

## A.S. election begins with debates

By Madilynne Medina  
STAFF WRITER

Candidates for San Jose State's Associated Students board of directors participated in election debates on Zoom Monday.

During the debates, candidates introduced themselves to attendees and answered questions asked by the Spartan Daily.

Seven out of 19 candidates are running unopposed including biological science junior Anoop Kapur, who is running for president.

Brenda Le, business administration junior and A.S. events officer said the elections committee was satisfied with the turnout because all the candidates attended.

The elections committee consists of the chief election officer, marketing officer, events officer, ethics officer, two election consultants and a student advisor.

Le said candidates were asked specific questions about their position, unlike last year's debate.

In the 2020 election, candidates were each asked a question until all had answered, and then the rotation would repeat.

### President

Biological science junior Anoop Kaur is the outgoing director of academic affairs and the only candidate running for Fall 2021 president.

Kaur said if elected president, she would aim to dismantle anti-Blackness and systemic racism within the university.

"My mission is to serve students," she said. "A.S. serves as a mechanism for empowering students and their voices."

### Communications

Public relations junior Gerard Pablo said he plans on increasing more awareness of campus events among students if he is elected by creating a master

calendar so students can easily get involved.

Pablo also said the A.S. Instagram account's prominent issue is its lack of engagement.

"I want students to engage with [the account] instead of just one-way communication," he said.

The second candidate, business sophomore Colin Foley shared a similar concern, adding there are about 30,000 students on campus but the A.S. Instagram only has 5,000 followers.

In addition to increasing followers, Foley said he plans to create "heightened" social media publications.

"With our generation and the students coming in, they are very accustomed to getting their news and information through social media," he said.

Foley said many students are unaware of the various A.S. committees and their responsibilities, and if elected he intends on increasing transparency about committees functionings through social media platforms.

### Controller

Maritza Molina, a hospitality, tourism and event management senior, said she helped implement the A.S. affordable textbook program, which grants students a \$200 voucher for textbooks and other qualifying school supplies at the Spartan Bookstore.

Molina said she'll continue to enhance student resources and help those who previously needed assistance but didn't qualify.

She said her goal is to expand funding and collaboration with the Spartan Bookstore and A.S. individual student funding.

International business sophomore Andres Murillo said he has the motivation and knowledge to be the A.S. Controller because of his involvement with the

Residence Hall Association.

Murillo said if elected, he will reach out to different campus-based organizations in the summer and determine their financial needs.

Statistics senior Benz Phan, who was on the A.S. finance committee for the past two years, said his mission is to give back to campus with his service since he has been involved with the university since his freshman year.

Phan said based on his experience in the finance committee, the university holds a considerable amount of unallocated money from student fees that doesn't get used.

"Student organizations should not have to be shy when it comes to funding requests," he said.

Software engineering junior Soumya Trivedi said she understands basic student needs and if elected, she hopes to lead the university into a "new era of prosperity."

She also said her role last year as a marketing officer on the A.S. election's committee perfected her budgeting and managing skills.

Trivedi said she plans on assisting student organizations in receiving funding because "organizations prepare students for the world after college."

### Academic Affairs

Sociology junior Chloe Cramer said she would collaborate with the academic senate to extend deadlines for dropping and withdrawing from courses if she's elected.

She would also expand academic advising resources including peer connections so students can "feel prepared and knowledgeable about the courses they need to take."

Software engineering masters student Ananth Upadhy said supporting



ILLUSTRATION BY HANZ PACHECO

students academically is crucial.

Upadhy said he plans to send surveys to students in Fall 2021 to assess their academic needs.

"I would conduct samples from the colleges where students can come up with their grievances," he said. "I would also conduct events where students can fill out their concerns on academics and their voice will be heard."

### Business Affairs

Finance sophomore Antonio Maldonado said he wants to help students navigate their finances, as "college is the perfect time to start investing."

"I want to help students navigate their investments," Maldonado said. "As a minority, I did not have access to financial help or generational wealth."

Business administration freshman Christopher Wong said he wants to make the A.S. budget and allocation of tuition money more transparent for students.

If elected, Wong intends to use data acquired from students to allocate the appropriate funds in areas aligned with student needs.



