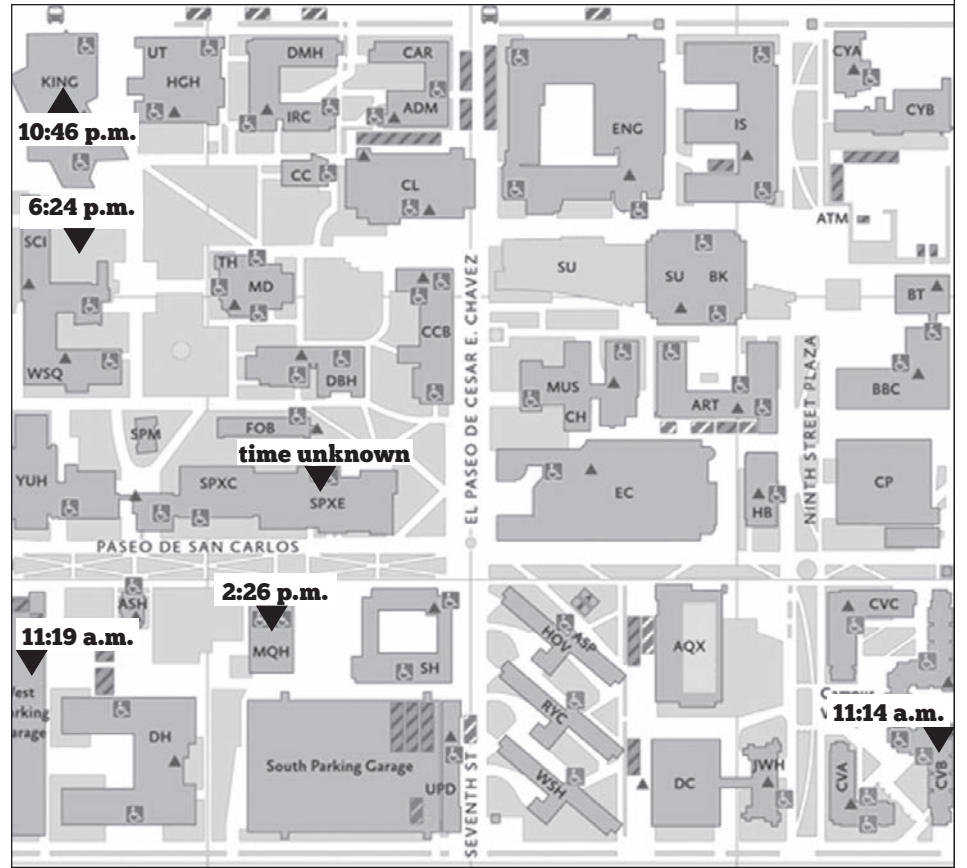
6:24 p.m.
Emergency personnel responded to a report of subjects exposed to an unknown substance in the Science Building. One subject was transported by ambulance to a local hospital, while another declined medical attention. The whereabouts of a third person is unknown and whether they were exposed.

March 11

Time unknown
An officer was dispatched to a report of a subject riding their bike inside the Spartan Complex Central Building. The subject on the bike was not identified and struck the reporting party's hand.

March 12

11:19 a.m.
A subject reported that he was unable to locate his parked car inside of the West Garage on Fourth Street. Parking Services staff searched but didn't find the vehicle. An officer took a report for a stolen vehicle.



Information compiled by Jasmine Leyva

10:46 p.m.
Police officers were dispatched to a report of a subject attempting to steal a bicycle at Martin Luther King, Jr. Library. The subject was contacted by officers and arrested for the suspicion of theft with priors, failure to register as a sex offender and possession of burglary tools.

Stress: Symptoms differ between PTSD victims

FROM PAGE 1

play into the different levels of PTSD people experience.

Dr. Lo said that PTSD is diagnosed when someone is still showing symptoms two to six months after the traumatic event and that symptoms fall in to several categories.

Re-experiencing the trauma through nightmares or flashbacks is one symptom, Dr. Lo said. Another symptom is when one avoids experiencing and/or dealing with the trauma.

Richard said that looking back, he probably had PTSD on his last tour of deployment in 2008 in Afghanistan. He said he showed symptoms of absolute numbness, no emotion and no care for his personal life or safety.

Avoiding all contact, becoming dissociative and blanking out are all signs of someone trying to avoid dealing with the trauma, Dr. Lo said.

Dr. Lo said that the last symptoms include fight or flight mode, sleepiness or jumpiness.

