Breakthrough cases threaten SJSU campus

By Evan Reinhardt

Some fully vaccinated students at San Jose State are contracting “breakthrough” infections of the coronavirus. 

Vaccine breakthrough infections are defined as occurring for people fully vaccinated and protected by a vaccine-eligible dose by the U.S. Centers for Disease Control and Prevention (CDC) in the presence of COVID-19. Most are the result of the coronavirus vaccine failing to prevent infection or severe disease in vaccinated individuals. According to the CDC, breakthrough infections are not included in the statistics of the vaccinated population. 

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Plants bring growth and hope

By Amani Hamed

Stress Relief

My father died on Thursday, Aug. 6 at 1:15 a.m. and because Muslim funeral rites are supposed to be quick and simple to certify the dead to rest, he was buried by the following afternoon.

The drive to the Islamic graveyard in Livermore felt longer than an hour and a half. It was a winding sojourn past bleached hillsides and dead chapparal. The smoke from fires up north grew thicker as I approached and blanketed the area in a foul miasma. I shut all the windows and doors against the smoke and turned on the air purifier. Over the next two days, I spent a good deal of time and money surrounding myself with little house plants. Their names sound like Harry Potter spells: Peperomia, Alocasia and Pothos.

After bringing them home, lovingly tucked my plants into their pots, surrounding them with rich soil. Coming home every day to examine the satiny green leaves, watch the roots burst from the node of a vine stuck into water, feel the light, gave me a bit of serenity I had not found in the ICU with my dad.

I wondered why several fruits in the backyard: apples, oranges, plums and whatnot, “Do said she began propagating seed-selling house plants during the beginning of quarantine and noticed a connection between the selling house plants. “People wanted to do things that they had never done to keep them in a positive-thinking way, holding onto hope. Like all things will get better,” Do said.

SJSU anthropology professor Jan English-Lueck said evidence of plants’ aid in therapeutic recovery is growing.

“Therapeutic gardens create natural intentional spaces devoted to healing and therapy, which originated in Japan, other cultures also embrace gardening philosophies that don’t put plants in rows or ‘impose order’ upon them. She said Shinto religion, which originated in Japan, deeply respects plants, streams and vines which are believed to contain spirits and to be conduits to the divine through nature.”
Mental health issues take gold medal

By Estevan Lopez

SPORTS

Aug. 31

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U.S. gymnast Simone Biles shocked the world when she stepped down from competing in the 2020 Tokyo Olympic Games because of mental health issues, but the intense pressure athletes face to constantly perform well is rarely talked about.

When the Olympic season started, all eyes were on Biles, who probably the greatest gymnast ever. Biles has 22 medals from competing in the Olympics and different world championships, making her the most decorated gymnast in her generation, according to an Aug. 7 article from the New York Times.

Despite all her global success as a gymnast, Biles and other Olympic athletes are still human and have felt the negative effects of the coronavirus pandemic has had on people's mental health.

These negative effects on mental health were exacerbated by constant isolation, multiple lockdowns and strict health restrictions.

Biles told ESPN Monday while the games were postponed by a year, her training was extended and that took a heavy toll on her mental health.

"It's still very much uncharted territory to full time training... because coming off about returning to full-time training... because of mental health issues, the 2020 Tokyo Olympic Games shocked the world when she stepped away at the last minute."

In a July 26 Instagram post, Biles said, "I wasn't an easy day or easy but got through it. I truly do feel like I have the weight of the world on my shoulders at times."

"Biles not only did the heroic thing by showing true courage by openly prioritizing her mental health. Her decision came as a shock to supporters worldwide and to her peers, but her teammates spoke out soon after to show their support.

Despite all her global successes as a gymnast, Biles and other Olympic athletes are still human and have felt the negative effects the coronavirus pandemic has had on people's mental health.

USA Gymnastics' statement before deciding to step down, Biles arrived eight days before the competition, which was totally unplanned, your body takes to train for five years, which was training because coming off about returning to full-time training... because of mental health issues, the 2020 Tokyo Olympic Games shocked the world when she stepped away at the last minute."

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Conservatorship abuse needs to cease

When our loved ones can’t look after themselves anymore, we try to provide for them. One of those ways is through conservatorship. While the overall message of conservatorship comes with good intentions, abuse is prevalent and the system needs to be reformed.

Conservatorship is a legal way to appoint a responsible person or organization, called the conservator, to care for another adult, or the conservatee, who cannot care for themselves or manage their own finances, according to the California Judicial Branch website. 

Proactive conservatorship, the most common type appointed by a judge, is when a person petitions and brings sufficient evidence that the yet-to-be-convicted conservator cannot take care of themselves, according to the same webpage.

Another type of conservatorship is the rarer Lanterman Petris Short conservatorship. This can be granted if the person in question is diagnosed with a mental health disorder and a question is diagnosed with a mental health disorder and is unable to take care of themself, according to an AP News article.

The combination of exploitation and human rights abuse that occurs in conservatorships is unacceptable, especially regarding stopping power-hungry people.

According to the book “Killers of the Flower Moon: Oil, Money, Murder and the Birth of the FBI,” by David Grann, oil was found on Native American reservations around Osage County, Oklahoma in the late 1890’s and made the Osage one of the richest groups in the US. With news of oil being discovered, the federal government appointed guardianship to Osage County, which led to financial exploitations and murders of the Native American people.

This is an example of conservatorship being exploited for personal gain. It should be appointed a conservatorship unless there is a need for care.

Despite Spears being a well known and powerful woman in the music industry, she lost her freedom in front of the world because her conservatorship allowed for her to be taken away. But, because she was finally granted the right to a lawyer, she’s able to freely fight her conservator and finally fight to win back some of her freedom, according to an AP News July 14 article.

Compared to someone who might not be as well known as Spears, there’s a high chance they would be in the same position of losing their free will, if not worse. The combination of exploitation and human rights abuse that occurs in conservatorships is unacceptable, especially regarding stopping power-hungry people. Also, the amount of time and resources needed to construct and abide a conservatorship is costly. Paperwork, legal fees and payment are long processes before a conservatorship can be granted.

The National Center for State Courts has estimated there are 1.3 million active adult guardianship or conservatorship cases, and courts oversee at least $10 billion of assets under adult conservatorship nationally, according to a Mar. 20, 2018 report.

While there are over 1.5 million conservatorships and over $50 billion of assets marked, there are many not tracked or updated to the courts.

Few states are able to track the total number of individuals subject to guardianship, let alone record demographic information, on the rappers of guardianship being utilized, especially the extent of a guardian’s authority, according to a Nov. 28, 2018 U.S. Senate Committee on Aging report.

The fact is, there’s only a few states which can track the total number of people in guardianships, which means abuse may exist under it much more than expected.

Easier leniency is the best way to get out of a conservatorship and to keep our loved ones from being harmed.