### TO VOTE:

Students received voting links through their SJSU email Monday. The link will be live until 8 a.m. Thursday.

ICON FROM FLATICON.COM

### Intercultural Affairs

When asked what political science junior Ashley Guerrero would do to prevent discrimination and racism at SJSU, she said she would assist the Asian Pacific Islander Desi/American community in their efforts to create a community resource center.

Psychology junior Rodrigo Saucedo said if elected, he'd push to work closely with SJSU's chief diversity officer and vice president of student affairs to implement more anti-discrimination and racism workshops and modules for students. He also said he would create a committee for intercultural affairs to ensure "all voices from underrepresented communities are heard."

### Conclusion

Brenda Le said common themes among all candidates were increasing student engagement and prioritizing social justice issues.

"Increasing engagement is an important topic right now since we are still [remote] and it is pretty difficult to make sure that those students are engaging with the campus community," she said in an interview after the debates.

Students can vote on the A.S. website until 8 a.m. Thursday.

Elections results will be announced Thursday at 12 p.m.

Follow Madilynne on Twitter @madilynneee

## Meet the Fall 2021 A.S. Candidates



**Anoop Kaur**  
presidential candidate  
biological sciences junior

"As President, I will drive my advocacy with my passion for social justice and equity, mobilizing our community and empowering your voice. I will advocate to build a better, safer and more inclusive community."



**Nina Chuang**  
vice presidential candidate  
nutritional science junior

"I hope to be a small part of helping foster your student excellence and experience beyond the classroom. I'm excited for what the future holds for us as students and members of society."



**Maritza Molina**  
controller candidate  
hospitality, tourism and event management senior

"I want to ensure the voices of SJSU's students and communities are heard. I aim to enhance the resources offered for our Spartans to take advantage of."



**Andres Murillo**  
controller candidate  
international business sophomore

"I have experience in various leadership positions. I value transparency, constructive feedback and a growth mindset. I like exploring options and I am open minded."

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A.S. BOARD OF DIRECTORS // VIRTUAL A.S. ELECTIONS 2021

# CAST YOUR VOTE

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For more information, visit [sjsu.edu/as/vote](https://sjsu.edu/as/vote).



# CANDIDATES

Continued from page 1



**Benz Phan**  
Controller candidate  
statistics senior

“For the last two years, I’ve had the privilege to serve on our Finance Committee. SJSU has impacted my life in so many ways and my mission is to give back.”



**Soumya Trivedi**  
Controller candidate  
software engineering junior

“I’ve worked with a lot of organizations on campus and I’m sure that this experience will help me better represent students and enrich their college experience.”



**Chloe Cramer**  
director of academic  
affairs candidate  
sociology junior

“I will work towards creating a space where students feel confident that their academic concerns are being taken seriously by collaborating with the campus community to execute tangible solutions.”



**Ananth Upadhya**  
director of academic  
affairs candidate  
software engineering  
graduate student

“I would primarily focus on affordable education for all. I would work towards quality of education and having the latest on-demand skills in the academic curriculum which would help students to get their dream jobs.”



**Antonio Maldonado**  
director of business  
affairs candidate  
finance sophomore

“I will prioritize the students finances by surveying students for feedback that will drive my decisions. I will promote the concept of investing and the best ways we can start.”



**Christopher Wong**  
director of business  
affairs candidate  
business administration  
freshman

“I am committed to doing my assigned duties and serving individuals to progress our community, while also helping combat the challenges presented by the pandemic.”



**Colin Foley**  
director of communications  
candidate  
business administration  
sophomore

“Together, we can ensure students are maximizing their collegiate experience through the use of A.S. provided resources and that we all are informed in the developments taking place and set to take place at SJSU this upcoming academic year.”



**Gerard Pablo**  
director of communications  
candidate  
public relations junior

“If I were to be elected for this position, I will strengthen the communication relationships within the university, help build a stronger community and ensure students are being represented.”



**Ashley Guerrero**  
director of intercultural  
affairs candidate  
political science junior

“Although we have different communities on campus, our identities and cultures often intersect. I want to curate events for students to learn more about how we can be allies to one another.”