Richard said he's had PTSD since 2009. He said he was honorably discharged at the end of 2009 and waited a year before starting school in 2010.

He said even though he functioned as a stu-

dent, he wasn't functioning in everyday life. He said he was drunk all the time and would go to class hungover. He said he has not fully recovered from PTSD and still has issues and minor setbacks, but is doing significantly better.

One treatment model for PTSD is treatment in stages. The stages are based on Dr. Judith Herman's book, "Trauma and Recovery."

Dr. Lo said the first stage, which may take a long time, is about strength and self-care.

"And then if only after the person is thought to be strong enough, would they go on to the next stage which is called re-processing the trauma," Dr. Lo said.

Re-processing is the controlled re-telling of the story with the help of a mental health clinician.

The carefully controlled setting helps to decrease the power of the event, so that when a person re-experiences a trauma, whether it's through memories and thoughts or nightmares, it helps the person realize they have more control over the impact of the trauma.

The last stage is recovery and integration back into everyday life as if one didn't experience a trauma, Dr. Lo said.

Bramlett said that the first step in recovery is admitting it's okay to receive help. Those in

the military often think if one receives help of any kind, that it is seen as a weakness. He said the best thing a friend or family member can do for someone who is in crisis, is to be there and talk.

Richard said that he would like someone to give him the benefit of the doubt and just be there for him.

"Even if you don't understand or it sounds crazy, it's a process that one has to go through with PTSD," Richard said.

Lisa DuTrieuille is a Spartan Daily staff writer.

Need Help?

Suicide & Crisis Hotline:
1-855-278-4204

National Veterans Suicide and
Prevention: 1-800-273-8255

Toll Free 24 hours/7 days

SOCIAL MEDIA

Twitter CEO is visiting China but still has no plans to launch there

By Jessica Guynn
McClatchy Tribune

Twitter Inc. Chief Executive Dick Costolo is on his first trip to China.

Costolo is spending three days meeting with Shanghai government officials and university administrators. He will also participate in a roundtable discussion with students at Fudan University in Shanghai, which sponsored his visa.

Costolo will not visit Beijing, a Twitter spokesman said.

Twitter, which has been blocked in China since 2009, tamped down speculation that it is eyeing the Chinese market, the world's most populous with 600 million Internet users. Twitter also is not expected to ask Beijing to lift the ban on Twitter.

"Dick is visiting China because he wants to learn more about the Chinese culture and the country's thriving technology sector. We have no plans to change anything about our service in order to enter the market," the Twitter spokesman said in an emailed statement.

Major U.S. Internet companies have struggled to find a way to get a foothold in China without giving in to government's censorship of the Internet.

Google, which began offering a censored version of its search engine in China in 2006, pulled out of mainland China in 2010 in a rare act of defiance.

LinkedIn, which already has more than 4 million users in China, recently launched a Chinese-language version of its website as part of a broader expansion in the country.


Entering China would be a far tougher proposition for Twitter, which has staked its reputation on championing free speech and pushing back against government requests for users' personal information.

China continues to crack down on bloggers and other dissidents on social media such as Sina Corp.'s Weibo, which is similar to Twitter.

In June, Costolo told the American Society of News Editors convention that he would "love to be able to run Twitter as Twitter in China," but said the company would not sacrifice its principles to do so.


That's not to say that Twitter does not have business interests in China. Its subsidiary MoPub serves up ads inside mobile apps from Chinese developers, and Beijing-based personal computer maker Lenovo Group advertises on Twitter.

Costolo also hopes to learn more about Chinese innovation.



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WEEKEND RECAP

Espar Llaquet leads SJSU women's water polo to victory

By Austin Belisle
@AustinBelizzle

The San Jose State women's water polo team completed a four-match sweep of the Aztec Invitational in San Diego last weekend behind the record-setting performance of freshman Clara Espar Llaquet.

Espar Llaquet set a new SJSU women's water polo freshman single-season scoring record to lead the Spartans to a pair of victories and the eventual four-match sweep.

The record was previously set by Timi Molnar in 2011.

Interim Head Coach Johnny Bega credits Espar Llaquet for much of the team's success at this weekend's tournament.

"She is everywhere. She's doing a lot to create for her teammates and herself," said Bega to SJSU Athletics.

Espar Llaquet accounted for 16 goals in the four Aztec Invitational wins, scoring six against Wagner and a game-high five against Harvard.

