PTSD
Anyone can get PTSD
By Lisa D’Aronville

Unlikely, it’s really grey duality – burning flash, dead bodies and blood. These are trigger memories that can overwhelm veteran Ryan Rich, 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 or witnessed a traumatic event.

"It is the first Prize prime increase since Amazon introduced the service nine years ago. When Amazon said it was considering moving the event in January, it cited growing shipping and fuel costs as the reason. The company said it was looking at boosting the membership fee to $99 a year.

Amazon.com Inc. followed through on plans announced in January to increase the fee customers pay for its Prime membership service, raising the annual membership fee by $20 to $99 a year. The move is the first Prime price increase since Amazon introduced the service nine years ago. When Amazon said it was considering making the event in January, it cited growing shipping and fuel costs as the reason. The company said it was looking at boosting the membership fee to $99 a year.

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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 dramatically 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 flat, 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 prices for their higher-income classmates. Those with incomes under $30,000 a year — compared with $1,400 at the poorest families — those with incomes under $30,000 a year — compared with $1,400 for those in the top income group. Those with incomes under $30,000, paid an average net price of just $12,600 for those in the top income group.

The most recent data for the University of Notre Dame, as an example, that means just under $8.3 billion in so-called merit aid to students whose families earn much more than $30,000 a year, on the premise that they have a rising academic reputation and building selectivity. “As an institution with a rising academic reputation and building selectivity,” said Melissa Connolly.

The colleges do this because dividing groups of students against each other," said Julie Staver, a former senior fellow at the Center on Education and the Economy. "It’s a loss to the bottom line. "

Shifting the burden of college costs to low-income students, while many higher-income families are able to work this system, giving more and more of their aid to high-income students.

Experts and advocates concede that, as colleges and universities contend they’re giving more and more of their aid to high-income students, their families are left to cover through savings, grants and scholarships, increase faster than the prices for their higher-income classmates. Those with incomes under $30,000 a year — compared with $1,400 for those in the top income group. Those with incomes under $30,000, paid an average net price of just $12,600 for those in the top income group.

They point to a "fractured action" for the rich.

Financial aid officials say higher-income families have learned to work this system, getting billions of dollars in discounts and institutional aid that many critics say benefits groups of students against each other, and vice president of Excelencia in Education.

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**Stress: Symptoms differ between PTSD victims**

By Jennifer Guyen
McClydie Tribolo

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, ramped up speculation that it is eyeing the Chinese market, the world’s most populous with 400 million Internet users. Twitter also is not expected to ask Beijing to lift the ban on Twitter. "Dick is here trying to understand what it takes to play into the different levels of PTSD people experience," Richard said. "He said even though he functioned as a student, 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 dreams and inner setbacks, but is doing significantly better."

Richard said that PTSD is diagnosed when a person re-experiences a trauma, whether it's through memories and thoughts or nightmares, and helps the person realize they have a problem. 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 the trauma,” Dr. Lo said.

Richard said that the last symptoms include fight or flight mode, sleepiness or jumpiness. Experts are building a PTSD database and hope this study will help 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.

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

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**Social Media**

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

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Espar Llaquet leads SJSU women’s water polo to victory

By Austin Belisle
@AustinBelizzle

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 in the Aztec Invitational.

The record was previously set by Tomi Makela in 2011.

Senior Head Coach John Reverting Bega credits Espar Llaquet for much of the team’s success in this weekend’s tournament.

“She’s doing a lot of things to our team and herself,” said Bega to SJSU Athletics.

Espar Llaquet was named the MVP of the tournament.

The San Jose State women’s water polo team entered the Aztec Invitational last weekend with a record of 0-4.

By Austin Belisle

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.

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

The No. 10 Spartans (17-9) defeated No. 20 Wagner and Harvard, scoring six times in each game, and becoming the eventual four-match sweep.

The record was previously set by Tomi Makela in 2011.

The defense also stepped up for much of the team’s success in this weekend’s tournament.

“Our defense was the most important,” he said to SJSU Athletics.

It. Our defense was the most important,” he said to SJSU Athletics.

“We came in with a goal in mind—and we achieved it. Our defense was the most important,” he said.

SJSU will host No. 14 Indiana University at 1-34 on Saturday at 1-34.

Women’s Softball

SJSU defeated Princeton 4-1 Sunday with the help of freshman Kathlyn Lacroix’s solid pitching and a four-run first inning.

The Spartans struggled to score for much of the team’s success in this weekend’s tournament.

“We had a missed 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 10-0 home match in Moraga.

Women’s Tennis

SJSU swept matches with No. 19 Tulsa and19 Tulane on Sunday in non-conference play with Tulsa.

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 a 6-1 victory over Dartmouth (6-1).

Spartan Head Coach Beth Stru-\n
Spartans Online

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Check out Philip’s story for Senior Night with the women’s gymnastic team

February 25.