**Rodrigo Saucedo**  
director of intercultural  
affairs candidate  
psychology junior

“With my leadership ability, you can have confidence in me to serve you! Everyone deserves the right to feel a sense of belonging and support at SJSU.”



**JaeLyn Sandoval-Rios**  
director of internal  
affairs candidate  
management information  
systems freshman

“As Director of Internal Affairs, a main portion of my role deals with bylaws and with my role I plan on making a safe, welcoming and inclusive environment.”



**Kadence Sky Walker**  
director of legislative  
affairs candidate  
political science junior

“I will create an environment of civic engagement and student participation among our campus community.”



**Jalen Allen**  
director of student resource  
affairs candidate  
business marketing sophomore

“A transparent and inclusive campus life, that promotes and advocates for resources intended for all students.”



**Sharanya Kumar**  
director of student rights and  
responsibilities candidate  
political science student

“I intend to help build our campus back up from the effects of the pandemic, and I hope to protect our rights as students and promote equality.”



**Marco Echeandia**  
director of  
sustainability candidate  
psychology student

No quote was submitted to the Spartan Daily.



# Beloved cafe is local hangout spot

By Madilynne Medina  
STAFF WRITER

The aroma of freshly cooked fries and pints of beer accompanied by lively chatter engulfed Peanuts Deluxe Cafe when classes were in-person.

Commonly referred to as just “Peanuts” by the San Jose State community, guests of all ages could be found at this iconic restaurant staple on any given weekend afternoon.

“The music is just blasting,” said Peanuts Deluxe Cafe owner Joseph Chang. “Definitely a college atmosphere and it’s so fun.”

Chang took over restaurant management in 2018, following in the footsteps of his uncle Myun Chang who owned the popular eatery since 1978.

Peanuts is located on East San Fernando Street across from SJSU’s campus, making it easy for students to stop by after a long day of classes.

“My uncle established the culture of the whole fraternities and sororities coming through here. Being here now for almost three years, you see how embedded this place is to SJSU and the San Jose downtown.”

**Joseph Chang**  
Peanuts Deluxe Cafe owner



YANN LAPNET | SPARTAN DAILY

Sophomore business marketing student Jalen Allen examines the menu with Peanuts owner Joseph Chang.

When the pandemic hit and Santa Clara County enforced strict shelter-in-place guidelines, Peanuts Deluxe Cafe closed its doors entirely. It’s now open for indoor and outdoor dining per the county’s new guidelines, which allow limited indoor capacity.

Kevin Maldonado, a 2019 business administration alumnus said he frequented the restaurant several times a week during his undergraduate studies to hang out, do homework or talk to Myun Chang, who still owned the eatery at the time.

Although the restaurant is small, customers are often pleasantly surprised by the variety of menu options, ranging from plentiful omelettes to pitchers of cold beer on tap.

Bobby Munnerlyn, a hospitality management junior, said he has a great appreciation for Peanuts because of its fun atmosphere and affordability.

“Peanuts is really great because like a lot of college bars, it has to be a more budget-based option,” Munnerlyn said.

Another notable aspect of the restaurant is the sorority and fraternity appreciation plaques displayed on its walls.

Some of the plaques include Sigma Alpha Epsilon, Alpha Omicron Pi and Theta Chi, all Greek organizations with chapters at SJSU.

Chang said Myun Chang was one of the biggest catalysts in establishing Peanuts as a known hangout spot for social groups.

“My uncle established the culture of the whole fraternities and sororities coming through here,” Chang said. “Being here now for almost three years, you see how embedded this place is to SJSU and the San Jose downtown.”

Maldonado also said the staff is always friendly and connected with students.

“It’s so boring without them. Now everything is trending in the right direction, but we’re still missing all the students, that’s like the one thing that’s missing, but we’re looking forward to [having the students back].”

**Joseph Chang**  
Peanuts Deluxe Cafe owner

Aki Daito, a 2019 marketing alumnus, said Myun Chang memorized his order and

eventually named it after him.

“One time I just got creative and I was like, could you slap some cheese, bacon and jalapeño on [fries]?” Daito said.

Following the interaction, Daito and his friends would visit the restaurant and ask for fries “the Aki way.”