The No. 10 Spartans (17-9) defeated No. 20 Wagner and Harvard, scoring 64 times in the matches and becoming the fourth team in school history to score more than 300 goals in a season.

At 331 goals for the 2014 season, the Spartans are 36 shy of the school record 377 set by the 2009 team.

The defense also stepped up for the Spartans, yielding just 18 goals for the Invitational after previously holding No. 8 Princeton to a season-low six goals in a 10-6 win on March 15.

Overall, Bega was happy with the outcome and perfor-

mance of his team.

"We came in with a goal in mind. We met it and achieved it. Our defense was the most important," he said.

SJSU will host No. 14 Indiana University (11-3) at 4 p.m. at the Aquatics Center today.

Women's Softball

SJSU defeated Princeton 4-1 Sunday with the help of freshman Katelyn Linford's solid pitching and a four-run fourth inning.

The Spartans struggled to open the game, falling behind the Tigers (2-9) in the first inning after an RBI-single put Princeton up 1-0.

In the bottom of the fourth, SJSU (15-11) exploded for four runs on five hits with no outs.

Jessie Hufstetler brought in Michelle Cox for the team's first run after knocking a single down the left field line. Sharon-Renae Estrada drove in two runners with a deep hit to left center. Alyssa Martinez followed with a single and Erin Rodriguez plated Brittanie Akey to put the Spartans up 4-1.

Linford's pitching saved the day after the fourth inning for the Spartans as she retired eight of the next nine batters to earn her sixth victory of the season.

SJSU will travel to San Diego next weekend for the USD Tournament on Saturday, March 22 to face UC Santa Barbara and Long Beach State.

Women's Sand Volleyball

The Spartans lost 5-0 to the University of California on Sunday to fall to an overall record of 0-4.

Freshman Lindsay Skad-



Terrell Lloyd | SJSU Athletics

San Jose State freshman Clara Espar Llaquet led the women's water polo team to a four-game sweep in the Aztec Invitational last weekend and scored a team-high 16 goals throughout the tournament.

eland, the Spartans' tallest player at 6-foot-1, was paired with 5-foot, 6-inch junior Cori O'Donoghue and lost to Cal's Katarina Milosavljevic and Sabrina Blackwell, 21-10, 21-6.

The closest match of the day came from sophomore Felicia Segura and freshman Lyndsay Albiani, who lost to the Golden Bears' Emily Lunt and Caroline Olson 21-16, 22-20.

SJSU Head Coach Aaron Shepardson was proud of the pair's effort and positive attitude.

"Felicia and Lyndsay played very competitive all the way through," he said to SJSU Athletics. "They were positive all the way. Even though they lost,

they played a solid match."

Overall, Shepardson expects more from his team in future matches and tournaments.

"We had a mixed bag (today). Some struggled. For us, we are looking to find out who is willing to compete and take risks," he said.

The Spartans will take on Saint Mary's on March 27 in a 1:00 p.m. match in Moraga.

Women's Tennis

SJSU split matches with No. 19 Tulsa and Dartmouth on Sunday in non-conference play in San Jose.

Junior Jessica Willett escaped 11 match points in her

singles match against Dartmouth's Suzy Tan to come away with a three-set win and give the Spartans (8-10) a 4-2 victory over Dartmouth (3-3).

Spartan Head Coach Sylvain Malroux came away from the weekend's matches with a positive attitude.

"It's a nice split. We played two really, really good teams we have not met before," he said to SJSU Athletics. "I felt like both matches were very competitive."

Willett was a winner in doubles play with teammate junior Julianna Baccelar, defeating Dartmouth's Melissa Matsuo-ka and Akido Okuda 8-7 while competing in the No. 2 spot.

Malroux was proud of Willett and the team for the way they fought through adversity in both matches.

"Our girls fight really, really well all the time," Malroux said. "The proof is Jessica came back from saving 11 match points to win her match and clinch it today."

The Spartans play again Wednesday, March 19 against UT Arlington in a 1:00 p.m. home match after canceling the March 18 home dual match with Wisconsin.

Information compiled from SJSU Athletics.

Austin Belisle is a Spartan Daily staff writer.