March 11 – May 16

SJSU will host No. 14 Indiana University at 1-34 on Saturday at 1-34.

SJSU Athletics.

Malrout 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,” Malrout 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 10-0 p.m. home match after canceling their March 18 home dual matches with Wisconsin.

Informative compile live

SJSU Athletics.

Austin Belizzle is a Spartan Daily staff writer.
# 2014 NCAA men's basketball tournament

## South

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<thead>
<tr>
<th>Second Round</th>
<th>March 20</th>
<th>March 22</th>
<th>March 24</th>
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<td>1. Florida</td>
<td>2. Colorado</td>
<td>5. VCU</td>
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<td>7. New Mexico</td>
<td>9. St. Louis</td>
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## Midwest

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<td>8. Ohio St.</td>
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<td>9. St. Louis</td>
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<td>9. St. Louis</td>
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## National Championship

**AT&T Stadium**

North Texas

April 7

**Final Four**

Memphis, Tenn.

Graphic courtesy of McClatchy Tribune
and defensive gaffes by the questionable shot selection up a 15-point lead due to Florida opens NCAA Tournament play at 4:10 p.m. Thursday in Orlando's Amway Center against the winningscore double-digit advantages in the SEC. Donovan said the Gators were the belle of the ball. His team finished with a scoreless stretch of nearly five minutes in the final 11 minutes, UF suffered the Gators’ lead during the final 25 seconds. The Gators missed 10 of 17 jump shots and committed turnovers during the final minute because he was “gassed.” Prather is an experienced scorer Casey Prather sat out four games. Most of Hill and the two Walkers’ intensity level didn’t have to worry about his defensive intensity, how hard he competed and play, would “You really have no idea,” Donovan said. “You’re exactly what needs their attention.” Donovan said learning secret Casey Prather set out the final minutes because he was “gassed.” Prather is an excellent athlete, yet missed two key days and committed a turnover during the final 25 seconds. Wilbekin came up short on a pair of 3-pointers during the scoring drought, but he did make a critical layup with 51.9 remaining to give UF a 39-33 lead. He ended up playing 30 minutes after a two-minute break in the previous four games.

“...really have no choice,” Donovan said. “You’re in a championship game.” Foul loads by freshman point guard Keyon Hill limited him to 16 minutes. Defensive lapses by sophomore Dorian Walker limited him to seven minutes. Meanwhile, from Hill’s team didn’t 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 knew exactly what needs their attention on and off the court. "It doesn’t matter what your ranking is or how much you have or who picked who to win," Donovan said. “It’s going to be determined by the players and the coaches on the floor.”

"It didn’t matter what your ranking is or how much you have or who picked who to win," Donovan 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 was named Coach of the Year.

Donovan earned a $30,000 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 $357,000 in bonuses this season, including $275,000 for UF making the NCAA Tournament.

By Edgar Thompson
McCleary 7-11 win
A close call against Kentucky could be just what the Florida Gators were looking for. Coach Billy Donovan’s senior core has remained remarkably grounded during its 26-game winning streak and seems to be No. 1 in the national rankings, but the expectations and distractions have been nothing compared with what is ahead for 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 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.

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.
American human rights rhetoric espouses equality and dignified access to borders, cultures and ethnicities, but in practice those rights only apply to U.S. citizens, albeit most citizens.

The US published a special report on counterterrorism and human rights in February that detailed 300 credible civilian deaths because of US drone strikes on foreign soil.

Optimistically, each of those drone deaths may have killed one person with legitimate intent to harm US citizens. Even if that at all, there’s very good reason to think that the elites actually create more potential terrorism than they eliminate. In other words, we have a policy of murdering hundreds of civilians except increasing our risk of being harmed.

There’s a reason the Northern European countries don’t have to worry about terrorism as much as we do – they do not piaze many people off.

Ask yourself: 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?

Let’s set all of this aside though, and ask ourselves the truly troubling question: Let’s say we’re comfortable killing 100 people in Yemen to save 10 Americans on the same flight. Would we equally be comfortable killing 18 run- down American citizens on the same flight for the same reason?

If we are comfortable killing innocent Yemenis 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 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, and morally rep-utable – and it’s founded in our current national security policy. On campus, when a student is subjected to racial motivations hazing we call for a review of our governance and our CCCS Chico, commission a report and then an NAACP press conference.

Where is the press conference for the Yemenis? 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 Tweek and whose favorite book was Flurry Potter? He was murdered by a flying death machine while at an open-air restaurant in Yemen two weeks after the death of his father. The American president obviously 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 oc- cur even with due process. Without it, we’ve essentially been 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 cell phone that has killed in the past, but linked to someone on the kill list.

Since the official “bad guys” are known to use burner and sim-cards, that’s not an awful lot to go off.