Both Daito and Munnerlyn said one of their favorite aspects of the restaurant is that students can play their own music over the sound system and enjoy themselves.

Reminiscing on his times at the eatery, Daito said sometimes students would play certain music and the cooks would get up and dance with the customers.

“It’s honestly one of those straight out of a movie college vibe places you can go to,” Daito said.

Although Peanuts was a popular hangout spot before the COVID-19 pandemic, the business has since faced troubling times.

Chang said the business is very fortunate to still have Myun Chang as a landlord and he was the only reason Peanuts was able to survive.

Chang made the decision to open only for take-out in May 2020 to maintain the beloved family business.

Chang said he’s pleased the business is open again for indoor dining, but misses the students.

“It’s so boring without them,” Chang said. “Now everything is trending in the right direction, but we’re still missing all the students, that’s like the one thing that’s missing, but we’re looking forward to [having the students back].”

Follow Madilynne on Twitter  
@madilynnee

## CLASSIFIEDS

### 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					71			

**ACROSS**

- Jargon
- Raindrop sound
- Circle fragments
- Keen
- Liturgy
- Filly’s mother
- Crown
- Arab chieftain
- Decorative case
- Tumbling
- Mortgage
- Notch
- American songbird
- Grumble
- Fury
- Prefix meaning “Modern”
- Children
- Preentious
- Goddess of healing
- Modern sing-along
- Genus of heath
- Found on a finger
- Identical or fraternal
- Barely manage
- Consumer Price Index

**DOWN**

- Terminates
- Boil slowly
- Type of sword
- Dogfish
- Apparent
- Savor
- A swinging barrier
- Large tropical American fish
- Curved molding
- Sea eagle
- Previously
- Unit of pressure
- Sow
- Pairs of oxen
- Relative magnitudes
- Barbarous
- A river through Paris
- Same
- Back
- Superhero accessory
- Winglike
- Hindu princess
- Mediator
- Captained
- Small city
- Slip
- Cravings
- Birthday or cheese, for example
- Extraterrestrial
- Polish remover
- Wears away
- Wooden shoe
- Insect stage
- Cheapskate
- An analytic literary composition
- Áchy
- Data
- A novel
- Old stories
- Anagram of “Seek”

### SUDOKU PUZZLE

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

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

### SOLUTIONS 4/13/2021

D	A	R	E	D	A	F	R	O	T	R	O	T		
A	G	A	V	E	L	E	E	R	R	O	B	E		
D	E	P	E	N	D	E	N	C	Y	I	B	E		
A	S	T	R	A	Y	N	I	X	L	O	S	T		
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P	O	O	P		P	L	A	N	E	T				
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N	A	R	Y		O	D	E	S		H	O	I	S	T

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

### JOKIN’ AROUND

How do you make an octopus laugh?

With ten-tickles.

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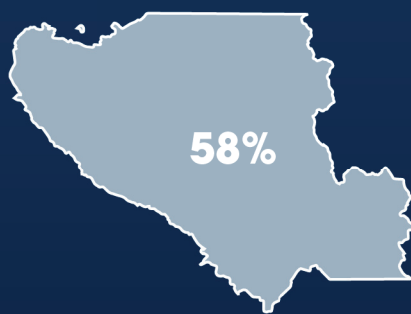
# HOMELESSNESS IN SAN JOSE



\*No data has yet been collected for 2021



**67%**  
Homeless for 1 year or more



**58%**  
Residents of Santa Clara County for 10+ years



## Race/ethnicity of individuals experiencing homelessness

Race	Ethnicity
41% White	41% Latinx/Hispanic
25% Multi-racial	
20% Black	
9% American Indian or Alaskan Native	

INFOGRAPHIC BY PAULA PIVA. INFORMATION FROM CITY OF SAN JOSE 2019 HOMELESS CENSUS AND SURVEY COMPREHENSIVE REPORT.

# Sweeps will not solve homelessness



**Royvi Hernandez**

The San Jose City Council has no empathy toward its homeless citizens after its recent vote to resume unethical encampment sweeps.

Many pass by homeless people without taking a moment to understand why they are in need.

There are currently around 6,097 homeless individuals in San Jose and around 1,782 of them are currently living in encampments, according to the city's 2019 Homeless Census and Survey Comprehensive Report. However, it's quite possible these numbers are larger given the difficulties of counting those without homes.