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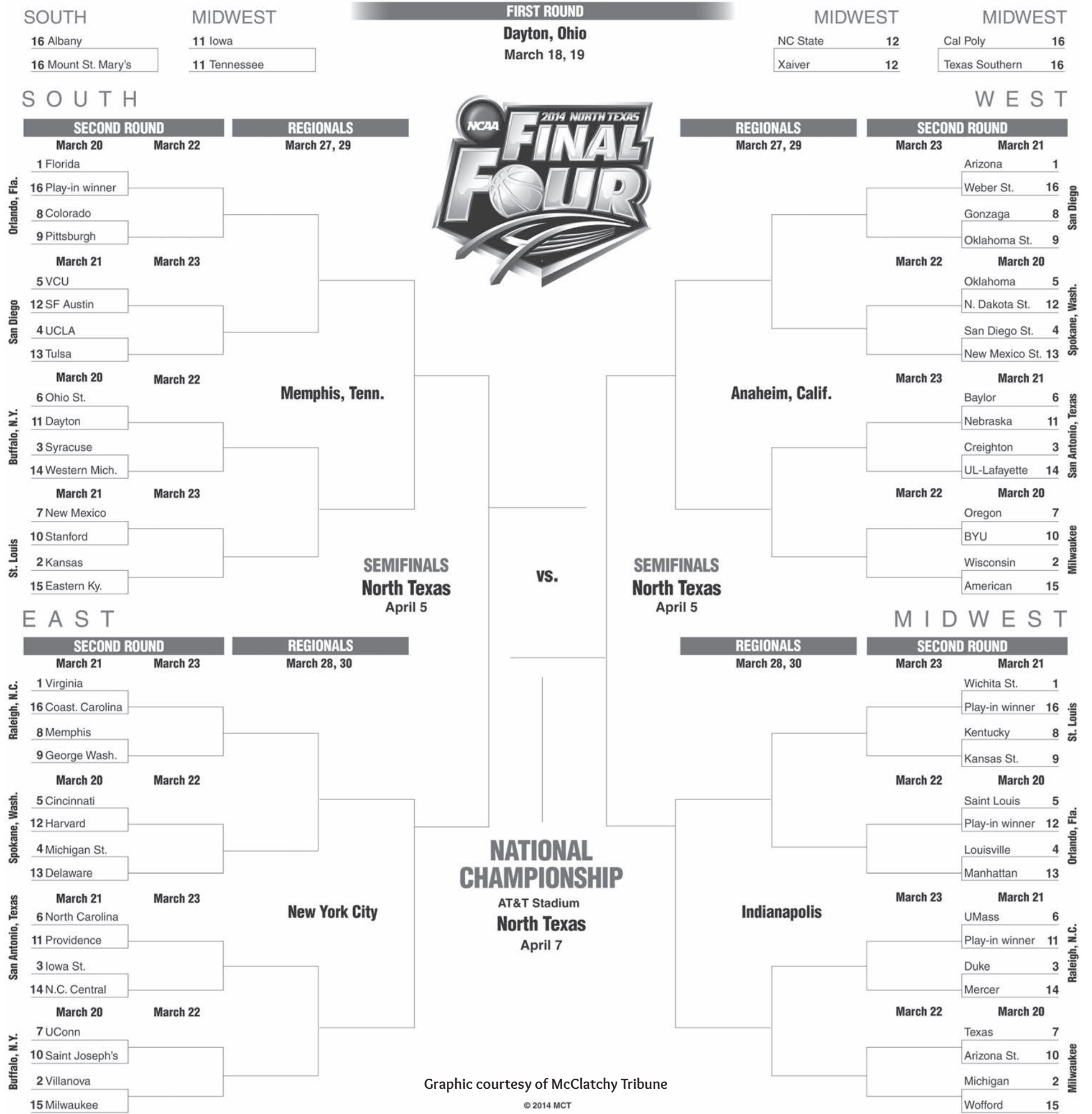
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MARCH MADNESS COMMENTARY

Top-seeded Gators begin NCAA Tournament prep with plenty to work on

By Edgar Thompson
McClatchy Tribune

A close call against Kentucky could be just what the Florida Gators needed.

Coach Billy Donovan's senior-led team has remained remarkably grounded during its 26-game winning streak and ascension to No. 1 in the national rankings.

But the expectations and distractions have been nothing compared with what is ahead during the NCAA Tournament.

"It's the biggest stage in college basketball," senior point guard Scottie Wilbekin said.

And the Gators, the No. 1 overall seed in the Big Dance, are the belle of the ball.

Florida opens NCAA Tournament play at 4:10 p.m. Thursday in Orlando's Amway Center against the winner of Tuesday's first-round game between Albany (18-4) and Mount St. Mary's (16-16).