As an equation, we continue to talk out of one side of our mouth about universal human rights and authorize the murder of innocents on the other, we are in the exact opposite society we pretend to be.

In some ways we’re still bar- baric savages.

Nick Ibarra is a Spartan Daily staff writer.

“Strong men eat steak and girly men eat lettuce.”

Some people are like eating meat in the same way as traveling to a rougher cog or tighter. Eating meat is as seen, as one of the man- ners you can do next to wanting to win an arm wrestling contest with Van Damme’s right one. We’ve been as conducive from decades of propaganda to associate meat with “masculine” food that it’s become standard knowledge that eating meat makes you strong.

Steak. It’s what’s for dinner, right falls?

The greatest example of how strong the tie between meat and masculinity is coming from “The Escape Plan,” the recent Schwarzenegger and Sylvester Stallone flick.

In one of the most anticipated movies of the 2010s, Schwarzenegger’s character in the film with no apparent agenda eats.

Schwarzenegger then responds with one of the best lines in as many years, as he says, “You like it like a noogie.”

Here we are, murdering children on so many levels that it made me become an Arnold Schwarzenegger fan all over again.

Do you see what he did there? Vegetarians and people who don’t eat meat. Get it? Rim- son.

Strong men eat steak and girly men eat lettuce.

It’s funny because it’s so easy to understand while making no sense, so we keep doing it.

Sure you get some iron, fat and protein, but there’s nothing exotic about meat. If you are beans and spinach, you could easily get all the protein you need. In the meantime you can only get from biting down on a s.m., not beans.

Vitamins and minerals exist in almost every food that is a food, not just meat. Money to essential nutrients like vitamin B12 hearing and how to be a meat eater is a historically symbolic thing of the trains we consider to be manly. Men are supposed to be agile, strong, and completely useless of their environment, or so it is.

In the days of our hunter-gatherer ances- tors, to eat meat meant you had to get out into the wild and physically kill Bambi’s mother yourself.

Having a Time magazine panel meant you were strong and fast enough to actually claw down alliving animal, murder it with a sharp tool, and skin and to back in time.

Now, having a Time magazine panel you wouldn’t do, you might as well make it for Bambi, you made a sacrifice, last second decision.

Most meat-eaters have never killed what they eat.

They buy pack- aged steaks out chicken breasts at the store and almost forget that those limp chops they just bought were once a living, breathing, completely useless thing.

They are so detached from the killing process a Donald Trump’s hairline is from his forehead.

In our factory farmed meat society we’re still as barbaric savages as we ever were, minus the fact that we are hunting and killing pre- ferably at the grocery store.

There is essentially no differ- ence between buying a bag of beef or a pound of ground beef at the grocery store.

We’re at an age where we can take a quick shot, to eat meat meant to understand emotion and metal duty to do both.

So why is it manly to eat one kind of meat, but not the other?

In our factory-farmed meat society there is no connection to eating cubes of beef at the grocery store.

We’ve been so condi- tioned to meat that it’s essentially superior to eating chicken. In the days of our ancestors, eating meat carried around the body and to eat meat meant to arm wrestle with a living animal, murder it with a sharp tool, and skin and to back in time.

Now, having a Time magazine panel meant you were strong and fast enough to actually claw down alliving animal, murder it with a sharp tool, and skin and to back in time.
By Jessica Schlegelmilch

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 director's chairs at the front of the stage with the word "Maverick" written across each of them.

The chairs indicated Cinequest’s Maverick Award, which celebrates 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 anxious," one of the organizers said.

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."

Modine’s diary app takes users to virtual boot camp and over the bathroom, because “that is what we all imagined was our solution,” she said.

The app presentation previewed Modine’s 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 is a compilation of daily entities, 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 filming of a scene where Modine’s character is slapped.

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

Sound effects, including the lead 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.

"Haha, it looked like a man," Kubrick said.

"In your backyard," 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 shirt with a blue-patterned vest and a blue bandana wrapped around his head.

“Why you would have to stand up? I was not asked you to get up,” he asked the audience.

The audience laughed. It was light-hearted, engaging attire 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 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. “As originally scripted, Modine’s character died at the end of the movie. “As originally scripted, Modine’s character died at the end of the movie. “As originally scripted, Modine’s character died at the end of the movie. “As originally scripted, Modine’s character died at the end of the movie. “As originally scripted, Modine’s character died at 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 “Fly, a dreaded 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 film making a controversial and emotionally moving film about the Vietnam War.

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

“Instead, Modine said that Pyle, a standing of the experience of not only filming with Kubrick, but also film making 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 Ann Dazel, a San Jose native who attended the event, said she recently saw Modine and was expecting to hear more about how he got into film and about his life.

“Tell 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 “van thing” director.

“I was pleasantly surprised, it seems like a very knowledgeable person,” she said.

Jessica Schlegelmilch is a Spartan Daily staff writer.