Many homeless individuals have been long-time residents of Santa Clara County, with 58% calling the county home for more than 10 years, according to the same City of San Jose report.

I've enjoyed spending personal time connecting with the homeless community and in the past I've helped to provide food and clothes during the holidays.

If people led with empathy rather than judgement, they'd understand that no matter how they got to their positions, they're hurting and need a helping hand.

Of those who reported homelessness to the

City of San Jose, the top three responses to obstacles in finding permanent housing were not enough income, being unable to afford rent and no available housing.

Many homeless individuals also deal with health issues city councilmembers refuse to address.

Among the top health conditions, 42% reported psychiatric and mental health issues, 36% battle addiction, 31% have PTSD and 24% have a physical disability.

**If people led with empathy rather than judgement, they'd understand that no matter how they got to their positions, they're hurting and need a helping hand.**

Instead of offering assistance to the homeless community, San Jose City Councilmembers voted in favor of resuming sweeps of city encampments, according to previous reporting from the Spartan Daily.

There are currently 220 mapped encampments across the city and these sweeps are cruel and will further spread the coronavirus to an already vulnerable population.

The Centers for Disease Control and Prevention outlined how city officials must address homeless populations during the pandemic and stated that officials should allow people to remain where they are, including encampments.

San Jose City Council has clearly ignored these guidelines. In fact, moving homeless encampments is the city's top priority during the next fiscal year, according to a March 16 San Jose Spotlight article.

Encampment sweeps during a pandemic are extremely dangerous because homeless individuals are at high risk of contracting COVID-19.

By disrupting those living in encampments, the city limits access to available resources and information by uprooting communities from familiar surroundings.

The city should instead make improvements needed through city services to ensure cleanliness of encampments.

This could include resources such as bathrooms specifically for the homeless, handwashing stations, mobile showers and employment assistance.

Sweeps are ineffective because homeless people will be forced to eventually find a new location and rebuild.

Whether they're living in tents, cars or on sidewalks, sweeps strip any shred of dignity left.

City council should implement permanent housing and services more widely to help those in need.

So far, the city has been building tiny houses near the Berryessa BART station

and at the California Department of Transportation property southwest of the overpass connecting interstates 280 and 680, according to Feb. 27, 2020 NBC Bay Area article.

Government officials should also launch a federal tax relief fund for hotels where homeless folks can stay.

Gov. Gavin Newsom issued an executive order in March 2020 that allows the state to control hotels and medical facilities to treat COVID-19 patients, according to a March 12, 2020 KTLA5 article.

But what about prevention rather than treatment? Providing separate rooms to homeless individuals will mitigate outbreaks in places with high rates of homelessness.

Some might say homeless people are threats to public safety. However, in the current state the world is in, the real threat is not providing safe housing and enough outreach services.

If the city truly cared about public health, they would stop citing homeless people in encampments and focus on the real issue of providing people with concrete opportunities for housing.

The way homeless people are treated isn't right and there must be more consideration toward their living conditions.

Follow Royvi on Twitter @lesroyvs



## ABOUT

The Spartan Daily prides itself on being the San Jose State community's top news source. New issues are published every Tuesday, Wednesday and Thursday throughout the academic year and online content updated daily.

The Spartan Daily is written and published by San Jose State students as an expression of their First Amendment rights.

Reader feedback may be submitted as letters to the editor or online comments.