The game is sure to be a warm-up for the Gators (32-2). But once Florida advances to the round of 32 against the Pittsburgh-Colorado winner and beyond, Sunday's 61-60 victory in the SEC Tournament title game against Kentucky could come in handy.

The Gators nearly coughed up a 15-point lead due to shaky free-throw shooting, questionable shot selection and defensive gaffes by the team's young reserves. When

UF returns to the court on Tuesday after a well-earned rest Monday, it will have plenty to focus on while waiting to learn Thursday's opponent.

The Gators missed 10 of 17 free throws against Kentucky, including the front ends of two one-and-one situations in the final 25 seconds. The Gators finished the SEC Tournament 27 of 54 and shot 66.6 percent from the foul line this season.

"We've got to do a better job there," Donovan said.

Offensive execution is another area that needs attention.

As the Wildcats erased the Gators' lead during the final 11 minutes, UF suffered a scoreless stretch of nearly five minutes.

Donovan said fatigue was a factor.

The Gators won close games against Missouri and Tennessee to reach the final, while Kentucky coasted by LSU and Georgia.

Donovan said leading scorer Casey Prather sat out the final minute because he was "gassed." Prather is an excellent slasher, yet missed two jump shots and committed a turnover during the final 10 minutes.

Wilbekin came up short on a pair of 3-pointers during the scoring drought, but he did make a critical layup with 5:05 remaining to give UF a 59-53 lead. He ended up playing 38 minutes after av-



Curtis Compton | Atlanta Journal-Constitution

Florida guard and game MVP Scottie Wilbekin celebrates at the end of the game in the Southeastern Conference Tournament on Sunday, March 16, 2014, in Atlanta. The Florida Gators defeated the Kentucky Wildcats, 61-60.

eraging 29.8 in the previous four games.

"You really have no choice," Donovan said. "You're in a championship game."

Four fouls by freshman point guard Kasey Hill limited him to 16 minutes. Defensive lapses by sophomore Devon Walker limited him to seven minutes.

Meanwhile, 6-foot-11 freshman Chris Walker made the most of his three minutes against Kentucky (five points,

two rebounds) but has not earned Donovan's trust as a defender in critical situations.

Of Hill and the two Walkers, Donovan said, "Their defensive discipline, their defensive intensity, how hard they compete and play, would be an area that continually needs to be raised."

Donovan, who was named SEC coach of the year Monday by The Associated Press, does not have to worry about his four seniors' intensity level

after three consecutive losses in the Elite Eight.

Wilbekin, who was named SEC player of the year by AP, and his teammates know exactly what needs their attention on and off the court.

"It doesn't matter what your ranking is or how much hype you have or who picked who to win," Wilbekin said. "It's going to be determined by the players and the coaches on the floor."

Wilbekin and Prather

were named first-team All-SEC by AP, while center Patric Young was named second team.

Donovan earned a \$50,000 bonus for the top-ranked Gators finishing in the top 10 in Monday's final AP top 25 poll and \$25,000 for coach of the year honors.

He now has earned \$187,500 in bonuses this season, including \$37,500 for UF making the NCAA Tournament.

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Sudoku Puzzle

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

	6		1					7		
					5	2				
2				6	9					4
			4					5	1	7
			5					2		
1	9	6						8		
3					7	5				6
				9	3					
						6			3	

DIFFICULTY RATING: ★★☆☆☆

Previous Solutions

2	4	3	9	6	8	1	5	7
6	9	5	4	1	7	8	3	2
7	8	1	2	3	5	9	4	6
9	1	2	5	4	6	3	7	8
8	7	6	1	9	3	5	2	4
3	5	4	8	7	2	6	9	1
5	6	7	3	2	1	4	8	9
4	2	8	6	5	9	7	1	3
1	3	9	7	8	4	2	6	5

E	M	A	I	L	A	R	I	A	E	G	O	S		
L	A	S	S	O	W	I	S	H	T	R	U	E		
B	R	I	N	G	I	N	G	T	O	A	H	E	A	
E	L	A	T	E	D	H	Y	G	I	E	N	E		
S	S	A	L	E	M	A	C	T	O	R				
E	D	G	S	E	S	I	S							
C	U	L	D	E	S	A	C	C	E	A	G	E		
H	E	A	D	S	T	R	A	I	G	H	T	F	O	R
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R	A	B	A	T	S	E	A							
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S	A	S	E	N	E	R	R	S	I	N	S	E	T	

