The council's session honored Hopkins' dedication to justice for student-athlete victims of sexual misconduct at SJSU.

Sage Hopkins, SJSU swimming and diving head coach, speaks to San Jose City Council meeting attendees Tuesday.

City council commends two SJSU Title IX whistleblowers

By Evan Belohlavit

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O’Brien and Hopkins accepted the commendation during the city council meeting and praised their support for victims.

San Jose Mayor Sam Liccardo and district 7 councilmember Maya Esparza welcomed O’Brien and Hopkins, including their families, thanking them for risking career and personal opportunities to defend victims whose allegations were ignored by university administrators for years.

“Thank you for acknowledging their leadership, their integrity and their sacrifice,” Esparza said in an interview before the commendation. “I was very important to me and the city council that we show that we respect and value whistleblowers, people that have the courage to come forward."

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Athletics
Continued from page 1

The resolution agreement also released Sage Hopkins, SJSU women's soccer player, to return to the team.

"I ask that people view it for what it is: the actions of a serial predator and a small group of rogue administrators who enabled his abuse for over a 10-plus-year period," Hopkins said.

"None of these [administrators] represent the university for what happened to Houston with Hurricane Harvey. "

"One needs to find alternatives for relocation," Santiago said. "Since the five acres that they promise to vendors will not be enough to accommodate all the vendors," the association has 180 active members, or the 430 registered vendors, of which only 350 are left and need to be appointed a new "Title IX" coordinator, " according to the San Jose Flea Market Vendors Association.

"Strong rains are what we kind of expect for the wet to dry years and back again, especially as we had early rain, doesn't mean you need to continue to conserve water," Hopkins said.

"It's an important aspect of extreme weather events that have been claimed in the past," Hopkins said, "and the system of the ocean, the atmosphere, the Earth's surface, and the Earth's climate are all connected."
Vendedores sienten ansiedad sobre la pulga

La familia Bumb seguirá imponiendo cambios y nuevas regulaciones que gradualmente harán que los vendedores se vayan por sí solos. Eventualmente los vendedores se cansarán y cuando llegue el momento de transición, contaremos con un número insuficiente de personas en vez de los más de 430 vendedores.

El primer set de pagos correrá de 1 de Oct. al 31 de Dic. Un contrato de seis meses comenzará desde el 1 de enero del 2022 hasta el 30 de Junio de acuerdo a la guía de vendedores de la pulga. El comerciante Juan Francisco Ruiz dice que varios de los vendedores, incluyendo a mí, estamos de acuerdo que los edificios residenciales que imponen nuevos cambios y regulaciones que gradualmente harán que los vendedores se vayan por sí solos, "Y ahora quieren asegurar nuestro estancio cobrando un depósito."

Por Sandra Santos-Cruz

EN ESPAÑOL
Empathy is a superpower for healing

Practicing understanding and compassion can eliminate hate, insensitivity and division

Royvi Hernandez
OPINION EDITOR

If you regularly feel the emotions or understand the experiences of others, you probably possess high levels of empathy or you may even be an empath. American citizens’ lack of empathy has become increasingly apparent throughout the pandemic. Some Americans don’t even bat an eye at the tragedies and death happening around them every day.

While empathy doesn’t require agreement or liking others, it does require listening and learning to connect. Leading with empathy can bring different groups of people together by understanding one another and building deeper connections.

Empathy is defined as the action of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts, and experiences of another from their perspective.

According to Merriam-Webster, empathy is the ability to understand and share the feelings of another. Empathy is also defined as an emotion or understanding of another person’s condition.Merriam-Webster.

People who regularly feel the emotions or understand the experiences of others, it does require agreement or liking them. But let’s not confuse empathy with sympathy.

Sympathy is an emotion you experience when you care about and are sorry about someone else’s trouble, grief or misfortune, according to Australian researchers. It’s a feeling you may have to help or comfort the person you care about.

Always 12 years later and empathy is still hitting record levels. However, we have time to teach empathy and build a better society through compassion and responding appropriately to others behaviors.

The other 90% of our empathetic ability is determined by non-genetic factors including socialization and education, evidently showing that empathy can be taught, according to the same study.

In fact, empathy should be taught at a young age because children who are empathetic with each other are less likely to fight, according to Australian philosopher Roman Krznaric’s 2014 book, “Empathy: Why it Matters and How to Get It.”

Empathy is crucial for a society and it helps us thrive. Look at doctors, for example. They require empathy as they are confronted with suffering day in and day out. Doctors who turn off their feelings make patients more stressed and less cooperative, according to a 2017 study by Dr. Helen Reiss, associate clinical professor of psychiatry at Harvard Medical School. This also makes them more prone to burnout.

Addressing an empathy defect is crucial anywhere but it can be especially important in the workplace because empathetic leadership can have a negative influence in the atmosphere. About 60% of people with highly empathetic leaders reported being innovative at work, compared to only 13% of people with less empathetic leaders, according to a 2011 Catalyst study.

In fact, empathy will have their heart go out to another person but an empath experiences those feelings more intensely.

A true empath is a person who’s highly sensitive and aware of the feelings of others around them to the point of taking others’ pain and agencies at their own, according to a June 9 Wired good article.

Well-informed schools and communities and individuals in health to live well, according to its website.

True empaths make up 1-2% of the population, according to a 2016 study by Jamie Ward, a 2016 study by Mike Robbins.

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Catalyst is a global nonprofit that aims to help workplaces that work for women, according to its website. Empathy is a skill that needs to be practiced. It’s not easy but it’s possible and necessary.

Although empathy can be learned by anyone, some people are born empaths.

The difference is someone with empathy will have their heart go out to another person but an empath experiences those feelings more intensely.

If you regularly feel the emotions or understand the experiences of others, you probably possess high levels of empathy or you may even be an empath. American citizens’ lack of empathy has become increasingly apparent throughout the pandemic. Some Americans don’t even bat an eye at the tragedies and death happening around them every day.
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