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## OPINION

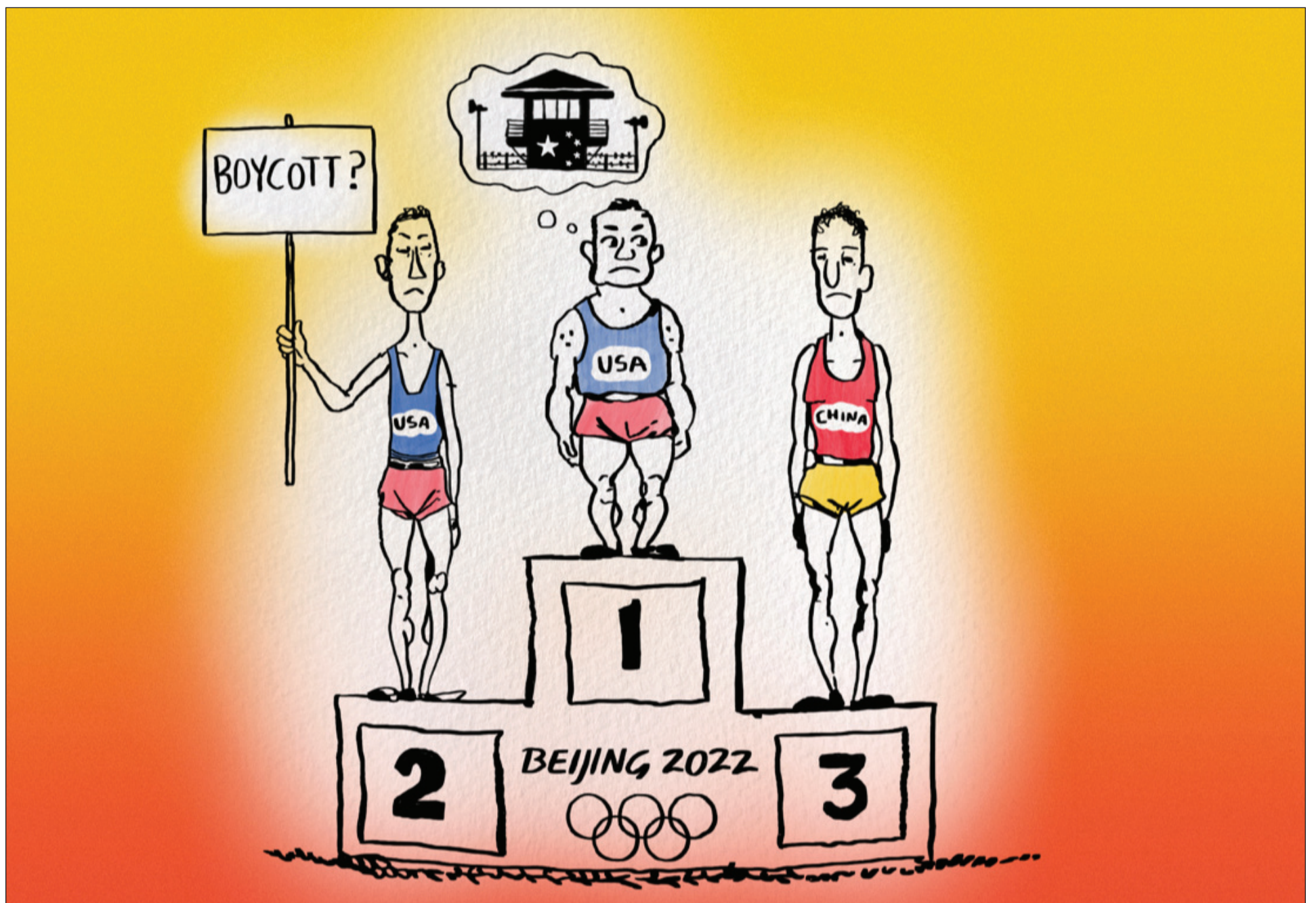


ILLUSTRATION BY NICK YBARRA

# Should U.S. boycott the Winter Olympics?

## Yes, it is wrong to ignore human rights violations



**Christina Casillas**  
STAFF WRITER

The Chinese government is infamous for atrociously violating human rights and the upcoming 2022 Beijing Winter Olympics offers the perfect opportunity for the United States to stand against the continuous violations.

The United States' competing in the 1936 Summer Olympics in Berlin was controversial because of the morality of attending an event hosted by the Nazi party, according to the United States Holocaust Memorial Museum Encyclopedia.

While the U.S. ultimately attended the 1936 Olympics, we can't make the same mistake.

The U.S. shouldn't compete in the 2022 Winter Olympics held in China to protest the country's violations on the Uyghur people.

The U.S. estimates there are one to two million Uyghurs, a Muslim minority group from the autonomous Xinjiang province, and other Muslims currently held in Chinese internment camps, according to a December 2018 Senate testimony from Deputy Assistant Secretary Scott Busby.