Mar 13

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Crossword Puzzle

1	2	3	4	5	6	7	8	9	10	11	12	13			
14				15					16						
17				18					19						
20						21									
		22		23	24		25								
26	27	28		29		30		31			32	33	34		
35				36				37			38				
39			40					41	42						
43						44					45				
46						47	48		49				50		
				51			52		53		54				
		55	56					57		58		59	60	61	
62								63	64						
65								66				67			
68								69							70

- ACROSS**
- 1 Some former tadpoles
 - 5 Borders
 - 10 Small unit of measure
 - 14 Con ___ (vigorously)
 - 15 Fill the tank
 - 16 Small grimace or pout
 - 17 Extremely casual footwear
 - 20 Beefy bovine
 - 21 Ceremonies
 - 22 Makes a drink last
 - 25 Brown alternative
 - 26 Turkish honorific
 - 29 What "no news" is
 - 31 Stink
 - 35 Some fraternity letters
 - 36 Bury in a vase, e.g.
 - 38 Local knowledge
 - 39 Preparing to be laid up
 - 43 Neither under nor over par
 - 44 Bo-o-ring
 - 45 Chicken part
 - 46 Closer to black
 - 49 Tree-climber's helper
 - 50 ___ out a living
 - 51 Stave
 - 53 Slope apparatus
 - 55 Concerning flora
 - 58 Try a different knot
 - 62 Quaint accommodations
 - 65 Creator of many quotations, apparently
 - 66 Units of Iranian currency
 - 67 "The Ten Commandments," for one
 - 68 Cowpoke's charge
 - 69 They wear pinstripes at home
 - 70 Poorly thought-out
- DOWN**
- 1 Draws away from shore
 - 2 Worrisome guitar part?
 - 3 Threat to a sand castle
 - 4 Saddle (cow-boy's woe)
 - 5 "Long, Long ___"
 - 6 Loud thud
 - 7 "Miracle on Ice" losing team
 - 8 Dutch flower
 - 9 Treats maliciously
 - 10 Forms a jury
 - 11 December doorstep number
 - 12 Canine cross-breeds
 - 13 "___ just one of the guys"
 - 18 Beginning
 - 19 Kick without a tee
 - 23 First commercial video game
 - 24 Went ___ (turned bad)
 - 26 Pitched in, and got a hand
 - 27 Pear-shaped fruit
 - 28 One who inquires
 - 30 What hungry wolves do
 - 32 Barnes' partner
 - 33 Up the ___ without a paddle
 - 34 Stretch of shrubbery
 - 37 Hold to a .000 batting average
 - 40 Old-fashioned pen holder
 - 41 Emotionally unresponsive
 - 42 Board, as for a voyage
 - 47 Great flair
 - 48 Became waterless
 - 52 Knee-to-ankle bone
 - 54 Send somewhere else
 - 55 "Stand by Me" singer
 - 56 Strong smell
 - 57 ___apple juice
 - 59 Spanish snack
 - 60 Tut's fertility goddess
 - 61 Make an impression?
 - 62 Word from a real Scrooge
 - 63 Tundra wanderer
 - 64 Braying beast



U.S. drone strikes highlight human rights hypocrisy

American human rights rhetoric espouses equality and dignity across borders, cultures and ethnicities, but in practice those rights only apply to U.S. citizens (well, most citizens).



Follow Nick on Twitter @NickMbarra

The U.N. published a special report on

counter-terrorism and human rights in February that detailed 300 credible civilian deaths because of 30 U.S. drone strikes on foreign soil.

Optimistically, each of those drone strikes may have killed one person with legitimate intent to harm U.S. citizens.

Even if that is true, there's very good reason to think that the strikes actually create more potential terrorists than they eliminate.

In other words, we have a policy of murdering hundreds of civilians that probably accomplishes nothing except increasing our risk of being attacked.

There's a simple reason the Northern European countries don't have to worry about terrorism as much as we do — they don't piss as many people off.

Ask yourself this — if 12 of your immediate family members were killed at your sister's wedding by a Chinese missile strike, how would you feel toward the Chinese?

Do you think you would consider taking revenge into your own hands and trying to hit them where it would hurt the most?

Taking revenge may not be the right response against the nation whose government dispatched a flying robot to murder your entire family, but it is definitely an understandable response.

Let's set all of this aside though, and ask ourselves the truly troubling question.

Let's say we are comfortable killing 10 Yemeni in a (misguided) effort to protect (let's be generous here) 100 American lives.

Would we be equally comfortable killing 10 random American civilians on

U.S. soil for the same reason?

If we are comfortable killing innocent Yemeni but not innocent Americans, then we are making the distinction that not all human life is equal; that some groups of people are inherently superior to others, not based on their individual actions and traits, but based on their nationality and ethnicity.

There's a term for that type of thinking.

It's called racism.

It's selfish, foul and morally reprehensible — and it's encoded in our current national security policy.

On campus, when a student is subjected to racially-motivated hazing we call for a review of our governance by the CSU Chancellor, commission a report and host an NAACP press-conference.

Where is the press conference for the Yemenese?

Where is the press conference for Anwar Al-wacki's 16-year-old son, a Denver-born U.S. citizen whose favorite show was the Simpsons, whose favorite music artist was Snoop

Dogg and whose favorite book was Harry Potter? He was murdered by a flying death-machine while he ate at an open-air restaurant in Yemen two weeks after the death of his father.

No supposed imminent threat justifies the murder of innocents.

All those accused of crimes — even alleged terrorists — deserve to face their accusers and defend themselves in a court of law.

False convictions frequently occur

even with due process. Without it, we're essentially talking about a crapshoot with missiles.

The Intercept recently published a report on the thin, unreliable evidence used to justify drone strikes.

The report details how in many cases, kill orders are given based on little more than the location of a particular sim-card from a particular cellphone that has in the past, been linked to someone on the kill list.

Since the few real "bad guys" are known to use burners and swap sim-cards, that's not an awful lot to go on.

As long as our government continues to talk out of one side of its mouth about universal human rights and authorizes the murder of innocents out of the other, we are not the evolved society we pretend to be.

In some ways we're still as barbaric as ever.

Nick Ibarra is a Spartan Daily staff writer. "Rights Watch" usually appears on the first and third Tuesday of the month.

Cheeseburgers are not muscle builders

Some people act like eating meat is the same thing as training to be a cage fighter.

Eating meat is seen as one of the manliest things you can do next to winning an arm wrestling contest against Jean Claude-Van Dame's right leg.

We've been so conditioned from decades of propaganda to associate meat with "manly men" that it's become standard knowledge that meat makes you tough.

Steak: It's what's for dinner, right fellas?

The greatest example of how strong the tie between meat and

manliness is comes from "The Escape Plan," the recent Arnold Schwarzenegger and Sylvester Stallone flick.

In one of the most anticipated scenes of the 1980s, Stallone socks Schwarzenegger in the face with no apparent effect.

Schwarzenegger then responds with one of the best lines in manly man-movie history — "You hit like a vegetarian."

That exchange is hilarious on so many levels that it made me become an Arnold Schwarzenegger fan all over again.

Do you see what he did there? Vegetarians are weak because they don't eat meat. Get it? Rimshot, please.

Strong men eat steak and girly men eat lettuce.

It's funny because it's so easy to understand while making no damn sense.

Sure you get some iron, fat and protein from eating meat, but none of those things are exclusive to meat products.

If you ate beans and spinach, you could easily get all the protein and iron those neckless meatheads say you can only get from biting into a cow at 5 a.m., bro.

Vitamins and minerals exist in almost every food that isn't a Twinkie, so meat does not have a monopoly on essential nutrients for muscle building like Schwarzenegger would have us believe.

I do understand how being a meat eater is historically symbolic



Follow Jeff Gonzalez on Twitter @jeffvgonzalez

of the traits we consider to be manly.

Men are supposed to be agile, strong, sharp and completely aware of their environment, or so it goes.

In the days of our hunter-gatherer ancestors, to eat meat meant you actually had to go out into the woods and physically kill Bambi's mother yourself.

Having a T-bone on your plate meant you were strong and fast enough to actually chase down a living animal, murder it with rudimentary tools and be back in time for dinner.

Now, having a T-bone steak on

your plate means you couldn't decide what you wanted at Chili's, so you made a safe, last-second decision.

Most meat-eaters have never killed what they eat.

They buy packaged steaks or chicken breasts at the store and almost forget that those

lamb chops they just bought were once a living thing that was slaughtered to become the shish kabob on their plate.

They are as detached from the killing process as Donald Trump's hairline is from his forehead.

In our factory-farmed meat society there is no connection to the intimate act of sacrificing one life to sustain another.

There is essentially no difference between buying a pound of bell peppers or a pound of ground beef at the grocery store.

It takes the same physical exertion and mental capacity to do both.

So why is it manly to eat one but not the other?

Meat is delicious. I am not saying otherwise.