Chinese officials claim they are detaining Uyghurs as a preventative measure from threats to China's "integrity, government and population" because of radicalized religious ideas it says are held by some in the Xinjiang region, according to a Council on Foreign Relations article updated in March.

China has been accused of genocide by multiple countries, including the U.S., according to a March 2021 BBC article.

In addition to the arbitrary detention of Uyghurs, the children of those in internment camps are forced to stay in Chinese orphanages, according to the Council on Foreign Relations article.

While countries that host the Olympics usually spend more money than what is brought into the country, according to a January 2018 Council of Foreign Relations article, tourists still stimulate the Beijing economy through transportation, housing, eating and general spending. Local profits in the Beijing area could be used to further China's human rights violations.

Genocide is disgustingly horrific and if the U.S. knows enough about human rights violations by China to come to the conclusion the country is actively partaking

in a genocide, why should we send athletes to Beijing to compete in the Olympics?

This wouldn't be some momentous step – the U.S. has boycotted the Olympics before, such as the 1980 Moscow Summer Olympics after the Soviet's invasion of Afghanistan.

While boycotting the Olympics could be considered a slap in the face to athletes who've been training decades for their respective sports, the circumstances of the boycott would be understandable for athletes at the very least.

**Sports may be lighthearted, but sending our athletes to compete in a country that is violating basic human rights isn't moral.**

The U.S. government could also compensate the athletes, as former runner Herb Lindsay, who would've competed in the 1980 Summer Olympics, stated in an April 1980 Runner's World article.

One could also argue sports should remain separate from international and government affairs, but human rights violations that could very well lead to a historical tragedy outweigh this idea.

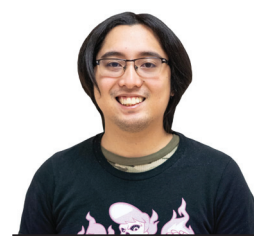
It is not enough for the U.S. and other countries to speak out against the human rights violations being proliferated by the Chinese government.

Sports may be lighthearted, but sending our athletes to compete in a country that is violating basic human rights isn't moral.

While millions of us watch from our couches as athletes compete in Beijing, about 2,860 miles away Uyghur people would continue to have their rights stripped away.

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## No, boycotting is pointless and unfair to our athletes



**Christopher Padilla**  
SENIOR STAFF WRITER

When the 2022 Winter Olympics in Beijing happen, American athletes must compete, lest we show the world that we as a nation lack moral fortitude.

In an April 6 news release, U.S. Department of State Spokesperson Ned Price suggested a boycott of the Beijing Olympics in order to address the Chinese government's human rights violations. These include China's persecution of the Chinese Muslim Uyghurs minority and its encroachment on Hong Kong's independence.

Not only would a boycott be short-sighted and foolish, it would also be ineffectual and actively harm American athletes who've trained their whole lives for the opportunity to compete.

If the U.S. doesn't participate in the 2022 Winter Olympics, it will be no show of great strength, just as our country's 1980 boycott of the Olympics and the subsequent Soviet Union boycott of the 1984 Olympics showed us.

While the Soviet Union and the U.S. sought to make political statements, they came off less like powerhouses and more like children taking their toys home because the other countries refused to play their games.

Even if the U.S. doesn't come off as petty for boycotting the 2022 Winter Olympics in Beijing, what good would it do?

A lack of U.S. presence at the Olympic Games wouldn't change China's behavior. Even more than that, we could be so much more effective if we were present.

Consider when Jesse Owens, a Black American Olympian, upended Hitler's plans to use the 1936 Berlin Summer Olympics as a platform for racist propaganda.

According to Holocaust Encyclopedia, the Nazi's intended for the '36 Summer Olympics to show off a "strong Germany" and promote the myth that the "Aryan" people were physically superior.

But by winning four gold medals, Owens showed despite Nazi's rhetoric of "Aryan" superiority, they still got beat on their own turf by a Black man the Nazi's considered "inferior."

While participation in the Olympic Games doesn't equal a tacit endorsement of the host country's affairs, China stands to make a profit from the event.

With needs of accommodations for athletes

and tourists, China could make a hefty profit, which in theory could be used to fund its human rights violations.