Everyone should enjoy a good steak if they're into that kind of thing.

I just don't think meat should be a "manly" thing anymore.

We're at an age where we shouldn't have to pretend that ordering an "ultimate cheeseburger" at Jack-in-the-Box is equivalent to bench-pressing a car engine.

Jeff Gonzalez is the Spartan Daily Opinion Editor.

Strong men eat steak and girly men eat lettuce.



Submit letters to the Editor to: spartandaily@gmail.com

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2014 CINEQUEST FILM FESTIVAL

CINEQUEST

Modine's diary app takes users to virtual boot camp

By Jessica Schlegelmilch @jessieschleg

A conversation with actor and film maker Matthew Modine was held at Camera 12 Cinemas in downtown San Jose last Saturday.

The event began with four empty directors' chairs at the front of the stage with the word "Maverick" written across each of them.

The chairs indicated Cinequest's Maverick Awards, which celebrate filmmakers.

This year, the Maverick Innovator Award, the studio's new award for technologists, went to actor and filmmaker Matthew Modine.

"We have to let them in, they're getting antsy," one of the organizers said.

The crowd of about 200 people filed in and took their seats, waiting to see Modine.

Before Modine entered the room, an introductory video and app presentation played to showcase Modine's new "appumentary," so called because it is a documentary in the form of an iPad app, "Full Metal Jacket Diary."

The app is a compilation of diary entries, audio and photos that Modine documented during the filming of director Stanley Kubrick's 1987 Vietnam war film, "Full Metal Jacket."

The app presentation previewed "Boot camp," one of the chapters in the app.

One segment of Boot camp, called "Getting Slapped," recalled the film-

ing of a scene where Modine's character gets slapped.

Kubrick was never content with the slap, so Modine was slapped over and over again until the slap looked real enough to Kubrick.

Sound effects, including the loud crack of Modine getting slapped in the face, were overlaid with the commentary between Kubrick and Modine.

"Lee accidentally slaps the s*** out of me," Modine said.

"Hmm, it looked like a miss," Kubrick said.

"Is this payback?" Modine said.

Segments such as "Getting Slapped" elicited laughter in the crowd throughout the presentation of the "Boot camp" chapter.

After the presentation, the audience was then asked to stand and welcome Modine to the stage to accept the Maverick Innovator Award.

Modine walked out smiling, wearing white and orange Nikes, green pants, a white button-up with a blue-patterned vest and a blue bandana wrapped around his head.

"The question is would you have stood if he had not asked you to get up?" he asked the audience.

The audience laughed. It was this lighthearted, easygoing attitude that set the mood for the entire conversation.

Modine spent much of the event telling stories about the filming of "Full Metal Jacket" and the



Jessica Schlegelmilch | Spartan Daily

Actor and Maverick Innovator Award winner Matthew Modine laughs while answering questions last Saturday at Camera 12 Cinemas in San Jose.

relationships between the actors and Kubrick.

Modine reminisced about Kubrick's "search for the end of the movie." As originally scripted, Modine's character died at the end of the movie.

Throughout the filming, Modine wasn't exactly in Kubrick's "good graces."

Kubrick persistently asked "Have you been thinking about the end of the movie?"

Eventually, Modine, angry and fed up with Kubrick, came to the conclusion that his character should live.

Instead, Modine said that Pyle, a troubled private that Modine's character tries to help survive boot camp, should "blow his (own) brains out all over the bathroom, because "that is

the real horror of war, having to go through your life with that ... in your head."

This is ending eventually did replace the original ending where Modine's character dies.

Modine's demeanor was calm and collected through the event, often making jokes and laughing while telling his stories.

But intense moments such as when he described the ending of the movie, offered a well-rounded understanding of the experience of not only filming with Kubrick, but also filming a controversial and emotionally moving film about the Vietnam War.

"Why do we choose violence to solve our problems?" Modine said.

Throughout his career, Modine said he's taken four roles in war films

because he always wanted to try and understand the concept of war.

"Now I realize it's something that I will never understand," he said.

Mary Anne Dazel, a San Jose native who attended the event, said she mostly came to see Modine and was expecting to hear more about how he got into film and about his life.

"(I) loved the stories," she said. "It was great, it was natural."

Carol Butler, a San Jose native, said she enjoyed hearing about his relationship with Kubrick because she was curious about the "out there" director.

"I was pleasantly surprised, he seems like a very knowledgeable person," she said.

Jessica Schlegelmilch is a Spartan Daily staff writer.

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