While that 'could be' is a likely scenario, it doesn't have to be.

In a March 15 New York Times article, Utah Sen. Mitt Romney highlighted a route for the U.S. to boycott the event without depriving our athletes of an opportunity to compete.

**A lack of U.S. presence at the Olympic Games wouldn't change China's behavior. Even more than that, we could be so much more effective if we were present.**

Romney encourages spectators to stay home, depriving the Chinese government of tourism money, and for the U.S. government to invite Chinese dissidents, religious leaders and ethnic minorities to represent us instead of sending American delegates and White House officials, according to the same article.

This is all about the athletes in the end, who we'd not only deprive of their chances to globally compete should we boycott the Beijing Olympics, but we'd also deprive them of the chance to make a worldwide statement.

After all, some of the most memorable and enduring acts of protest have been made at the Olympic Games.

On this very campus, we have a statue commemorating the silent protest of John Carlos and Tommie Smith, their fists raised and heads bowed in a Black power salute against U.S. racism.

That act of defiance resonated more than any boycott, so perhaps by removing ourselves from the 2022 Beijing Winter Olympics, we could also be removing our chance to be apart of history.

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# Virtual You

A community for self-care.

- 🔍 Where can I ✕
- 
- 🔍 Where can I **be part of a community**
  - 🔍 Where can I **let loose and be myself**
  - 🔍 Where can I **make new friends**
  - 🔍 Where can I **take care of my well-being**
  - 🔍 Where can I **learn new things**
  - 🔍 Where can I **take a breath and a break**



Alum Rock Counseling Center and Santa Clara County are excited to invite you to Virtual You! Virtual You is a series of free virtual wellness groups for young people ages 12-25 aimed to build community and create space for connection. Our goal is to help you wind-down, re-center, and invest in yourself by incorporating self-care into your daily lives. Below are schedules and descriptions of our current groups:

**MINDFUL MONDAYS:** This is a group to practice and learn about mindfulness. This group is for you whether you're brand new to the practice or have been in a long-term relationship with mindfulness.

Weekly themes include Grounding, Gratitude, Self-Love, and more!

Middle School: Weekly on Mondays | 3:15-3:45pm

High School & College: Weekly on Mondays | 4:00-4:30pm

**COLOR & VIBE:** In this group, you'll learn to implement self-care by vibing to music and making art. Participants will learn to make color wheels, choose coloring sheets, create self-portraits, do photo and shapes art, and follow along with step by step "how to draw" tutorials.

All Young People: Weekly on Tuesdays | 4:30-5:30pm

**GAME NIGHT:** Virtual you is hosting Game Nights! The middle school group will rotate playing Among Us, Jackbox, and board games. The Game Night After Dark group will rotate through Super Smash bros, Jackbox, Nintendo games, and more!

Middle School: Weekly on Wednesdays | 4:30-5:30pm

Game Night After Dark (High School & College): Weekly on Wednesdays | 5:45-6:45pm

**TALK SPACE:** This group is a space to "let it all out." There will be different topics each week and we will hold space for you to vent about it all. Topics will range from how hard zoom school is, grieving social events, to just missing the normal life things. Whatever it is, we're here for you.

Middle School: Every 1st & 3rd Thursday of the month | 4:30-5:30pm

High School and College: Every 2nd & 4th Thursday of the month | 4:30-5:30pm

**SHOW & TELL:** Show & Tell is a fun way to show off your favorite things! Whether you want to show off your pets, plants, cool gadgets, instruments, or anything else, this is a fun space to share and learn from one another!

Middle School: Weekly on Fridays | 4:00-5:00pm

High School & College: Weekly on Fridays | 5:15-6:15pm

To sign up, go to [www.tinyurl.com/virtualyogroups](http://www.tinyurl.com/virtualyogroups). Please note: you do not have to be enrolled into any other ARCC or Santa Clara County Program to be eligible to participate.

**CHANCE TO WIN MONEY!** Every session you attend will enter you into a raffle for a once/month \$15 Visa gift card! Additionally, we're introducing the "bring a buddy" incentive, where any time you bring a friend to group, you and your friend will be entered into a once/month \$20 gift card raffle!